



# Self-Compassion & PTSD Symptoms in Paramedics



*“The risk of PTSD must be mitigated and managed, because it cannot be avoided.”*

*(Barratt et al., 2018, p.6)*

How would you respond to a colleague who has just done a ‘difficult’ job?  
And how do you typically respond to yourself in the same situations?

## BACKGROUND

- 1 in 4 paramedics have a diagnosable level of PTSD symptoms (Carleton et al., 2018).
- Greater self-compassion consistently associated with lower PTSD symptoms across many populations, including military veterans (Winders et al, 2020).
- Unknown whether true for paramedics ...so this study aimed to find out!

## METHOD / RESULTS

- 334 paramedics from Australia, NZ & UK
- Anonymous online survey
- Hierarchical multiple regression analysis
- Self-compassion explained unique variance in PTSD symptoms, even after controlling for demographic risk factors and depressive symptoms ( $p < .001$ ), with a large effect size.

## Self-Compassion

(How you respond to your own pain & difficulties)



## IMPLICATIONS

- Self-compassion a protective factor against PTSD in paramedics.
- Promising new avenue of research for both the prevention & treatment of PTSD in paramedics.
  - ↑ Self-compassion shown to significantly ↓ PTSD symptom severity (Au et al., 2017; Kearney et al., 2013).
- Next steps: longitudinal studies (prospective & Interventional).