1. [include] Akdağ, S., Korkmaz, B., Tiftik, T., & Uzer, T. (2023). Ruminative reminiscence predicts COVID-related stress symptoms while reflective reminiscence and social reminiscence predict post-COVID growth. *Current psychology (New Brunswick, N.J.)*, 1–15. Advance online publication. <https://doi.org/10.1007/s12144-023-04750->7

**Abstract:** Reminiscence refers to the process or act of thinking or telling about past experiences. Few studies address the relationship between reminiscence functions and trauma-related cognitions and emotions. This study aimed to expand the previous literature by investigating the frequency of different types of reminiscence during the COVID-19 pandemic and their relations to the likelihood of developing post-traumatic growth (PTG) and post-traumatic stress disorder (PTSD), using an adult sample. Altogether, 184 participants (*Mage* = 30.38; *SD* = 10.95) completed the Reminiscence Functions Scale to report the purposes for which they shared their experiences during the first two waves of COVID-19. They also responded to the COVID-Transitional Impact Scale, Post-Traumatic Stress Disorder Checklist for DSM-5, Post Traumatic Growth Inventory, Revised Form of The Multidimensional Scale of Perceived Social Support, and Connor-Davidson Resilience Scale, when considering the first two waves of COVID-19. The results demonstrated that pro-social reminiscence and self-positive reminiscence were significantly more common than self-negative reminiscence. Yet, these differences disappeared when the presence of COVID virus was controlled. Pro-social and self-positive reminiscence significantly predicted PTG beyond demographic characteristics, COVID-19 impact, social support, and resilience. In contrast, only self-negative reminiscence predicted PTSD beyond COVID-19 impact and demographic characteristics. Furthermore, serial mediation analysis indicated that pro-social reminiscence predicted PTG via its association with perceived social support and resilience. Our findings suggest the benefit of using reminiscence therapy-type interventions to facilitate PTG and reduce PTSD after large-scale disasters like pandemics.

1. [include; effect size in table 1]Atay N, Sahin-Bayindir G, Buzlu S, Koç K, Kuyuldar Y. The relationship between posttraumatic growth and psychological resilience of nurses working at thepandemic clinics. *Int J Nurs Knowl*. 2023;34(3):226–35.

**Abstract:** This study aimed to determine posttraumatic growth and psychological resilience and understand the relationship between posttraumatic growth and psychological resilience in frontline nurses. Methods: This study was conducted on 263 nurses working at the pandemic clinics of a hospital of a healthcare group in Istanbul and a public hospital in Bursa between June 20 and September 01, 2020. Data were collected online to avoid the risk of infection using the personal information form, the Connor-Davidson resilience scale and the posttraumatic growth inventory. Findings: There is a significant relationship between posttraumatic growth and psychological resilience in frontline nurses. Nurses with a master's degree have higher psychological resilience than those with a bachelor's degree. Also, those who are reported that they receive organizational support from the nursing services management have higher psychological resilience and posttraumatic growth scores. Participants who worked for the hospital in Istanbul, those who stayed at hotels, and those who had no communication problems with the healthcare team had statistically significant higher posttraumatic scores and subscale scores than others. Also, those who do not think that they can protect themselves from the virus enough have lower posttraumatic growth than those who think so. Conclusions: Psychological resilience was positively correlated with posttraumatic growth and its subscales.

1. [exclude; conceptual paper no effect sizes]Aydin R, Bulut E. Experiences of nurses diagnosed with COVID-19 in Turkey: A qualitative study. Int Nurs Rev. 2022;69(3):294-304. doi:10.1111/inr.12735

**Abstract:** This study examined the experiences of nurses diagnosed with COVID-19 under the guidance of Meleis' Transitions Theory. Background: Nurses, who make up the majority of healthcare professionals, are struggling with COVID-19, a silent war, on the front lines at the cost of their lives. The pandemic has deeply affected nurses' lives, and hundreds of nurses around the world have been diagnosed with COVID-19 and died. Methods: A descriptive qualitative approach was used in this study. Data were collected from 18 nurses who experienced COVID-19 symptoms, with a semistructured interview form prepared based on Meleis' Transitions Theory concepts. Interview transcripts were analyzed using a thematic analysis technique. The Consolidated Criteria for Reporting Qualitative Research checklist was used in the study. Results: The six themes that emerged in the data analysis were emotions experienced when nurses tested positive for COVID-19, emotions experienced during the quarantine process, posttraumatic growth, methods of coping with COVID-19, nursing care after COVID-19 treatment, and metaphors about COVID-19.Conclusion: This study showed that being diagnosed with COVID-19 caused nurses to have both positive (posttraumatic growth, empathic and psychosocial nursing care) and negative experiences (fear of death, stigma, etc.). They tried to cope with adverse situations due to COVID-19 by obtaining social support, thinking positively, and engaging in domestic activities.

1. [include] Azman, N., Nik Jaafar, N. R., Leong Bin Abdullah, M. F. I., Abdul Taib, N. I., Mohamad Kamal, N. A., Abdullah, M. N., Dollah, S. N., & Mohamed Said, M. S. (2023). Stigma and posttraumatic growth among COVID-19 survivors during the first wave of the COVID-19 pandemic in Malaysia: a multicenter cross-sectional study. *Frontiers in psychiatry*, *14*, 1152105. <https://doi.org/10.3389/fpsyt.2023.1152105>

**Abstract:** Contracting COVID-19 can cause negative and distressing psychological sequelae, but traumatic stressors may also facilitate the development of positive psychological change beyond an individual's previous level of adaptation, known as posttraumatic growth (PTG). As a result, studies have investigated the negative effects of COVID-19 on mental health, but data on PTG among patients who have recovered from COVID-19 remains limited. This study aims to evaluate the level of PTG and its associations with stigma, psychological complications, and sociodemographic factors among COVID-19 patients 6 months post-hospitalization. **Method:**A cross-sectional online survey of 152 COVID-19 patients was conducted after 6 months of being discharged from Hospital Canselor Tuanku Muhriz, MAEPS Quarantine Center, or Hospital Sungai Buloh, Malaysia. Patients completed a set of questionnaires on sociodemographic and clinical data. The Posttraumatic Growth Inventory (PTGI-SF) was used to assess the level of PTG, the Kessler Psychological Distress (K6) was used to measure the degree of psychological distress, the General Anxiety Disorder-7 (GAD-7) was used to evaluate the severity of anxiety symptoms, the Patient Health Questionnaire (PHQ-9) was used to assess the severity of depression symptoms, and the Explanatory Model Interview Catalog Stigma Scale (EMIC-SS) was used to record the degree of perceived stigma toward COVID-19. **Results:**The median PTGI SF score of the respondents was 40.0 (Interquartile range 16.0). Multivariable general linear model with bootstrapping (2,000 replications) revealed factors that significantly predicted PTG, which were at the higher level of the perceived stigma score, at 37 (*B* = 0.367, 95% CI = 0.041 to 0.691, *p* = 0.026), among the Malay ethnicity (*B* = 12.767, 95% CI 38 = 7.541 to 17.993, *p* < 0.001), retirees (*B* = -12.060, 95% CI = -21.310 to -2.811, *p* = 0.011), and those with a history of medical illness (*B* = 4.971, 95% CI = 0.096 to 9.845, *p* = 0.046). **Conclusion:**Experiencing stigma contributed to patients' PTG in addition to psychosocial factors such as ethnicity, history of medical illness, and retirement.

1. [include] Bai, C., & Bai, B. (2024). Control beliefs about stress and post-traumatic growth in nurses during the COVID-19 pandemic: The mediating roles of basic psychological needs satisfaction and optimism. *International journal of mental health nursing*, 10.1111/inm.13293. Advance online publication. <https://doi.org/10.1111/inm.13293>

**Abstract:** The purpose of this study was to examine the relationship between control beliefs about stress and post-traumatic growth among Chinese nurses during the COVID-19 pandemic and to examine the mediating role of basic psychological needs satisfaction and optimism in this relationship. A total of 692 Chinese nurses participated in this online study, who completed the Beliefs about Stress Scale, Post-Traumatic Growth Inventory, Positive Psychological Capital Questionnaire, Basic Psychological Needs Satisfaction Scale and demographic variables between September and October 2020. Results indicate that 48.8% (N = 388) of nurses reported significant post-traumatic growth related to the COVID-19 pandemic. Moreover, control beliefs about stress were positively related to post-traumatic growth (r = 0.38, p < 0.001), basic psychological needs satisfaction (r = 0.44, p < 0.001) and optimism (r = 0.47, p < 0.001). In addition, basic psychological needs satisfaction and optimism were both independent and serial mediators of the relationship between control beliefs about stress and post-traumatic growth. Nurses and hospital administrators should focus on increasing nurses' control beliefs about stress and thereby enhancing their post-traumatic growth after experiencing events such as the COVID-19 pandemic. To support this process, programs should be designed to meet nurses' basic psychological needs and increase their optimism.

1. [Exclude – **A Review with Quali-s**] Bovero, A., Balzani, S., Tormen, G., Malandrone, F., & Carletto, S. (2023). Factors Associated with Post-Traumatic Growth during the COVID-19 Pandemic: A Systematic Review. *Journal of clinical medicine*, *13*(1), 95. <https://doi.org/10.3390/jcm13010095>

**Abstract:** The COVID-19 pandemic was an unprecedented event that further stimulated the debate on the concept of trauma. To increase knowledge about the traumatic potential of the pandemic, the main objective of this study was to identify, through a systematic literature review, the main factors associated with the adaptive outcome of post-traumatic growth caused by COVID-19. Studies were selected from the PsychInfo, Embase, and PubMed databases, and 29 articles were included at the end of the screening process. The identified factors are of different natures, including personal variables such as personality traits, coping, and cognitive strategies used to face adversity, and interpersonal variables, one of the most important of which is the level of social support. In addition, several results confirmed a relationship between post-traumatic growth and post-traumatic stress symptoms, as well as indices related to psychological well-being. Finally, the results are discussed by comparing them with those already present in the literature, as well as with some of the main explanatory models of post-traumatic growth. In this regard, some of the factors identified, such as maladaptive coping, avoidance symptoms, optimism, and low-stress tolerance, suggest the possibility that the process of post-traumatic growth may also be characterized by an illusory dimension.

1. [include] Cardinali, P., Olcese, M., Antichi, L., & Migliorini, L. (2024). Cumulative trauma and perceived community resilience: A serial mediation model. *Journal of community psychology*, *52*(1), 276–288. <https://doi.org/10.1002/jcop.23097>

**Abstract:** Communities affected by cumulative trauma can experience negative psychological reactions but also posttraumatic growth and community resilience, which promote adaptation and preparation for future traumatic events. This study aims to investigate the mechanisms that mediate the relationship between traumatic events and perceived community resilience. Participants were 118 Italian adults who experienced cumulative trauma and were recruited to complete an online survey. A serial multiple mediation model was estimated to assess whether the impact of the Morandi bridge collapse and posttraumatic growth mediated the relationship between the psychological impact of the Covid-19 pandemic and perceived community resilience. The impact of the collapsed bridge and posttraumatic growth in serial partially mediated the relationship between the impact of the Covid-19 pandemic and perceived community resilience. The impact of cumulative trauma can be considered through an ecological perspective that considers the consequences of these events in relation to community resilience.

1. [include; effect sizes and sds reported in table 1] Carola V, Vincenzo C, Morale C, Cecchi V, Rocco M, Nicolais G. Psychological Health in Intensive Care Unit Health Care Workers after the COVID-19 Pandemic. Healthcare (Basel). 2022;10(11):2201. Published 2022 Nov 2. doi:10.3390/healthcare10112201

**Abstract:** Background: Although the COVID-19 pandemic had an impact on the general population, health care workers (HCWs) constituted one of the groups that were most adversely affected by the associated risks, owing to the significant consequences on their mental health. This study examined these psychological effects on HCWs who cared for COVID-19 patients who were admitted to the intensive care unit in an Italian hospital. Methods: Subjects were administered several self-reported questionnaires: Kessler 10 Psychological Distress Scale (K10), Perceived Stress Scale-10 (PSS), Impact of Event Scale Revised (IES-R), and Post-traumatic Growth Inventory (PTGI), as well as two open-ended questions oriented toward understanding their positive and negative emotional experience and differentiating between two phases of the emergency. Results: Overall, 45% of HCWs showed medium-to-high anxiety/depressive symptoms, whereas 60% presented with medium-to-high levels of perceived stress. In addition, 37% of subjects developed symptoms of PTSD and 50% showed post-traumatic growth in the “appreciation of life” and “new possibilities” dimensions. With regard to the open-ended questions, three themes were identified: quality of workplace relationships, sense of emotional-relational competence, and sense of clinical-technical competence. In addition, two macrocategories of responses were identified in the answers: growth and block. Conclusions: The mental health of HCWs who are involved in the front line of COVID-19 was significantly impacted by this experience, showing high levels of post-traumatic stress and anxiety and depressive symptoms more than 1 year after the emergency began. A qualitative analysis of staff experiences can be a useful guide for structuring interventions and prevention.

1. [include; ptgi in table 2] Dahan S, Levi G, Segev R. Shared trauma during the COVID-19 pandemic: psychological effects on Israeli mental health nurses. Int J Ment Health Nurs. 2022;31(3):722–30.

**Abstract:** Mental health nurses, tasked with the constant care of clients undergoing mental health treatment, have faced unique challenges arising from the uncertain outcomes of the COVID-19 pandemic. The shared exposure of both nurses and their patients to a traumatic event such this pandemic leads to additional challenges and ways of coping. The psychological effects of this shared trauma on mental health nurses arising from the pandemic are the subject of this study. An online survey was used to examine personal levels of anxiety and concern, personal and national resilience (NR), and posttraumatic growth (PTG) among 183 mental health nurses working in mental health services in Israel. Overall, the study revealed moderate levels of concern and relatively low levels of anxiety, with significant negative correlations between personal and NR and levels of concern and anxiety. Higher levels of personal and NR were related to lower levels of concern and anxiety, and there was a significant positive correlation between assessments of personal resilience and NR. A significant positive correlation was found between personal and NR and PTG. Higher religiosity was associated with higher resilience, and higher professional seniority was related to higher PTG. Finally, results for particular demographic subgroups indicate that in Israel, special attention should be given to those mental health nurses who have immigrated to Israel, are non-Jews or have less professional experience.

1. [include] Deitz A. H. H. (2024). Self-compassion, childhood emotional neglect, and posttraumatic growth: Parental well-being during COVID-19. *Journal of affective disorders*, *350*, 504–512. <https://doi.org/10.1016/j.jad.2024.01.130>

**Abstract:** The CoronaVirus Disease 2019 (COVID-19) pandemic can be conceptualized as a trauma that created additional unique stressors for parents. Self-compassion might promote posttraumatic growth (PTG); however, parents with histories of childhood emotional neglect may struggle to practice self-compassion when their own affectional needs were unmet earlier in life, carrying implications for both parental and child well-being. The objective is to examine the relationship between childhood emotional neglect and pandemic-related PTG, and the moderating role of self-compassion. **Methods:**An online cross-sectional survey collected information from 436 parents (M = 37.62 years, SD = 9.31) across the U.S. on pandemic- and parenting-related stresses, childhood emotional neglect, self-compassionate behavior, psychological distress, and pandemic-related PTG. Multiple regression analyses were conducted to analyze relationships among childhood emotional neglect, self-compassionate behavior, and pandemic-related PTG. **Results:**Parents who reported greater frequency of self-compassionate behavior tended to report higher pandemic-related PTG. Childhood emotional neglect alone did not predict pandemic-related PTG; however, for parents who reported less frequent self-compassionate behavior, greater childhood emotional neglect predicted lower pandemic-related PTG. **Limitations:**The cross-sectional design and sample homogeneity limit both causal inference and generalizability. Limitations in operationalization of PTG and self-compassion constructs are discussed. **Conclusions:**Findings emphasize the utility of self-compassionate behavior in promoting pandemic-related PTG, especially for adults with histories of childhood emotional neglect. Self-compassion is a freely accessible practice that individuals can implement successfully with minimal instruction. In terms of clinical relevance, therapists may be able to identify points of intervention wherein self-compassion may stimulate pandemic-related PTG.

1. [exclude – only correlations] {still exclude; table 2 has to correlation, and table 4 has regression coefficient, but not enough to get the mean and sd of the ptgi-x}Deleuil, S., & Mussap, A. J. (2023). Evaluating an online self-distancing intervention to promote emotional regulation and posttraumatic growth during the COVID-19 pandemic. *Anxiety, stress, and coping*, *36*(1), 18–37. <https://doi.org/10.1080/10615806.2022.2150177>[\*\*]

**Abstract:** Three online studies were conducted to elucidate the role of emotional regulation (ER) in posttraumatic growth (PTG), evaluate the ability of an online self-distancing intervention to achieve ER, and test whether increasing the use of ER strategies promotes PTG. **Design:**Cross-sectional (Study 1) and longitudinal randomized controlled trials (RCT) (Studies 2 and 3). **Method:**In Study 1, 626 adults completed measures of ER, PTG, and psychosocial functioning during the COVID-19 pandemic. In Study 2, 149 adults participated in a five-week RCT comparing self-immersed, spatially self-distanced, and temporally self-distanced reflection in their ability to regulate negative affect. In Study 3, 117 adults replicated the RCT of Study 2 and completed the measures from Study 1 a week pre- and post-intervention. **Results:**Path analyses confirmed that ER strategies were relevant to COVID-19-related PTG. MANOVAs revealed that self-distancing was effective in regulating state negative affect. However, ANOVAs suggest that this was not due to increased use of ER strategies and did not improve PTG or psychosocial functioning. **Conclusions:**These findings support further research into the relevance of ER to PTG, and provide a foundation to understand PTG and develop PTG-promoting interventions within a broader stress-coping framework.

1. [exclude; no effect size] DiGiovanni M, Weller I, Martin A. Pivoting in the pandemic: a qualitative study of child and adolescent psychiatrists in the times of COVID-19. Preprint. Res Sq. 2021;rs.3.rs-287057. Published 2021 Mar 4. doi:10.21203/rs.3.rs-287057/v1

**Abstract:** We examined the personal and professional impacts of the COVID-19 pandemic on the development, practice, and shifting values of child and adolescent psychiatrists (CAP), in order to inform how the field may move forward post-pandemic. Methods, We conducted individual semi-structured interviews of child and adolescent psychiatrists (n = 24) practicing in the US. Participants were selected as a diverse purposive sample of active members of the American Academy of Child and Adolescent Psychiatry (AACAP). We analyzed anonymized transcripts through iterative coding using thematic analysis aided by NVivo software. Results, We identified three main thematic domains within participants’ response to the pandemic, which have engendered a reevaluation of and a recommitment to the aims of each clinician and the field of CAP more broadly. These domains, paired with representative questions, include: 1) Unsettling, or “who have we been?” (identifying discontents such as daily inefficiencies and intraprofessional loss of trust); 2) Adaptation, or “who are we now?” (exploring affordances and limitations of virtual work, and the evolution of personal and professional identity); and 3) Reimagination, or “who will we become?” (renewing a commitment to psychiatry as advocacy). Even as we identified a collective agreement toward the need for implementing change, just what needs to change, and how that change will be realized, remain contested.Conclusion, These three thematic domains, augmented by a national confrontation with race and equity, have engendered a field-wide reckoning with known inequities. They have reinvigorated collective responses and calls to action. The divergent mindsets to change and leadership have provided an aperture for what values and practices the field might instill in its next generation of practitioners.

1. [include] Gaboardi, M., Naddeo, D., Meneghini, A. M., Lenzi, M., Canale, N., Stanzani, S., & Santinello, M. (2024). Yes, I will do it! Factors promoting the intention to volunteer after COVID-19 pandemic in Italy. *International journal of psychology : Journal international de psychologie*, 10.1002/ijop.13110. Advance online publication. <https://doi.org/10.1002/ijop.13110>

**Abstract:** This cross-sectional study assessed the extent to which the intention to volunteer after the COVID-19 pandemic is associated with resilience, post-traumatic growth, and community service self-efficacy in a representative Italian sample (N = 295; Mage = 44.77; SD = 14.79; range = 18-83 years; 53.22% men). The model tested through a path analysis revealed a positive association between community service self-efficacy and intention to continue volunteering. Multi-group comparisons revealed that this relationship was maintained in participants who were active volunteers, while in the group of former volunteers, only a positive association between post-traumatic growth and intention to volunteer was found. This study contributed to highlight the importance of community service self-efficacy and post-traumatic growth in the volunteering experience and the intention to continue volunteering in the future.

1. [include] Gesi, C., Cafaro, R., Achilli, F., Boscacci, M., Cerioli, M., Cirnigliaro, G., Loupakis, F., Di Maio, M., & Dell'Osso, B. (2024). The relationship among posttraumatic stress disorder, posttraumatic growth, and suicidal ideation among Italian healthcare workers during the first wave of COVID-19 pandemic. *CNS spectrums*, *29*(1), 60–64. <https://doi.org/10.1017/S1092852923002493>

**Abstract:** The COVID-19 pandemic impacted mental health across different groups, including healthcare workers (HWs). To date, few studies focused on potential positive aspects that may follow the exposure to the pandemic. We investigated the prevalence of posttraumatic stress disorder (PTSD) in Italian HWs and whether posttraumatic growth (PTG) dimensions affected the risk of suicidal ideation (SI) during the first COVID-19 wave. **Methods:**An online self-report survey was conducted between April and May 2020. Sociodemographic data, information about COVID-19-related stressful events, Impact of the Event Scale-revised, and Post-Traumatic Growth Inventory-Short Form (PTGI-SF) scores were collected and compared between participants. Patient Health Questionnaire-9 scores were also collected to assess SI through item 9. Multivariate logistic regression was used to assess the relationship between PTGI and SI. **Results:**Among 948 HWs, 257 (27.0%) reported a provisional PTSD diagnosis. The median PTGI-SF score was 24. Participants reporting PTSD symptoms had higher scores in the *Spiritual change*, *Appreciation of life*, and *New possibilities* domains, and in the total PTG scale. A total of 100 HWs (10.8%) screened positive for SI. Improvements in *Relating to others* domain of PTGI-SF (odds ratioOR: .46; 95% confidence interval: .25-.85) were associated with lower odds of SI. **Conclusions:**COVID-19 pandemic has been indicated as a risk factor for SI, also among HWs. PTG may have a protective role on suicide risk. Improvements in *Relating to others* domain reduced odds of SI, consistently with the role of loneliness and lack of connectedness with others in enhancing suicidal risk.

1. [exclude – no descriptive statistics reported] **(Ask Authors)** {still exclude; table 2 is the correlations, and table 3 is the regression table – not enough to recover the mean and sd of the ptg scores}Governale, A., McTighe, K., & Cechova, V. (2024). Psychological reactions to COVID-19: Ambiguous loss, posttraumatic growth, and coronavirus impact among college students. *Psychological trauma : theory, research, practice and policy*, *16*(2), 201–207. <https://doi.org/10.1037/tra0001508> [\*\*\*]

**Abstract:** As social distancing and mask requirements lift, young adults may experience continued impacts from the pandemic. For example, college students may be particularly vulnerable to negative impact of COVID-19 due to social isolation, disruption to education, and lost personal and economic opportunity. **Method:**In order to investigate how psychological reactions (e.g., ambiguous loss, psychological growth) predict current COVID-19 impact, 224 students (*M*age = 20.21, *SD* = 2.64) from a private liberal arts college completed a cross-sectional survey during February or March 2022. **Results:**Several demographic findings emerged, including increased impact among older students (*B* = .25, *p* = .01) and caregiving students (*B* = 2.14, *p* < .001), while ambiguous loss (*B* = .24, *p* < .001) appeared to be the strongest predictor after controlling for demographic factors and COVID awareness. Finally, the relationship between posttraumatic psychological growth and COVID impact was moderated by first-generation student status, *B* = .15, *p* = .04. **Conclusions:**First-generation students reported elevated levels of COVID impact even when reporting high levels of growth, while posttraumatic growth buffered impact among non-first-generation students. Results support the need for targeted college-based resources and services for students who may need long-term social support and trauma-informed intervention following the COVID-19 pandemic.

1. [exclude – no effect size reported] {still exclude, figure 1 says to have results, but not a numerical one, it’s a flow chart of concepts.} Jiang, J., Liu, Y., Han, P., Zhang, P., Shao, H., Dai, Z., & Zhuang, Y. (2024). Post-traumatic growth among emergency nurses after COVID-19 in Shanghai, China: a qualitative study. *BMJ open*, *14*(2), e081212. <https://doi.org/10.1136/bmjopen-2023-081212>

**Abstract:** This study aims to investigate the post-traumatic growth of emergency nurses (ENs) in Shanghai, China, in 2022 following the COVID-19 pandemic.

**Design:**A phenomenological qualitative research approach was employed, with 17 ENs being interviewed between July and August 2022. Data collection was conducted through semistructured, in-depth interviews, and data analysis was carried out using the Colaizzi's seven-step analysis method. **Setting:**A third-level hospital in Shanghai. **Participants:**A total of 17 ENs were interviewed through face-to-face, semistructured, in-depth interviews. **Results:**Three main themes and eight subthemes were extracted from the data: (a) stress, (b) restructuring and (c) growth. **Conclusion:**Significant stress was imposed on ENs by the Shanghai COVID-19 pandemic, but cognitive restructuring was successfully undergone by them, leading to the experience of growth. It is recommended that post-traumatic growth levels be enhanced through professional psychological counselling and tailored support measures for different stages.

1. [include] Kalaitzaki, A., Theodoratou, M., Tsouvelas, G., Tamiolaki, A., & Konstantakopoulos, G. (2024). Coping profiles and their association with vicarious post-traumatic growth among nurses during the three waves of the COVID-19 pandemic. *Journal of clinical nursing*, 10.1111/jocn.16988. Advance online publication. <https://doi.org/10.1111/jocn.16988>

**Abstract:** This study aimed to examine (a) changes in coping strategies and vicarious post-traumatic growth (VPTG) across three timepoints of the COVID-19 pandemic among nurses; (b) discrete groups of nurses with unique coping profiles and (c) the association of these coping profiles with VPTG across the timepoints.

**Background:**Although literature abounds with the negative mental health consequences of the pandemic among healthcare professionals, much less is known about the positive consequences on nurses, the coping strategies that they use, and how these change over time.**Design:**This was a cross-sectional web-based survey at three timepoints during the pandemic. **Methods:**A sample of 429 nurses completed online the Post-Traumatic Growth Inventory (PTGI) and the Brief Coping Orientation to Problems Experienced Inventory (COPE) to measure vicarious post-traumatic growth (VPTG) and coping strategies, respectively. The STROBE checklist was used to report the present study. **Results:**Significantly higher VPTG scores were observed during the third timepoint. Different coping strategies were employed across the three timepoints. Nurses responded to the pandemic either with an active, an avoidant or a passive coping profile. Significantly higher VPTG levels were reported by the nurses of the active profile compared to those of the passive profile, whereas the difference between active and avoidant profiles was not significant. **Conclusions:**Notwithstanding the preponderance of the nurses with the active coping profile in achieving high VPTG, the avoidant copers had more gains (VPTG) than the passive copers, suggesting that doing something to cope with the stressor-let it be trying to avoid it-was better than doing nothing.

1. [include; effect sizes in table 2] Kapur A, Rudin B, Potters L. Posttraumatic growth in radiation medicine during the Covid-19 outbreak. *Adv Radiat Oncol*. 2022;*7(4*):100975 (NEW ONE\*\*\*) [\*]

**Abstract:** It has been reported that adversarial growth during traumatic events potentially enhances coping with sequelae. The purpose of this work was to assess posttraumatic growth (PTG) among radiation medicine staff members at the individual level as well as changes in perceptions of departmental culture after the COVID-19 pandemic. Methods and Materials: An anonymous PTG inventory (PTGI) survey comprising 21 indicators was disseminated to all 213 members of our multicenter radiation department to measure perceptions of change in personal, interpersonal-relationship, and philosophy of life factors using principal-factor analysis. Additionally, 8 department safety-culture indicators from the National Hospital Patient Safety Culture Survey developed by the Agency for Healthcare Research and Quality were included to assess changes in department safety-culture perceptions verses a prepandemic survey. The survey was repeated 15 months later to assess longitudinal trends. Results: With a 56.3% survey-response rate, PTGI factor analysis yielded Cronbach’s alpha values exceeding 0.90 for the 3 aforementioned PTG factors. The average growth per indicator was 2.3 (out of 5.0), which fell between small and moderate. The values were 2.4 (personal), 2.1 (interpersonal), and 1.6 (philosophy) for the 3 factors. The total PTGI score (47.7 § 28.3 out of 105 points) was lower for masked, patient-facing, frontline workers members (41.8 § 28.4) compared with others (53.1 § 27.3, P value .001). For the Agency for Healthcare Research and Quality survey there was an improvement of 15% in perceptions of department safety culture, and 7 of the 8 indicators showed improvements compared with baseline. The follow-up survey demonstrated overall sustained findings, albeit with a trend toward declining PTG scores for nonfrontline workers, notably in interpersonal relationships (47.4 § 27.0, P value .05). Conclusions: A fair-to-moderate degree of PTG was observed in personal and interpersonal relationship factors whereas least growth was noted in spiritual and religious beliefs. Perceptions of department patient-safety culture improved substantially. Sustained improvements were thus perceived at the individual and department levels.

1. [exclude; seem to be a conceptual paper with no effect size reported] Lee N, Lee HJ. South Korean Nurses' Experiences with Patient Care at a COVID-19-Designated Hospital: Growth after the Frontline Battle against an Infectious Disease Pandemic. Int J Environ Res Public Health. 2020;17(23):9015. Published 2020 Dec 3. doi:10.3390/ijerph17239015

**Abstract:** COVID-19 is a respiratory disease caused by a novel coronavirus that quickly spread worldwide, resulting in a global pandemic. Healthcare professionals coming into close contact with COVID-19 patients experience mental health issues, including stress, depression, anxiety, post-traumatic stress disorder, and burnout. This study aimed to explore the experiences of COVID-19-designated hospital nurses in South Korea who provided care for patients based on their lived experiences. Eighteen nurses working in a COVID-19-designated hospital completed in-depth individual telephone interviews between July and September 2020, and the data were analyzed using Giorgi's phenomenological methodology. The essential structure of the phenomenon was growth after the frontline battle against an infectious disease pandemic. Nine themes were identified: Pushed onto the Battlefield Without Any Preparation, Struggling on the Frontline, Altered Daily Life, Low Morale, Unexpectedly Long War, Ambivalence Toward Patients, Forces that Keep Me Going, Giving Meaning to My Work, and Taking Another Step in One's Growth. The nurses who cared for patients with COVID-19 had both negative and positive experiences, including post-traumatic growth. These findings could be used as basic data for establishing hospital systems and policies to support frontline nurses coping with infectious disease control to increase their adaption and positive experiences.

1. [exclude – no effect size found **(M/SD in T1)**] Levinsky, M., Schiff, M., Pat-Horenczyk, R., & Benbenishty, R. (2024). Emotional distress and posttraumatic growth during the COVID-19 pandemic: The case of the ultra-Orthodox Jewish society in Israel. *Psychological trauma : theory, research, practice and policy*, *16*(1), 57–67. <https://doi.org/10.1037/tra0001406> [\*\*]

**Abstract:** The COVID-19 pandemic has been associated with a range of negative responses, including emotional distress, as well as with positive changes, such as posttraumatic growth (PTG). Among the vulnerability factors the literature lists SES and being part of a minority group. The aim of this study is to identify patterns of responses among the ultra-Orthodox Jewish society in Israel, in terms of both emotional distress (anxiety and depression) and multiple dimensions of PTG. **Method:**The data were collected during the second wave of COVID-19 in Israel, between May and November 2020. The sample included 369 participants, all belonging to the ultra-Orthodox society. Latent class analysis was used to establish heterogeneous classes of participants displaying similar response patterns, using the Patient Health Questionnaire-9 (PHQ-9) for depression, the Generalized Anxiety Disorder-7 index (JAD-7), and the 10-item version of the Posttraumatic Growth Inventory (PTGI-10). Multinomial regression examined which of the predictors best distinguished between the classes. **Results:**Three classes were identified, termed here Resilience, Growth, and Distress. As differential predictors of class membership, the study identified age; gender; self-rated health; and COVID-19-related potential negative experiences: economic decline, concerns, and microaggression. The Resilience and Growth patterns were the most prominent. A small number of participants formed a class characterized by high levels of distress. **Conclusions:**The findings contribute to understanding the psychological response patterns of a minority group to COVID-19. The characteristics of the three classes highlight the important role of potentially negative experiences related to COVID-19 in the response patterns.

1. [include] Liu, G., Zeng, L., Wang, F., Feng, F., Jin, M., Xie, W., Tang, P., Qiu, Y., & Wang, J. (2024). Prevalence and factors of posttraumatic growth among Hubei residents during the COVID-19 pandemic: A cross-sectional study. *Psychology, health & medicine*, *29*(1), 100–107. <https://doi.org/10.1080/13548506.2022.2132409>

**Abstract:** The adverse impact of the COVID-19 pandemic on mental health has been widely concerned, but the research on positive psychological factors is insufficient, this study aims to investigate the prevalence and factors of posttraumatic growth (PTG) among residents in the worst-hit areas of China (Hubei Province). We were conducted in three disaster areas with different severity in Hubei Province three months after the outbreak, and the data were from 575 respondents. Instruments included the simplified Chinese version of the Posttraumatic Growth Inventory (C-PTGI) and the public health emergency psychological questionnaire. Nonparametric tests, Spearman correlation analyses, and multiple linear regression equations were used to analyze the data. The results showed that three months after the outbreak of COVID-19, the PTG of Hubei residents was at a low level, and their sense of fear was the most prominent, with a positive detection rate of 82.09%. According to the results of this study, high PTG levels were associated with high levels of fear, married and healthcare providers, while low levels of PTG were associated with serious chronic diseases, males, good economic status, and poor prevention and control measures. Government departments should strengthen social support for residents, carry out necessary stress management training to help them correctly deal with negative emotions and promote their personal growth.

1. [include] Liu, S., Curenton, S. M., Sims, J., & Fisher, P. A. (2024). The promotive and protective effects of parents' perceived changes during the COVID-19 pandemic on emotional well-being among U.S. households with young children: an investigation of family resilience processes. *Frontiers in psychology*, *14*, 1270514. <https://doi.org/10.3389/fpsyg.2023.1270514>

**Abstract:** The COVID-19 pandemic may constitute a traumatic event for families with young children due to its acute onset, the unpredictable and ubiquitous nature, and the highly distressing disruptions it caused in family lives. Despite the prevalent challenges such as material hardships, child care disruptions, and social isolation, some families evinced remarkable resilience in the face of this potentially traumatic event. This study examined domains of changes perceived by parents of young children that were consistent with the post-traumatic growth (PTG) model as factors that facilitate family resilience processes. **Methods:**This study drew data from the RAPID project, a large ongoing national study that used frequent online surveys to examine the pandemic impact on U.S. households with young children. A subsample of 669 families was leveraged for the current investigation, including 8.07% Black, 9.57% Latino(a), 74.44% non-Latino(a) White families, and 7.92% households of other racial/ethnic backgrounds. In this subsample, 26.36% were below 200% federal poverty level.

**Results:**Approximately half of the parents reported moderate-to-large degrees of changes during the pandemic, and the most prevalent domain of change was appreciation of life, followed by personal strengths, new possibilities, improved relationships, and spiritual growth. Black and Latino(a) parents reported more changes in all five domains than White parents and more spiritual growth than parents of the other racial/ethnic groups. Moreover, parent-reported improved relationships were found to indirectly reduce young children's overall fussiness/defiance and fear/anxiety symptoms through reducing parents' emotional distress. Perceived changes in the new possibilities, personal strengths, and appreciation of life domains were found to serve as protective factors that buffered the indirect impacts of material hardship mean levels on child behavioral symptoms via mitigating parents' emotional distress.

**Discussion:**These findings shed light on resilience processes of a family system in a large-scale, disruptive, and stressful socio-historical event such as the COVID-19 pandemic. The five PTG domains could inform therapeutic and intervention practices in the face of future similar events. Importantly, these findings and the evinced family resilience should not negate the urgent needs of policy and program efforts to address material hardships, financial instabilities, and race/ethnicity-based structural inequalities for families of young children.

1. [exclude; no effect size – conceptual paper]Mohammed N, Lelièvre H. Lived experience ; of medicine nurses caring for COVID-19 patients: a quality improvement perspective. *J Nurs Care Qual*. 2022;37(1):35–41.

**Abstract:** The COVID-19 pandemic has overwhelmed health care systems globally. To understand how health care systems can best support frontline health care providers caring for patients in similar situations, it is necessary to gain insights into their experience. Purpose: This quality improvement study explored the lived experience of Canadian frontline medicine nurses caring for COVID-19 patients during the first wave of the pandemic. Method: A qualitative interpretive phenomenological approach was conducted. Forty-three eligible nurses participated in semistructured interviews and online surveys. Full transcription and thematic content analysis were performed. Results: Three overarching themes were deduced: (1) a traumatic experience, (2) living through the experience, and (3) achieving transcendence.

Conclusion: Several recommendations were identified. These recommendations aim to aid health care systems in emergency preparation planning and future pandemic responses while supporting frontline health care providers' resilience and well-being.

1. [include; effect size in table 2] Moreno-Jiménez JE, Blanco-Donoso LM, Demerouti E, et al. The Role of Healthcare Professionals' Passion in Predicting Secondary Traumatic Stress and Posttraumatic Growth in the Face of COVID-19: A Longitudinal Approach. Int J Environ Res Public Health. 2021;18(9):4453. Published 2021 Apr 22. doi:10.3390/ijerph18094453

**Abstract:** COVID-19 has increased the likelihood of healthcare professionals suffering from Secondary Traumatic Stress (STS). However, the difficulty of this crisis may lead these professionals to display personal resources, such as harmonious passion, that could be involved in posttraumatic growth. The goal of this study is to examine the STS and posttraumatic growth among healthcare professionals and the demands and resources related to COVID-19. A longitudinal study was carried out in April 2020 (T1) and December 2020 (T2). The participants were 172 health professionals from different health institutions and they reported their workload, fear of contagion, lack of staff and personal protection equipment (PPE), harmonious passion, STS and posttraumatic growth. The results revealed that workload and fear of contagion in T2 were positive predictors for STS, whereas harmonious passion was a negative predictor. Fear of contagion of both times seemed to positively predict posttraumatic growth, as well as harmonious passion. One moderation effect was found concerning the lack of staff/PPE, as posttraumatic growth was higher when the workload was high, especially in those with a high lack of staff/PPE. All in all, these findings pointed out the need for preventative measures to protect these professionals from long-term negative consequences.

1. [include; effect size in table 2]Nie T, Tian M, Liang H. Relational Capital and Post-Traumatic Growth: The Role of Work Meaning. Int J Environ Res Public Health. 2021;18(14):7362. Published 2021 Jul 9. doi:10.3390/ijerph18147362

**Abstract:** Through a statistical survey of 760 front-line medical staff during the COVID-19 epidemic, this study attempts to explore the relationships between relational capital, psychological security, post-traumatic growth and the meaning of work. Data analysis verifies that trust, reciprocity, and identification can promote post-traumatic growth by enhancing the individual's psychological security. A high level of work meaning can enhance the role of trust, reciprocity and identification in promoting psychological security. Work meaning has a moderated mediating effect when trust and reciprocity affect post-traumatic growth through psychological security, but no moderated mediating effect is found when identification affects post-traumatic growth through psychological security.

1. [include] Nowicki, G. J., Schneider-Matyka, D., Godlewska, I., Tytuła, A., Kotus, M., Walec, M., Grochans, E., & Ślusarska, B. (2024). The relationship between the strength of religious faith and spirituality in relation to post-traumatic growth among nurses caring for COVID-19 patients in eastern Poland: a cross-sectional study. *Frontiers in psychiatry*, *14*, 1331033. <https://doi.org/10.3389/fpsyt.2023.1331033>

**Abstract:** The COVID-19 pandemic had forced intensive care unit (ICU) nurses to adapt to extreme conditions in a short period of time. This resulted in them experiencing extremely stressful situations. The aim of this study was to assess the relationship between post-traumatic growth (PTG) and religiosity and spirituality (R/S) among nurses caring for COVID-19 patients in intensive care during the pandemic.

**Materials and methods:**120 nurses working in Lublin, eastern Poland, participated in the cross-sectional study. The questionnaire was made up of three standardised tools: The Post-Traumatic Growth Inventory, The Santa Clara Strength of Religious Faith Questionnaire, The Spiritual Attitude and Involvement List. **Results:**In terms of spirituality, the study group of nurses achieved the highest score in the Connectedness with Nature subscale (4.37 ± 1.07), while the strength of religious beliefs had a positive correlation with post-traumatic growth only in the Spiritual changes subscale (*r* = 0.422, *p*< 0.001). The following dimensions of spirituality were significantly correlated with post-traumatic growth in the multi-factor model that included religiosity and spirituality: Transcendent experiences, Spiritual activities, Meaningfulness, Acceptance, and Trust. We saw that increase in the assessment of the Transcendent experiences, Meaningfulness and Trust subscales significantly mirrors increase in post-traumatic growth, while increase in the assessment of the Spiritual activities and Acceptance subscales significantly mirrors decrease in post-traumatic growth. The above variables explained up to 44% of the dependent variable. **Conclusion:**Both religiosity and spirituality were significantly associated with post-traumatic growth in the group of ICU nurses, but spirituality appears to have played a larger role. Our findings support the value and significance of the development of spiritual and religious identity as a means of enhancing positive psychological changes in the face of traumatic events.

1. [include] Özönder Ünal, I., Ünal, C., Duymaz, T., & Ordu, C. (2023). The relationship between psychological flexibility, self-compassion, and posttraumatic growth in cancer patients in the COVID-19 pandemic. *Supportive care in cancer : official journal of the Multinational Association of Supportive Care in Cancer*, *31*(7), 428. <https://doi.org/10.1007/s00520-023-07891->4

**Abstract:** The COVID-19 pandemic may have an important long-term emotional impact on patients with cancer diagnosis, as they are in the high-risk group. We aimed to evaluate the relationship between self-compassion, psychological flexibility, and posttraumatic growth, and to examine whether psychological flexibility may serve as a mediator between self-compassion and posttraumatic growth. **Methods:**Two hundred fifty-three patients with cancer were included in the study. Sociodemographic and Clinical Features Data Form, Self-Compassion Scale (SCS), Freiburg Mindfulness Inventory (FMI), Acceptance and Action Questionnaire-II (AAQ-II), Cognitive Fusion Questionnaire (CFQ), and Posttraumatic Growth Inventory (PTGI) were applied to all patients. **Results:**The multivariate analysis with independent variable SCS, FMI, AAQ-II, and CFQ scores explains 49% of the variance in PTGI (F(4,248) = 60,585, p < 0.001). SC and FMI scores were found to have a positive and AAQ-II and CFQ scores a negative predictive effect on PTGI scores. The partial mediational effect of psychological flexibility on the relationship between self-compassion and posttraumatic growth was found to be statistically significant.**Conclusion:**In traumatic life events such as pandemics, the importance of self-compassion for posttraumatic growth and the mediator role of psychological flexibility in this relationship should be considered in order to manage the treatment process in cancer patients. These patients are more affected by the pandemic due to the nature of their malignancy and the strict protective measures they must follow as members of a high-risk group. The significance of therapies focused on psychological flexibility should be emphasized in comprehensive biopsychosocial approaches for the management of cancer patients.

1. [exclude – no effect size were provided] {include; effect size in table 1 **(Ask Authors)** } Petrocchi, S., Pellegrino, S. A., Manoni, G., Petrovic, G., & Schulz, P. J. (2023). "What does not kill you… mutates and tries again." A study on personality determinants of post-traumatic growth during the COVID-19 pandemic. *Current psychology (New Brunswick, N.J.)*, 1–15. Advance online publication. <https://doi.org/10.1007/s12144-023-04415->5[\*\*\*\*]

**Abstract:** The COVID-19 pandemic was recognized as a collective trauma and as a major threat to mental health. Recent literature focused on the stress symptomatology or post-traumatic stress disorder associated to the COVID-19 exposure. The concept that people have a natural inclination toward growth, even under stressful and threatening events, gathered less attention. Previous research has analyzed antecedents of post-traumatic growth (PTG) with non-conclusive results. **Methods**. The present research aimed at including findings on PTG from personality traits, i.e., sense of control and self-mastery, and distal condition of nurturance and support received by others, i.e., cognitive and affective well-being. Analyses were based on 4934 interviews with adults (Mage = 57.81 years, 55.5% women) from the Swiss Household Panel study. **Results**. Relationships over time emerged between sense of control and self-mastery on PTG and worries, measured after two years, via the mediation of cognitive and affective well-being. **Conclusion**. Results come from a large study in a design seldom employed in this type of research and can inform both research and interventions.

1. [Included, no access to this journal] {include, effect size in table 3} Pfeiffer, K., Cunningham, T., Cranmer, J. N., Harrison, T., Crosby, H., Schroeder, K., Jordan, D., & Coburn, C. (2023). Changes in Posttraumatic Growth After a Virtual Contemplative Intervention During the COVID-19 Pandemic. *The Journal of nursing administration*, *53*(1), 40–46. <https://doi.org/10.1097/NNA.0000000000001240>

**Abstract:** The aim of this study was to describe the effects of an intervention called "Compassion & Growth Workshops" on reported posttraumatic growth (PTG) using the Posttraumatic Growth Inventory-Expanded (PTGI-X). **Background:**Few studies measure the impact of interventions, such as contemplative practices, on nurse PTG. **Methods:**We delivered a series of three 2-hour microretreats to nurses and advanced practice nurses and measured their impact on PTG scores. Using multivariate logistic regression, we identified cofactors predictive of 25% overall improvement on the PTGI-X. **Results:**Overall PTG increased among participants, with the greatest improvement in relating to others, new possibilities, and personal strength. Posttraumatic growth improved as workshop attendance increased; nurses providing direct patient care also benefitted the most. **Conclusions:**Contemplative interventions can substantively improve PTG. This may be particularly relevant for coping with COVID pandemic stress among nurses on the frontlines and for healthcare leaders seeking to strengthen psychological support within their teams and reform the workplace environment.

1. [exclude – no effect size] (<https://doi.org/10.1186/s12889-023-17491->w Ponce, S. A., Green, A., Strassle, P. D., & Nápoles, A. M. (2024). Positive and negative aspects of the COVID-19 pandemic among a diverse sample of US adults: an exploratory mixed-methods analysis of online survey data. *BMC public health*, *24*(1), 22. <https://doi.org/10.1186/s12889-023-17491->w

**Abstract:** The COVID-19 pandemic had a profound social and economic impact across the United States due to the lockdowns and consequent changes to everyday activities in social spaces. **Methods:**The COVID-19's Unequal Racial Burden (CURB) survey was a nationally representative, online survey of 5,500 American Indian/Alaska Native, Asian, Black/African American, Latino (English- and Spanish-speaking), Native Hawaiian/Pacific Islander, White, and multiracial adults living in the U.S. For this analysis, we used data from the 1,931 participants who responded to the 6-month follow-up survey conducted between 8/16/2021-9/9/2021. As part of the follow-up survey, participants were asked "What was the worst thing about the pandemic that you experienced?" and "Was there anything positive in your life that resulted from the pandemic?" Verbatim responses were coded independently by two coders using open and axial coding techniques to identify salient themes, definitions of themes, and illustrative quotes, with reconciliation across coders. Chi-square tests were used to estimate the association between sociodemographics and salient themes.

**Results:**Commonly reported negative themes among participants reflected disrupted lifestyle/routine (27.4%), not seeing family and friends (9.8%), and negative economic impacts (10.0%). Positive themes included improved relationships (16.9%), improved financial situation (10.1%), and positive employment changes (9.8%). Differences in themes were seen across race-ethnicity, gender, and age; for example, adults ≥ 65 years old, compared to adults 18-64, were more likely to report disrupted routine/lifestyle (37.6% vs. 24.2%, p < 0.001) as a negative aspect of the pandemic, and Spanish-speaking Latino adults were much more likely to report improved relationships compared to other racial-ethnic groups (31.1% vs. 14.8-18.6%, p = 0.03).

**Discussion:**Positive and negative experiences during the COVID-19 pandemic varied widely and differed across race-ethnicity, gender, and age. Future public health interventions should work to mitigate negative social and economic impacts and facilitate posttraumatic growth associated with pandemics.

1. [unclear; have effect size but no sd for it] **(Ask Authors)** Prekazi L, Hajrullahu V, Bahtiri S, et al. The Impact of Coping Skills in Post-traumatic Growth of Healthcare Providers: When Mental Health Is Deteriorating Due to COVID-19 Pandemic. Front Psychol. 2021;12:791568. Published 2021 Dec 3. doi:10.3389/fpsyg.2021.791568

**Abstract:** Frontline healthcare providers are consistently exposed to potentially traumatic events while assisting patients with COVID-19. Post-traumatic growth (PTG) happens when a person can transform trauma and use adversity in one’s advantage. In response to limited studies on positive outcomes that may occur from the pandemic; this study aimed to elucidate the positive impact of coping with COVID-19 outbreak on mental health, such as PTG. Methodology: The study comprised a sample of 691 healthcare providers 59% female, including physicians (n = 138) and nurses (n = 550), working in public health facilities in Kosovo, with an average age of 41.6 years (SD = 10.79). They were asked to complete a questionnaire with four parts: Socio-demographic, GHQ-28, COPE and PTGI. A deterioration of mental health with somatic symptoms leading to the escalation due to COVID-19 outbreak was found.Results: Female healthcare providers reported more clinical symptoms as well as higher coping skills scores than men. The domains in which positive changes were most frequently observed were Relating to Others, New Possibilities and Personal Strength. There was no significant direct effect of mental health on PTG in the mediation model, though a significant indirect effect was observed for coping skills.

Conclusion: The results suggest that levels of mental health exacerbation do not play a conclusive role in determining levels of PTG, as long coping mechanisms are in place. The development and implementation of interventions to minimize COVID-19-related mental health consequences, by fostering PTG among healthcare providers could be highly beneficial in pandemic response work.

1. [include] Read, R. K., Mason, O. J., & Jones, C. J. (2023). A randomised controlled trial (RCT) exploring the impact of a photography intervention on wellbeing and posttraumatic growth during the COVID-19 pandemic. *Arts & health*, *15*(3), 275–291. <https://doi.org/10.1080/17533015.2022.2107033>

**Abstract:** Emerging evidence points to rising levels of psychological distress resulting from the COVID-19 pandemic. There is a need for self-administered, low-cost, and accessible interventions that facilitate wellbeing and growth. **Methods:**This study used a randomised controlled trial (RCT) design to investigate the effects of a two-week positivity-oriented photography intervention on wellbeing and posttraumatic growth in comparison to a control group. Participants were adults between the ages of 21 and 80 living in the UK recruited between May and August 2020 (*n* = 109). **Results:**After adjusting for baseline wellbeing, both wellbeing and PTG were significantly higher in the intervention group compared to the control group following intervention completion, with this effect remaining similar at one-month follow-up. **Conclusions:**The study offers preliminary evidence that a brief self-administered photography intervention could hold therapeutic value.

1. [include; table 2 has effect sizes and sd]Sarıalioğlu A, Çiftçi B, Yıldırım N. The transformative power of pain and post-traumatic growth in nurses with COVID-19 PCR positive. *Perspect Psychiatr Care.* 2022;58(4):2622–30.

**Abstract:** This study aims to examine the relationship between the transformative power of pain and posttraumatic growth in nurses with positive Covid-19 polymerase chain reaction (PCR) test. Design and method: "Sociodemographics Form," "Transformative Power of Pain Scale," and "Post-Traumatic Growth Scale" were used to collect the data of the study. Findings: In the study, posttraumatic growth increased as the level of the transformative power of pain increased for nurses. Furthermore, some variables were found to have an effect on the transformative power of pain and the posttraumatic growth mean score in nurses who had positive Covid-19 PCR test. Practice implications: Nurses should be provided with social and professional psychological support to improve their transformative power of pain and posttraumatic growth levels.

1. [Ask author no access to the journal] {include, effect size in table 2} Uziel N, Gilon E, Meyerson J, et al. Dental personnel in Israel, Canada, and France during the COVID-19 pandemic: attitudes, worries, emotional responses, and posttraumatic growth. Quintessence Int. 2021;52(5):444-453. doi:10.3290/j.qi.b936999[\*]

**Abstract:** The spread of COVID-19 has posed significant challenges for dental professionals worldwide. The aims of the present study were twofold: (i) to study the attitudes, emotional responses, and worries among the dental personnel; and (ii) to look for the ability of dental personnel to experience posttraumatic self-growth as a result of the distress caused by the pandemic. Method and materials: A cross-sectional online survey using an anonymous questionnaire was performed simultaneously in Israel, Canada, and France during the initial lockdown period. Results: Israeli dental practitioners were less worried about their physical health, mental health, or relationships with family and friends than their Canadian and French counterparts. The Canadian dental practitioners were most committed and most willing to treat their patients, as well as most concerned about not being able to treat patients in the same personal way as before the lockdown. French dental practitioners showed the highest level of fear to treat patients. There were no differences in dental practitioners' levels of anxiety, depression, or posttraumatic growth among the countries. Dental practitioners' posttraumatic growth was significantly associated with worries regarding their physical health. Conclusion: Responses of dental personnel to the COVID-19 pandemic varied worldwide. Despite the differences, evidence exists that some of the dental practitioners' worries and concerns are associated with psychologic growth as a result of the pandemic. Better understanding and acknowledgment of dental personnel's worries and concerns can facilitate growth and enable positive functioning under the continuous situation of uncertainty.

1. [include; effect size and sd in table 1] Veronese G, Mahamid FA, Bdier D. Subjective well-being, sense of coherence and posttraumatic growth mediate the association between covid-19 stress, trauma, and burnout among Palestinian health-care providers. Am J Orthopsychiatry. 2022;92(3):291–301.

**Abstract**: The present work sought to examine the relationship between stress of coronavirus disease (COVID-19) disease, psychological trauma, and burnout, and whether subjective well-being (SWB), sense of coherence (SOC), and posttraumatic growth (PTG) mediated the relationship between the three constructs in a group of professional healthcare workers engaged on the frontline during the outbreak in Palestine. Results indicated that SWB, SOC, and PTG mediated the association between the stress of COVID, symptoms of trauma, and burnout. The psychological burdens of the ongoing military occupation have been exacerbated by the COVID outbreak, exposing health workers to additional stressors during their work and everyday life. However, a SOC associated with SWB and PTG might be a protective factor for trauma during the pandemic. Implications for health-care providers empowerment are discussed.

1. [include] Wu A. (2024). The relationship of social support to posttraumatic growth in COVID-19 among college students after experiencing campus lockdown: the effects of belief in a just world and meaning in life. *Frontiers in psychiatry*, *15*, 1337030. <https://doi.org/10.3389/fpsyt.2024.1337030>

**Abstract:** Campus lockdown orders were issued for the purpose of preventing and controlling COVID-19, which resulted in psychological problems among college students. However, the experiences they have during the pandemic may also lead to positive personal changes, including posttraumatic growth (PTG). The current study examined the mediating role of belief in a just world and meaning in life in social support and PTG during the COVID-19 campus lockdown.

**Method:**An online survey was conducted on 1711 college students in Hebei Province, China. Based on the survey results, a structural equation model was established.

**Results:**Social support positively predicted PTG. Furthermore, belief in a just world and meaning in life played a mediating role between social support and PTG respectively. Besides, social support could also predict PTG through the multiple serial mediating effect of belief in a just world and meaning in life.

**Conclusion:**These results indicated mechanisms by which social support influenced PTG, and this provided insights into how to promote post-traumatic growth among university students in the post-pandemic period.

1. [include] Yılmaz-Karaman, İ. G., Yastıbaş-Kaçar, C., & Ece İnce, F. (2023). Posttraumatic growth levels of healthcare workers in two periods with different intensities of COVID-19 pandemic. *PsyCh journal*, *12*(2), 297–306. <https://doi.org/10.1002/pchj.599>

**Abstract:** The COVID-19 pandemic threatens health-care workers' (HCW) mental health and well-being. Although traumatic life events may result in psychiatric disorders, occasionally they give rise to positive changes, such as post-traumatic growth. Accordingly, the present study evaluated the traumatic stress, anxiety, and depression levels of HCWs and their post-traumatic growth levels during the pandemic. In addition, the study aimed to assess the changes in psychological outcomes during the pandemic. For this aim, the data were collected in two different periods. The first data-collection period was between May and July 2020, and the second period started in November 2020 and ended in January 2021. The sociodemographic data form, Impact of Events Scale-Revised (IES-R), Generalized Anxiety Disorder-7 (GAD-7), Patient Health Questionnaire-9 (PHQ-9), and Post-traumatic Growth Inventory (PTGI) were used to collect data. Sixty-six HCWs participated in the study. No significant differences appeared between the baseline scores and 6-month follow-up in the depression, anxiety, and traumatic stress levels of HCWs. Furthermore, the PTGI scores decreased significantly over time. Although the change in the psychological distress scores was not statistically significant, the depression and post-traumatic stress scores increased over time. Previous research specified an inverse-parabolic relationship between traumatic stress and PTGI. Our results support previous research; as the exposure to the stressors continues, individual traumatic stress levels increase, psychiatric disorders become frequent, and affirmative changes (like post-traumatic growth) decline.

1. [include; effect size in table 2] Yim JY, Kim JA. Factors influencing posttraumatic growth among nurses caring for COVID-19 patients: A path analysis. *J Nurs Manag*. 2022;30(6):1940-1948. doi:10.1111/jonm.13660

**Abstract**: Based on Calhoun and Tedeschi’s posttraumatic growth model, this study aimed to establish a path model of posttraumatic growth among nurses who pro- vided care for coronavirus disease 2019 (COVID-19) patients and to examine the associations between the relevant variables.

Background: There are increasingly many studies examining the psychological health status of nurses caring for patients on the front lines of COVID-19. However, research results showing the effects of various variables affecting nurses’ post- traumatic growth through positive psychological transformation are insufficient. Methods: This cross-sectional study was based on a sample of 229 nurses who cared for COVID-19 patients for more than 1 month in South Korea from April to May 2021.

Results: The fitness of the modified path model (χ 2 = 1.380, p = .502, GFI = 0.99, CFI = 1.00, NFI = 0.99, RMSEA = 0.00 and TLI = 1.01) was higher than that of the hypothesis path model (χ 2 = 124.133, p < .001, GFI = 0.85, CFI = 0.66, NFI = 0.65, RMSEA = 0.36 and TLI = 0.15). Deliberate rumination had directly influenced post- traumatic growth and posttraumatic stress disorder and social support had a direct and indirect effect on posttraumatic growth. Self-disclosure indirectly influenced posttraumatic growth through deliberate rumination but was not significant. Conclusions: In order to improve posttraumatic growth of nurses caring for COVID- 19 patients, it is necessary to provide and support opportunities for self-disclosure. Implication for Nursing Management: The results of this study can help institutions and nurse managers comprehensively understand the factors affecting posttraumatic growth of nurses caring for COVID-19 patients in the front lines and determine basic strategies based on the importance of these factors.

1. [include; effect size reported at the beginning of the result section] Zhang N, Bai B, Zhu J. Stress mindset, proactive coping behavior, and posttraumatic growth among health care professionals during the COVID-19 pandemic. *Psychol Trauma*. 2023;15(3):515-523. doi:10.1037/tra0001377

**Abstract:** Recent research suggests that stress mindset influences how people response to stress, however, there is a dearth of research investigates the underlying mechanism accounting for the effects of stress mindset on psychological health. The current research investigated how stress mindset and engagement in proactive coping behaviors predicted posttraumatic growth among health care professionals during the COVID-19 pandemic in China. Method: Health care professionals (N = 589) from mainland China were invited to participate in this online study through completing the Stress Mindset Measure, Posttraumatic Growth Inventory (PTGI-X), and measurement on engagement in proactive coping behaviors and demographic variables at their convenience from July 9 to July 17, 2020. Results: Health care professionals reported high levels of posttraumatic growth at the total scale (58.6%), subdomains (84.9%). Age, stress mindset, and engagement in proactive coping behaviors were significant predictors of posttraumatic growth among health care professionals. Engagement in proactive coping behavior mediated the predicting effect of stress mindset on posttraumatic growth among health care professionals in China. Conclusion: A stress-is-enhancing mindset predicts higher level of posttraumatic growth among health care professionals during the COVID-19 pandemic in China, and the effect was mediated by engagement in proactive coping behaviors.

1. [include] Zeng, Z., Wang, H., Zhou, Y., Lu, Z., Ci, R., Lin, Y., Zeng, X., & Huang, L. (2023). The prevalence and factors associated with posttraumatic growth after 3-years outbreak of COVID-19 among resident physicians in China: a cross-sectional study. *Frontiers in psychiatry*, *14*, 1228259. <https://doi.org/10.3389/fpsyt.2023.1228259>

**Abstract:** The Coronavirus disease 2019 (COVID-19) pandemic is a global traumatic event that has profoundly struck individuals' mental health. However, this might potentially promote positive transformation such as posttraumatic growth (PTG). Studies have indicated that the COVID-19 pandemic negatively affected the well-being of resident physicians, but little is known about PTG among this vulnerable population in China. Therefore, this study investigated the prevalence and associated factors of PTG among Chinese resident physicians after 3-years outbreak of COVID-19.

**Methods:**An online survey was conducted from 9 March to 20 March in 2023. PTG was assessed using the 10-item Posttraumatic Growth Inventory-Short Form (PTGI-SF). Scores ≥30 implied moderate-to-high PTG. We also collected possible associated factors for PTG, including socio-demographic and psychological variables. Data was analyzed by applying descriptive statistics, univariable and multivariable logistic regression models. **Results:**In total, 2267 Chinese resident physicians provided validated data. 38.7% of them reported moderate-to-high PTG. In the multivariable logistic regression models, age (odds ratio, OR = 1.039; 95% confidence interval, 95%CI = 1.008-1.070), female (OR = 1.383, 95%CI = 1.151-1.662), satisfied or neutral with annual income (OR = 2.078, 95%CI = 1.524-2.832; OR = 1.416, 95%CI = 1.157-1.732), sufficient support at work (OR = 1.432, 95%CI = 1.171-1.751) and resilience (OR = 1.171, 95%CI = 1.096-1.252) were significantly positively associated with moderate-to-high PTG. On the contrary, burnout (OR = 0.653, 95%CI = 0.525-0.812), depression symptoms (OR = 0.700, 95%CI = 0.552-0.889), and stress (OR = 0.757, 95%CI = 0.604-0.949) were significantly negatively associated with moderate-to-high PTG.

**Discussion:**Overall, resident physicians in China experienced relatively high prevalence of PTG that could be associated with several psychosocial factors. Findings may provide evidence to develop interventions for resident physicians to systematically and constructively process traumatic events related to the pandemic and foster their PTG.

1. [exclude – no effect size] **(Ask Authors)** Żurko, M., Słowińska, A., Senejko, A., Madeja-Bień, K., & Łoś, Z. (2022). Pandemic-activated psychological growth: significance of extraversion, self-consciousness and COVID-19 related anxiety. *Current issues in personality psychology*, *11*(3), 182–192. <https://doi.org/10.5114/cipp.2022.112945> [\*\*]

**Abstract:** The sense of threat to health and life in the face of a pandemic, accompanied by difficulties imposed by lockdown, may trigger a serious crisis. Among possible consequences of such a crisis may paradoxically be the phenomenon of psychological growth. The aim of this article is to identify predictors of pandemic-activated psychological growth (PPG). The relationships between extraversion, reflective and ruminative self-consciousness and PPG were the subject of our inquiry. Additionally, a question was posed about the indirect effect of self-consciousness on PPG through anxiety. **Participants and procedure:**The study involved 1206 participants aged 18 to 26 years, who declared that the pandemic situation significantly threatened their important life goals. Procedure: cross-sectional design. Four online short questionnaire-measures were used: the Ten-Item Personality Inventory (TIPI), the Rumination-Reflection Questionnaire (RRQ), the Current Self-disposition Scale (CSS), and the Post-traumatic Growth Inventory (PTGI). **Results:**Extraversion and reflective self-consciousness were direct predictors of higher PPG, whereas ruminative self-consciousness was directly related to a lower PPG. There was an indirect effect of ruminative self-consciousness on PPG through COVID-19 related anxiety. **Conclusions:**Although the results do not confirm the permanence of a growth effect, finding PPG predictors considered as beneficial resources for coping with difficult pandemic circumstances appears to be valuable in the current state of affairs.