

WHAT FACTORS CONTRIBUTE TO BETTER AND WORSE MENTAL HEALTH IN FIREFIGHTERS?

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THIS PROJECT AIMS TO INVESTIGATE WHICH INDIVIDUAL, OPERATIONAL AND ORGANISATIONAL FACTORS CONTRIBUTE MOST TO THE WELLBEING OF CAREER AND VOLUNTEER FIREFIGHTERS

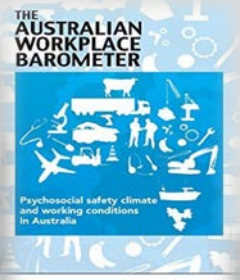
POTENTIALLY TRAUMATIC EVENTS



Does exposure to potentially traumatic events contribute to poor mental health outcomes more than operational and organisational demands?

ORGANISATIONAL FACTORS

Does the priority placed by the fire service on the psychological wellbeing of their staff and volunteers have an influence on their mental health?



Edited by: Murray F. Doherty & Ross S. Bailey



What can fire services do to minimise the negative impact of work stress on mental health outcomes, and maximise positive mental health outcomes?



AAP: Lukas Coch

OPERATIONAL FACTORS

What is the impact of routine operational factors such as command and control leadership, fatigue, and working in time critical situations on mental health outcomes?



'I feel so energised after that 12 hours shift'

said no one, ever.

Clark, D.R. (2011) The Four Pillars: Leadership, Management, Command, & Control <http://www.nwlink.com/~donclark/leader/LMCC.html>

INDIVIDUAL FACTORS

Can we identify which individuals are more or less likely to be impacted by the work?

Length of service

Age

Resilience



Social support



Role



Job satisfaction



Recent life events

Gender

