

WHAT HAS THE BIGGEST IMPACT ON THE MENTAL HEALTH AND WELLBEING OF FIREFIGHTERS?

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Firefighters are regularly exposed to potentially traumatic events (PTEs) as well as routine operational and organisational stressors. Which of these has the biggest impact on their mental health? Firefighters from ACTF&R, ACTRFS, CFS SA and NTF&R are participating in this study. The data gained through them completing a survey and interview will answer this and other questions.

Is it the characteristics of TRAUMATIC EVENTS that influence mental health outcomes?



frequency



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exposure

severity

type

perception of threat

* www.mfb.vic.gov.au/Community/Emergency-Medical-Response.html

Is it INDIVIDUAL characteristics that influence mental health outcomes?

job satisfaction

social supports

role



resilience

gender

age

length of service

life satisfaction

recent life events

Is it OPERATIONAL factors that influence mental health outcomes?

shiftwork

"I feel so energized after that 12-hour shift..."
said no one, ever.

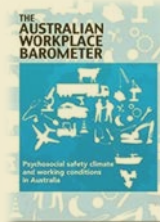


Is it ORGANISATIONAL factors that influence mental health outcomes?

Appreciative firefighting service



Productive and happy firefighter



Workplace Communication

The study is collecting data at two points in time, 12 months apart, and aims to improve our understanding of:

- The current mental health of Australian firefighters
- Which of the factors outlined above result in better or worse mental health
- How the mental health of Australian firefighters compares with overseas firefighters, other emergency services, and with the general population

