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Experiences of PTSD from traumatic incidents: A paradigm model from qualitative research

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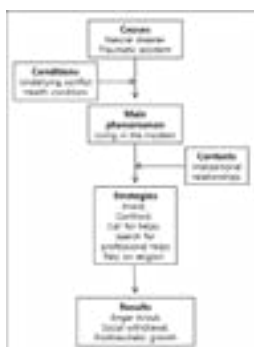
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Statement of the Problem: Koreans have experienced catastrophic disasters, which are continually growing for decades. Many people have died from shopping center breakdown, subway fire, ferry submerge, and so on. National psychological support system has been initiated for people who are affected from disaster, right after the subway fire disaster in Daegu in 2003. Even though many programs and educations had been provided for disaster psychological support over 10 years, the Sewol ferry accident in 2014 gave recognition that effective infrastructures for disaster psychological support were still deficient in Korea.

Methodology & Theoretical Orientation: This research attempted to explore mental health experiences from trauma to develop an evidence-based framework for preventing/early intervention of PTSD, depression, anxiety, or substance abuse of the population. A qualitative research design was used to examine the people's lived experiences.

Findings: A conceptual framework was constructed based on the paradigm of the trauma experience using 11 concepts (Figure 1).

Conclusion & Significance: Exploration of mental health problems associated with trauma provides evidence-based findings to help further mental health education, practice, administration, and research.



Biography

Yun-Jung Choi has her expertise in psychiatric/mental health nursing practice, research, and education. Her Hwa-Byung (Korean anger disorder) model based on Grounded theory creates new perspectives for understanding cultural care and improving healthcare. She also has contributed on disaster mental health care after years of experience in teaching and administration at the Red Cross College of Nursing. Recently, she is focusing on integrating her experiences of psychiatric/mental health nursing simulation using standardized patients, cultural mental health nursing, and psychological support for people with trauma.

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