Psychology Research Seminar

Speaker: Dr Petra Skeffington

Title: Evaluating an evidence-based, theory driven resilience intervention for the primary prevention of PTSD

Where: McCusker Conference Room (390.2.006)
When: 12:30 – 13:30, Friday 13th September 2019
Host: Associate Professor Guillermo Campitelli

Abstract
Aim: To develop and evaluate an evidence-based and theory driven program for the primary prevention of PTSD
Design: A pre-intervention/post-intervention/follow up control group design with clustered random allocation of participants to groups was used. Phase one comprised the development of a program aimed at the primary prevention of PTSD, including a systematic review of the literature to distil the key points and inform preliminary program development in consultation with key members/stakeholders in the target population. Phase two comprised a longitudinal randomised control trial evaluation of the developed program.
Method: Participants were 45 career recruits within the recruit school at the Department of Fire and Emergency Services (DFES) in Western Australia. The Intervention group received the four-hour resilience training as part of their recruit training school; the control group received Training as Usual (TAU). Data was collected at baseline and at 6 and 12 months into their fire and emergency careers. Results: Analysis indicates a resilience curve over the first 12-months of service for the Intervention but not the TAU group. Conclusion: The barriers encountered during this program of research will be discussed, including recommendations for addressing similar barriers in the future. Future directions for similar research and practice will be outlined. This presentation will also cover a preliminary overview of 6-year follow up data collected in July-August 2019.

Biography
Dr Petra Skeffington is a Clinical Psychologist in private practice, and Head of Discipline (Psychology, Exercise Science, Chiropractic and Counselling) at Murdoch University. Her practice focuses on trauma treatment, including military and paramilitary trauma responses, early and complex experience of trauma, as well as refugee and torture trauma. Dr Skeffington’s research explores the etiology of trauma syndromes such as Post-traumatic Stress Disorder (PTSD), prevention of trauma related mental health issues, resilience and wellbeing, and creative approaches to healing.

Meeting the presenter:
To arrange a meeting with the presenter, please contact the host.