

Long-term Consequences of the Psychological Distress in Iranian Disaster Rescuers: A Qualitative Research

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Introduction: Iran exposes to several kind of hazards throughout the country. Disasters cause mental health distress among survivors and among disaster rescuers. Most psychological symptoms may decrease in time, but they could persist for months or even years in some individuals. Therefore, the present study aimed to explore the consequences of exposure to traumatic events with its components, which derived from rescuers' live experiences.

Method: A qualitative study based on content analysis was conducted according to Landman and Graneheim approach. Through purposeful sampling method, 17 semi-structured interviews applied until reaching data saturation. Interviews were transcribed verbatim; in the next steps, data condensing, labeling, coding and defining categories were conducted.

Result: Based on the experience of study participant, two main categories with four categories 12 sub categories were developed. Main concepts included inefficient and effective consequences.

Conclusion: Emergency departments should be aware about the work -related mental health and behavioral problems, and provide appropriate support programs to prevent ineffective consequences of incidence scene psychological distress and empower the rescuers resiliency.

Keywords: Emergency, Disaster planning, Psychological distress, Qualitative research, Iran