



ESTSS2019 Rotterdam Poster Abstract Book

To cite this article: (2019) ESTSS2019 Rotterdam Poster Abstract Book, European Journal of Psychotraumatology, 10:sup1, 1613837, DOI: [10.1080/20008198.2019.1613837](https://doi.org/10.1080/20008198.2019.1613837)

To link to this article: <https://doi.org/10.1080/20008198.2019.1613837>



© 2019 The Author(s). Published by Informa UK Limited, trading as Taylor & Francis Group.



Published online: 11 Jun 2019.



Submit your article to this journal [↗](#)



Article views: 865



View related articles [↗](#)



View Crossmark data [↗](#)

were highly correlated. Analysing all measures in a combined model weakened the effect of self-efficacy, leaving only SOC and self-care negatively associated with burn-out risk (SOC: HR = .58, $p = .004$; self-efficacy: HR = .77, $p = .112$; self-care: HR = .59, $p = .002$). *Conclusion:* This longitudinal analysis suggested that especially SOC and self-caring behaviour of professional caregivers protect against burnout risk. Our exploratory findings could have implications for promoting self-care practices, as well as cultivating a meaningful, comprehensible and manageable professional climate in all facets of institutional care.

5-027

Catastrophe Scenarios: How to Help the Professionals?

Joana Proença Becker^{a,b}, Margarida Figueiredo-Braga^a, Diana Andringa^a, Aida Dias^a, and Luísa Sales^a

^aCentro de Trauma of the Center for Social Studies (CES) of the University of Coimbra, Portugal; ^bFaculty of Psychology and Education Sciences of the University of Coimbra, Portugal

Background: In the last years, Portugal experienced some traumatic events that challenged the ability of professionals to support the victims and simultaneously to assure good care for themselves. Subsequently, the number of studies on the aspects involved in the establishment of traumatic stress, mainly regarding to professionals who work in catastrophe scenarios, has increased in the country. *Objective:* This study aimed to identify the interventions post-catastrophes adopted in Portugal, as well as to develop a brief guideline to support professionals who work in crises and catastrophe scenarios. *Method:* A literature review was conducted in order to verify the main characteristics of the professionals who work in catastrophe scenarios. In addition, meetings, field surveys and the experience of the authors contributed to identify the interventions practiced in Portugal and to develop guidelines to support this population. *Results:* Although professionals working in catastrophe scenarios are a high-risk group for the development of stress-related diseases, they often neglect their mental health and are neglected by those working in these scenarios. The recognition of common stress reactions, especially the distinction between normal and pathological reactions, seems to be a major asset in order to provide timely support and treatment. *Conclusion:* Identifying potential secondary victims and analysing their available resources may allow proper referral. Different strategies may be implemented to increase resilience and prevent stress-related diseases in professionals working in catastrophe scenarios. Debriefing and early interventions may be beneficial resources. On the

other hand, some cases require therapy or even long-term psychiatric monitoring.

5-028

The Scars of War: The Past and the Present of War Trauma in Portugal

Joana Proença Becker^{a,b}, Teresa Borges^a, Luísa Sales^a, and Ângela Maia^c

^aCentro de Trauma of the Center for Social Studies of the University of Coimbra, Portugal; ^bFaculty of Psychology and Education Sciences of the University of Coimbra, Portugal; ^cSchool of Psychology of the University of Minho, Portugal

Background: Portugal was affected by the Colonial War (1961–1975) and, from the 1990s, has integrated Peacekeeping Missions. Although the Colonial War may be considered responsible for increasing interest in stress-related pathologies in the country, recognition of PTSD as an official diagnosis occurred in 2000. Publications in this field have increased since then. These facts seem to be one of the reasons for the change in diagnosis and symptoms reported by Portuguese veterans throughout 50 years. *Objective:* This study aimed to verify the evolution of symptomatic complaints resulting from war experiences and peacekeeping missions over the last 50 years in Portugal. *Method:* Through interviews with professionals who have treated veterans of the Colonial War and Peacekeeping Missions, as well as a survey of publications from 1961 to 2018, this study built a bridge between the past and present of war trauma in Portugal. *Results:* The interviews indicated dissociative behaviours and brief psychotic reactions as prevalent symptoms among Portuguese veterans in the first clinic observations. Nightmares, irritability, thoughts and intrusive memories have been most reported in the last 18 years. In addition, veterans are considered a risk group for the development of depressive symptoms and alcohol abuse. *Conclusions:* Although the interest in studying trauma had increased from the Colonial War, the change in symptomatic complaints may suggest that recognition of PTSD favoured the reporting of symptomatology previously ignored by veterans. Information and knowledge seem to be a path to raise health care among this population.

5-029

Vicarious Traumatization in Asylum Lawyers

Line Rønning^a, Jocelyn Blumberg^b, and Jesper Dammeyer^c

^aSt. Olav's Hospital, Nidaros DPS, Trondheim, Norway; ^bTraumatic Stress Clinic, Camden and Islington NHS Foundation Trust, London, UK;