1. Tencerová J, Halama P, Uhrecký B. "I loved before, but now I love even more." Qualitative study of posttraumatic growth as a consequence of severe COVID-19 experience in Slovak adults. *Front Psychol*. 2024;15:1335145. Published 2024 Feb 20. doi:10.3389/fpsyg.2024.1335145

Abstract:The results indicate that post-traumatic growth does indeed occur after overcoming the severe form of COVID-19. It suggests that this posttraumatic growth most often occurred through a reassessment of priorities and an appreciation of life itself and loved ones. COVID-19 disease has been one of the most discussed and researched topics for several years, as it dramatically affects everyone's daily life.The qualitative study presented here focuses on health psychology, especially post-traumatic growth after overcoming a severe form of the COVID-19 disease. We worked with adult people who had either been treated in the intensive care unit or had been hospitalized with severe pneumonia. Thematic analysis was used to determine categories and subcategories. The study presented here contributes to knowledge about the COVID-19 experience by mapping a Slovakian sample of adult participants.The results obtained by Thematic analysis help us better understand how people experience the disease, especially those who have overcome a severe form of the disease and thus had a borderline experience when their lives were directly threatened, as well as their overall health.

1. Ottaviani G, Canfora F, Leuci S, et al. COVID-19 impact on post-traumatic stress symptoms in burning mouth syndrome: A multicentric study. *Oral Dis*. Published online March 10, 2024. doi:10.1111/odi.14915

Abstract: This study investigates the psychological impact of COVID-19 on burning mouth syndrome (BMS) patients. It focuses on comparing post-traumatic stress symptoms (PTSS), post-traumatic growth (PTG), and resilience between BMS patients and Controls. **Methods:**A total of 100 BMS patients and 100 Controls from five Italian centers participated in this observational cross-sectional study. They completed several assessments, including the General Health Questionnaire, Depression Anxiety and Stress Scale, Insomnia Severity Index, National Stressful Events Survey Short Scale, Impact of Event Scale-Revised, Post Traumatic Growth Inventory Short Form, and Connor-Davidson Resilience Scale. **Results:**BMS patients had significantly higher stress, anxiety, and depression (DASS-21 score) and post-traumatic stress symptoms (IES-R-6 score), particularly in terms of intrusive thoughts. They showed lower post-traumatic growth (PTGI-SF score) compared to Controls. The resilience scale (CDRS-10) was a key predictor of PTG in both groups, explaining a significant variance in PTGI-SF scores. **Conclusions:**BMS patients experienced heightened post-traumatic stress, stress, anxiety, and depression during the COVID-19 pandemic, with reduced post-traumatic growth. This highlights the need to prioritize their psychological well-being, focusing on stress management and fostering post-traumatic growth in challenging times.

1. Song Y, Chen Q, Wang L. The Effect of Familism Emotions on Post-Traumatic Growth Among the Elderly in China: The Mediating Roles of Taoist Personality and Sense of Community. *Psychol Res Behav Manag*. 2024;17:641-652. Published 2024 Feb 20. doi:10.2147/PRBM.S446550

Post-traumatic growth is a significant social issue in the management of active aging in elderly people. This study investigates the influence of familism emotions on post-traumatic growth (PTG) of the elderly, and the mediating role of Taoist personality and sense of community (SOC) therein, to provide a scientific basis for the development of positive aging in the elderly.Methods: A cross-sectional study was conducted in several communities of Hubei Province in China. A total of 338 elderly people were investigated with the Familism Emotion Scale, PTG Scale, Taoist Personality Scale and SOC Scale. SPSS 23.0 was used to derive descriptive statistics and conduct a common method bias test, Pearson correlation analysis, and multiple stepwise regression analysis. Mplus 7.3 was used for structural equation modeling to test the significance of parallel mediation effects on the data. Results: The results show that: (1) Familism emotions, Taoist personality and SOC are positively correlated with PTG; (2) Familism emotions, Taoist personality and SOC can all positively predict PTG in the elderly; (3) Both Taoist personality and SOC partially mediated the link between familism emotions and PTG in the elderly.Conclusion: In the context of particularly constraining societal events such as COVID-19, it is necessary to pay careful attention to the impact of external environmental influences upon the elderly, such as family and community, and to encourage elderly people to cultivate a more Taoist personality. The formation of a Taoist personality offers a promising new focus for research in elderly healthcare.

1. Karbasi A, Babakhanian M, Ahmadzadeh A, Omranifard V. The prevalence of post traumatic and associated factors among nurses during COVID\_19 pandemics: a systematic review and meta-analysis. *BMC Psychol*. 2024;12(1):274. Published 2024 May 16. doi:10.1186/s40359-024-01578-z

Abstract: Despite the negative outcomes, exposure to a crisis may cause people to experience positive changes. This study aims to analyze the prevalence of post-traumatic growth (PTG) and its relevant factors among nurses during the COVID-19 pandemic. Method: The research protocol was registered with PROSPERO (CRD42022329671), and PRISMA steps were taken in this study. PubMed, Scopus and ProQuest were explored on 1/9/2022 to create the research database. According to the inclusion criterion, all studies analyzing the prevalence of post-traumatic growth through the PTG Inventory were considered eligible. They were all qualitatively assessed through the modified version of the Quality Assessment Checklist for prevalence studies.

Results: A total of 15 papers met the inclusion criterion (*n* = 22756). According to the research results, the prevalence of PTG was randomly calculated ES [95% Conf. Interval = 0.15 [0.12–0.17]), and heterogeneity was reported I2 = 98.52% (*P* = 0.000). The results also indicated that the mean score of PTGI decreased in nurses as their work experience and mean age increased. However, the effect was not statistically significant for the mean age (*P* = 0.06). According to the results, the PTGI score decreased in nurses with more work experience, a finding which was statistically significant (*P* = 0.04).

Conclusion: This meta-analysis determined a 15% prevalence rate of PTG in nurses. Psychological interventions should be developed and applied to older nurses with more work experience in order to mitigate the harm caused by the pandemic and its consequent crises.

1. Zhao Y, Sun X, Yuan GF, Jin J, Miao J. Joint developmental trajectories of depression and post-traumatic stress disorder symptoms among Chinese children during COVID-19. *Arch Psychiatr Nurs*. 2024;49:118-125. doi:10.1016/j.apnu.2024.02.005

Abstract:In early 2020, Chinese children started to demonstrate severe depression and post-traumatic stress disorder symptoms (PTSS) caused by lockdown and self-isolation (measures taken at the beginning of the COVID-19 pandemic). **Objectives:**Concerning the significant impact of the pandemic on children's physical and mental development, the study aimed to explore children's depression and PTSS during the COVID-19 pandemic and the protective effects of family resilience on the trajectories. **Methods:**883 children participated and completed three waves of online follow-up questionnaires. The latent growth mixture modeling (LGMM) analysis was used to explore the trajectories of children's depression and PTSS based on the individual approach.**Results:**Two types of depression trajectories were identified and defined as the resilient group (83.01 %) and the recovery group (16.99 %); Two types of PTSS trajectories were identified and defined as the resilient group (71.12 %) and the recovery group (28.88 %); Two types of the joint trajectories of depression and PTSS were identified and defined as the resilient group (83.47 %) and the chronic group (16.53 %). The results indicated that maintaining a positive outlook (a dimension of family resilience) was the potential predictor of PTSS trajectories. **Conclusion:**The trajectories of depression and PTSS among Chinese children during the COVID-19 pandemic were heterogeneous, and there were similar evolving subtypes. Family resilience could be a critical protective factor for children and families.

1. Lafuenti L, Dinapoli L, Mastrilli L, et al. Post-traumatic growth in oncological patients during the COVID-19 pandemic. *Health Psychol Rep*. 2023;12(2):142-153. Published 2023 Sep 18. doi:10.5114/hpr/169165

Abstract: Post-traumatic growth (PTG) is defined as “positive psychological change experienced as a result of the struggle with highly challenging life circumstances”. Diagnosis of cancer leads to many psychological challenges. The recent pandemic forced oncological patients to face other multiple stressors. Resilience is a target of interest for PTG. The aim of this study is to analyze relationships between cancer trauma, COVID-19 pandemic stress, PTG and resilience over time.PARTICIPANTS AND PROCEDURE: One hundred forty-six patients (124 females, 22 males) in active oncological treatment were enrolled from September 2020: 45.2% (*n* = 66) diagnosed with gynecological cancer, 23.3% (*n* = 34) with breast cancer, 15.1% (*n* = 22) with lung cancer, 16.5% (*n* = 24) with other cancers. We conducted a prospective longitudinal study on oncological patients evaluated at: diagnosis (T0), 6 (T1) and 12 months (T2) by means of the following self-administered tests: Distress Thermometer (DT), Hospital Anxiety and Depression Scale (HADS), Impact of Event Scale Revised (IES-R), Post-traumatic Growth Inventory (PTGI), Perceived Stress Scale (PSS), Connor-Davidson Resilience Scale (CD-RISC). RESULTS: DT decreased over time (T0 vs. T2, *p* < .001). HADS decreased from T0 to T2 (*p* < .001). The PTG subscales regarding new possibilities and appreciating life improved comparing T0 vs. T2 (*p* = .029; *p* = .013), as well as the total index of PTG (*p* = .027). The IES avoidance subscale score decreased over time (T0 vs. T1, *p* = .035). CONCLUSIONS: For some patients, the cancer experience is characterized not only by psychological distress but also by the presence and growth of positive aspects, such as the tendency to positively reconsider the value and importance of life, health and social relationships.

1. Peng X, Zhao HZ, Yang Y, Rao ZL, Hu DY, He Q. Post-traumatic Growth Level and Its Influencing Factors Among Frontline Nurses During the COVID-19 Pandemic. Front Psychiatry. 2021;12:632360. Published 2021 Jun 9. doi:10.3389/fpsyt.2021.632360

Abstract: To assess post-traumatic growth (PTG) level and explore its influence factors among frontline nurses during the COVID-19 pandemic. Methods: From April 11th to 12th, 2020, a cross sectional study was conducted on 116 frontline nurses who had participated in fight against the COVID-19 in Wuhan city, China. General information and psychological discomfort were collected. Chinese version post-traumatic growth inventory with 20 items was applied to assess PTG level. Univariable analyses and multiple linear regression were performed to explore potential influencing factors of PTGI score. Results: The average score of PTGI in frontline nurses was 65.65 ± 11.50. In univariable analyses, gender, age, education level, marital status, living with parents, professional title, working years and professional psychological support was not statistically associated with the PTGI score. In both univariable and multivariable analyses, having support from family members and friends, being psychological comfort and having children and increased the PTGI score significantly. The three factors only explained 3.8% variance. Conclusion: Moderate PGT was observed in the frontline nurses who had battled against COVID-19. Social support and professional psychological intervention should be applied to further improve PTG level. Further studies with large sample size are required to explore more potential influencing factors.

1. Jiang H, Huang N, Tian W, Shi S, Yang G, Pu H. Factors Associated With Post-traumatic Stress Disorder Among Nurses During COVID-19. Front Psychol. 2022;13:745158. Published 2022 Jan 31. doi:10.3389/fpsyg.2022.745158

Abstract: To investigate post-traumatic stress disorder (PTSD), perceived professional benefits and post-traumatic growth (PTG) status among Chinese nurses in the context of the COVID-19 pandemic and to compare the differences between nurses working inside and outside Hubei. Methods: From February 18 to February 25, 2020, the authors constructed the questionnaire using the Questionnaire Star platform, and convenience sampling was used to distribute the questionnaire via WeChat. Nurses who worked at the hospital during the COVID-19 pandemic were the research subjects. Results: A total of 3,419 questionnaires were received, of which 2,860 nurses were working outside Hubei Province and 559 nurses were working inside Hubei Province. Both groups were exposed to COVID-19. The results indicated that gender, job title, department, average monthly income, the number of night shifts per month, hospital classification, specialization, and previous experience with assisting during disasters were statistically significant. The t-test results showed that the difference in perceived professional benefits scores between the two groups was not statistically significant, and the differences in PTG scores and PTSD scores between the two groups were statistically significant. The chi-square test indicated that the difference in PTSD prevalence between nurses working outside and inside Hubei Province was statistically significant and that the PTSD prevalence of nurses working outside Hubei Province was higher than that of nurses working inside Hubei Province. One-way ANOVA and independent sample t-test results showed that age, job title, job assignment, length of service, average monthly income, number of night shifts per month, number of children, and the Nurses’ Perceived Professional Benefits Scale (NPPBS) and post-traumatic growth inventory (PTGI) scores influenced the prevalence of PTSD. Logistic regression showed that the occurrence of PTSD was associated with average monthly income, length of service, number of children, and the PTGI and NPPBS scores. Conclusion: During the COVID-19 pandemic, nurses working outside Hubei Province reported greater PTSD than those working inside Hubei Province. The occurrence of PTSD was related to average monthly income, length of service, number of children, and the PTGI and NPPBS scores.

1. Sun L, Deng J, Xu J, Ye X. Rumination's Role in Second Victim Nurses' Recovery From Psychological Trauma: A Cross-Sectional Study in China. Front Psychol. 2022;13:860902. Published 2022 May 3. doi:10.3389/fpsyg.2022.860902

Abstract: Nurses can experience psychological trauma after adverse nursing events, making it likely for them to become second victims (SVs). This negatively impacts patient safety and nurses' development. This study aims to understand the status of psychological trauma and recovery of nurses as SVs in domestic China and examine the influencing mechanism of cognitive rumination during their recovery from psychological damage. Methods: This was a cross-sectional survey. An online questionnaire was completed by 233 nurses from across China. Data were collected using Chinese versions of the Second Victim Experience and Support Evaluation Scale, the Incident-related Rumination Meditation Questionnaire, and the post-traumatic growth (PTG) Rating Scale. Descriptive statistics, correlation, and regression, as well as mediation analysis, were used for different analyses in this study. Results: Participants experienced apparent psychological traumas (4.65 ± 0.5583) with a certain degree of PTG (76.18 ± 16.0040); they reported a strong need for psychological support (95.7%). Psychological trauma was positively and negatively correlated with rumination and PTG (r = 0.465, p < 0.001; r = -0.155, p < 0.05) respectively. Both psychologically impaired experience and rumination had significant predictive effects on participants' PTG (both, p < 0.001). Nurses' active rumination significantly mediated their psychological recovery from trauma to PTG (p < 0.05), but the effect of invasive rumination was not significant (p > 0.05). Limitation: The specific manifestations of the mechanism of invasive rumination are not clarified in this study. Conclusion: The present study investigated the psychological trauma of SV nurses as well as their support needs, and explored the role of cognitive rumination in the psychological repair and PTG of SV nurses. Results showed that SV nurses' active rumination on adverse nursing events could promote their recovery from psychological trauma, but invasive rumination could not. This study provides a trauma-informed approach to care at the clinical level for nurses who experience psychological trauma caused by adverse events.

1. Aggar C, Samios C, Penman O, et al. The impact of COVID-19 pandemic-related stress experienced by Australian nurses. Int J Ment Health Nurs. 2022;31(1):91-103. doi:10.1111/inm.12938

Abstract: Globally, the impact of COVID-19 on healthcare workers' mental health has been a major focus of recent research. However, Australian research involving nurses, particularly across the acute care sector, is limited. This cross-sectional research aimed to explore the impact of pandemic-related stress on psychological adjustment outcomes and potential protective factors for nurses (n = 767) working in the Australian acute care sector during the COVID-19 pandemic. Nurses completed an online questionnaire with psychometrically validated measures of pandemic-related stress, psychological adjustment outcomes (depression, anxiety, and subjective well-being), and protective factors (posttraumatic growth and self-compassion). Descriptive analyses revealed that pandemic-related stress was reported by 17.7% of the participants. Psychological adjustment outcome scores above normal for depression (27.5%) and anxiety (22.0%) were found, and 36.4% of the participants reported poor subjective well-being. Regression analyses suggest that pandemic-related stress predicted greater depression (B = 0.32, SE = 0.02, 95% confidence interval [0.28, 0.35]) and anxiety (B = 0.26, SE = 0.01, 95% confidence interval [0.24, 0.29]) and less subjective well-being (B = -0.14, SE = 0.01, 95% confidence interval [-0.16, -0.12]). Self-compassion weakened the relationship between pandemic-related stress and greater depression, however, exacerbated the relationship between pandemic-related stress and less subjective well-being. Posttraumatic growth reduced the negative relationship between pandemic-related stress and psychological adjustment outcomes. These findings will inform strategies to facilitate psychological resources that support nurses' psychological adjustment, enabling better pandemic preparedness at both an individual and organizational level.

1. Cui PP, Wang PP, Wang K, Ping Z, Wang P, Chen C. Post-traumatic growth and influencing factors among frontline nurses fighting against COVID-19. Occup Environ Med. 2021;78(2):129-135. doi:10.1136/oemed-2020-106540

Abstract: o explore the level and influencing factors of frontline nurses' post-traumatic growth (PTG) during COVID-19 epidemic. Methods: A cross-sectional survey was conducted in February 2020 in three hospitals in China. The Post-traumatic Growth Inventory (PTGI) was used to investigate the PTG of frontline nurses. Data on related factors, including demographic characteristics and subjective variables, were collected. The Event-Related Rumination Inventory was used to assess rumination. Pearson's or Spearman's correlation was calculated for bivariate analysis. Independent sample t-tests or one-way analysis of variance and multiple linear regression analysis were used to examine the related factors. Results: A total of 179 frontline nurses were recruited, and 167 were included in the analyses. The mean PTG score was 70.53±17.26. The bivariate analyses showed that deliberate rumination was modestly positively correlated with PTG (r=0.557, p<0.01), while intrusive rumination had a modest negative correlation with PTG (r=-0.413, p<0.01). Multiple linear regression demonstrated that working years, self-confidence in frontline work, awareness of risk, psychological intervention or training during the epidemic and deliberate rumination were the main influencing factors of PTG among frontline nurses and accounted for 42.5% of the variance (F=31.626, p<0.001). Conclusions: The PTG of frontline nurses was at a medium to high level and was influenced by working years, self-confidence in frontline work, awareness of risk, psychological intervention or training and deliberate rumination. It is necessary to strengthen psychological guidance and training for frontline nurses and promote their deliberate rumination on epidemic events to improve their PTG.