Stress & Resilience in the Workplace & Beyond

Articles about Secondary Traumatic Stress, Vicarious Trauma, Compassion Fatigue & Burnout

ABOUT THIS RESOURCE LIST

The articles on this list are about the constructs of secondary traumatic stress, vicarious trauma, compassion fatigue, and burnout. Much of the literature considers professionals and their interactions within workplace settings; other articles consider the role of one or more of these constructs in relations to relatives of those who have experienced significant trauma. Articles are categorized as either literature reviews and meta-analyses, or as studies from specific geographical regions (e.g., United States, Africa, Europe, Latin America, the Middle East). This is a representative listing of publications since the year 2000 with an emphasis on publications from more recent years.

LITERATURE REVIEWS AND META-ANALYSES

Link: http://www.tandfonline.com/doi/abs/10.1080/09515070600811899

Summary: This article reviews literature about secondary traumatic stress (STS) and vicarious traumatization (VT). It looks at correlates of these two conceptualizations within individuals and their current and past experiences related to trauma exposure and coping.


Summary: This article reviews literature about secondary traumatic stress (STS) in nurses. The authors consider STS and compassion fatigue as interchangeable and distinguish burnout and vicarious traumatization as separate constructs from STS/compassion fatigue. Reviewed literature addresses the types of nurses experiencing STS and instruments used to measure STS. The authors then talk about implications of the information.

Link: https://www.researchgate.net/profile/Brian_Bride/publication/232857400_Secondary_Traumatic_Stress_in_Substance_Abuse_Treatment/links/573617c508ae9f741b29cdc6.pdf

Summary: This article reviews literature on secondary traumatic stress (STS) and related constructs, making suggestions for how those working in substance abuse treatment can prevent it. Topics reviewed include post-traumatic stress disorder (PTSD) in the general population, PTSD's connections with substance abuse, STS and compassion fatigue, vicarious traumatization, countertransference, burnout, and recommendations.


Summary: This article reviews literature relating to the relationship between secondary traumatic stress and job burnout in professionals working with survivors of trauma. Attention is paid to the moderating roles of culture, gender, and types of traumatic exposure in this relationship.


Summary: This article explores literature relating to impacts of secondary trauma exposure in discussions of why qualitative researchers are at particular risk of experiencing it.


Link: http://eds.b.ebscohost.com/eds/detail/detail?sid=7bfa20ac-71b5-488a-8409-6e33c4a045f0%40sessionmgr120&vid=0&hid=121&bdata=JnNpdGU9ZWRzLWxpdmU%3d#AN=117974717&db=a2h

Summary: This article reviews literature about sign language and spoken language interpreters' experiences with vicarious trauma and transferential dynamics in mental health care settings. A majority of the literature related to spoken language interpreters, with a noted lack of sign language interpreter literature found. Mental health workers were found to underestimate the complexities associated with translation and to not recognize the emotional impact of interpreters' work.
Citation: Diehle, J., Brooks, S. K., & Greenberg, N. (2017). Veterans are not the only ones suffering from posttraumatic stress symptoms: What do we know about dependents’ secondary traumatic stress? *Social Psychiatry and Psychiatric Epidemiology, 52*(1), 35-44.


Summary: This article reviews literature on the prevalence of Secondary Traumatic Stress (STS) in the significant others of war veterans. The authors found that literature showed varying risk of STS in family members of veterans. They found that there was the strongest evidence of STS in research focused on partners of veterans who sought help for PTSD and suggested the need for further research on this area.


Summary: This article reviews literature on the impact of domestic violence on survivors' social networks. Reviewed studies indicated multiple forms of negative impact stemming from domestic violence. Informal supports for the victim may experience both direct risk of harm and vicarious trauma, though currently there is little service support directed at these informal supports of victims of domestic violence.


Summary: This meta-analytic article reviews literature related to secondary traumatic stress. Significant risk factors for secondary traumatic stress that were identified included age, experience, trauma training, caseload, personal trauma, work support, and social support.


Summary: This article reviews literature on secondary traumatic stress in Korea. Most of the research reviewed focused on child protective workers that had direct contact with abused children and/or their parents. Various quantitative measures of levels of secondary traumatic stress, relationships between secondary traumatic stress and other variables, and factors affecting secondary traumatic stress were used.


**Summary:** This article reviews literature on vicarious traumatization. The authors define vicarious traumatization as “the response of those persons who have witnessed, been subject to explicit knowledge of or had the responsibility to intervene in a seriously distressing or tragic event” (p. 130). Symptoms and predictors of vicarious traumatization are discussed.

**Citation:** Little, S. (2002). *Vicarious traumatisation: Sarah Little explains why an optimistic outlook can be in short supply when emergency nurses are faced with human suffering, and the personal anguish they may experience as a result of their work*. *Emergency Nurse, 10*(6), 27-30.


**Summary:** This article reviews literature related to vicarious traumatization, witnessing and caring for those who are suffering, self-development theory, other contributing factors in development of vicarious trauma in emergency nurses, and self-care. The author is a nurse manager for a children’s emergency department in New Zealand.

**Citation:** Ludick, M., & Figley, C. R. (2016). *Toward a mechanism for secondary trauma induction and reduction: Reimagining a theory of secondary traumatic stress*. *Traumatology*.

**Link:** [http://insights.ovid.com/traumatology/trmtlgy/9000/00/000/toward-mechanism-secondary-trauma-induction/99889/00748816](http://insights.ovid.com/traumatology/trmtlgy/9000/00/000/toward-mechanism-secondary-trauma-induction/99889/00748816)

**Summary:** This article reviews literature on the mechanisms through which perceived or real distress in others distresses oneself. It also looks at how people can become “undistressed” and proposes a multidimensional compassion fatigue resilience (CFR) model to explain how people react differently to secondary traumatic stress.


**Summary:** This article reviews literature about compassion fatigue, vicarious trauma, and secondary traumatic stress and how researchers have attempted to measure these constructs. The authors discuss the implications of the reviewed literature on physicians, though they note that they could not find articles that measured all three constructs on physicians specifically.


Summary: This article reviews literature about compassion fatigue in healthcare settings. Included were definitions of compassion fatigue, conceptual analyses of compassion fatigue, signs and symptoms of compassion fatigue, prevalence of compassion fatigue, and interventions for compassion fatigue. The authors argue for critical reexamination of the concept of compassion fatigue and that in its place there should be a new discourse on work-related stress for healthcare providers.


Summary: This article reviews literature on Neonatal abstinence syndrome and compassion fatigue and burnout. The authors make a case for the relevance of compassion fatigue and burnout to neonatal nurses and urge for efforts at preventing compassion fatigue and burnout in this profession.


Summary: This article reviews literature on vicarious trauma in nursing research. The authors propose a framework for vicarious trauma considerations in research, inclusive of factors leading to three levels of risk for experiencing vicarious trauma (high risk, potential risk, minimal risk). They hope that their proposed framework will help researchers to act ethically, understanding the importance of limiting risks of vicarious trauma.

RESEARCH FROM THE UNITED STATES


Summary: This study looked at work-related and individual factors related to risk of compassion satisfaction, secondary traumatic stress (STS), and burnout. The sample included 433 members of the Internet Crimes Against Children (ICAC) Task Force. Results indicated that 24-25% of participants experienced low levels of compassion satisfaction, high levels of STS, and burnout. Lower levels of STS were associated with being male and feeling supported outside of work.
Analysis of compassion satisfaction and burnout also indicated that support outside of work appeared protective, in addition to frequent use of positive coping mechanisms.


**Link:** [http://www.tandfonline.com/doi/abs/10.1300/J394v04n03_05](http://www.tandfonline.com/doi/abs/10.1300/J394v04n03_05)

**Summary:** This study looked at correlates of secondary traumatic stress (STS) in professionals working in child protection. The survey sample included 187 child protection workers in Tennessee. Results indicated that 92% of the sample reported experiencing one or more symptom of STS at least “occasionally” in the past week, 34% of the sample met criteria for work-related post-traumatic stress disorder (PTSD), and that STS symptoms were positively correlated with caseload size and a personal history of trauma and were negatively correlated with peer support and a desire to leave the field.


**Summary:** This study looked at the prevalence of symptoms of secondary traumatic stress (STS), the frequency of post-traumatic stress disorder (PTSD) criteria being met, and the severity of STS in social workers. The sample included 282 social workers from a southern state. Results indicated that the most commonly occurring symptoms of STS being intrusive thoughts (40.5% of the sample) and avoidance of clients (31.6% of the sample), 15.2% of the sample met all three diagnostic criteria for PTSD, and that a smaller proportion of the sample experienced somewhat severe STS symptoms than experienced low levels of STS symptoms.

**Citation:** Butler, L. D., Carello, J., & Maguin, E. (2016). *Trauma, stress, and self-care in clinical training: Predictors of burnout, decline in health status, secondary traumatic stress symptoms, and compassion satisfaction*. *Psychological Trauma: Theory, Research, Practice, and Policy.*


**Summary:** This study looked at the relationships between trauma-related content, self-care, and stress in students attending a mental health training program. The sample included 195 students attending a graduate training program for social workers. Results indicated that all students reported trauma exposure in their studies (coursework and/or field placement). Higher levels of field stress and lower levels of self-care predicted both burnout and symptoms of secondary traumatic stress, as well as lower levels of compassion satisfaction and increased likelihood of health status decline. Higher levels of self-care predicted higher levels of compassion satisfaction.


Summary: This study looked at the potential for compassion satisfaction and the risks of compassion fatigue and burnout among county child protection workers. The convenience sample of 363 child protection caseworkers and supervisors who were attending a training seminar on secondary trauma. Results indicated that a good potential for compassion satisfaction, a high risk for compassion fatigue, and an extremely low risk of burnout.

Citation: Craig, C. D., & Sprang, G. (2010). Compassion satisfaction, compassion fatigue, and burnout in a national sample of trauma treatment therapists. Anxiety, Stress, & Coping, 23(3), 319-339.

Link: [http://www.tandfonline.com/doi/abs/10.1080/10615800903085818](http://www.tandfonline.com/doi/abs/10.1080/10615800903085818)

Summary: This study looked at the impact of self-reported use of evidence-based practices on the compassion satisfaction, compassion fatigue, and burnout of trauma specialists. The random sample of 532 included clinical psychologists and clinical social workers. Results indicated that younger professionals reported higher burnout, more experienced professionals reported greater compassion satisfaction, and use of evidence-based practices predicted increases in compassion satisfaction and decreases in compassion fatigue and burnout.


Summary: This study looked at relationships between therapists' characteristics and their secondary traumatic stress (STS) symptoms following their response to the September 11, 2001 terrorist attacks. The sample included 80 professionals (e.g., social workers, counselors, psychologists, marriage and family therapists, nurses) who had responded to the attacks through the American Red Cross, the Green Cross, or other disaster relief organizations. Results indicated that longer length of response assignment and spending more time with clients who had specific characteristics (children, firefighters, those who related morbid content) were positively associated with STS symptoms.


Summary: This study compared the prevalence of compassion satisfaction, compassion fatigue, and burnout among emergency nurses, intensive care nurses, oncology nurses, and nephrology nurses. The sample included registered nurses working within a 461-bed acute health system. Results indicated that nearly 86% of emergency nurses had moderate to high levels of compassion.
fatigue, that 82% of emergency nurses had moderate to high levels of burnout, and that there were not statistically significant differences in prevalence between the four nursing specialty areas.

**Citation:** Maytum, J. C., Heiman, M. B., & Garwick, A. W. (2004). *Compassion fatigue and burnout in nurses who work with children with chronic conditions and their families.* Journal of Pediatric Health Care, 18(4), 171-179.


**Summary:** This study looked at triggers and coping strategies for managing compassion fatigue and preventing burnout in nurses working with children who have chronic medical conditions. The sample included 20 experienced nurses currently working in the field. Results indicated that experiences of compassion fatigue are common and episodic and that experience and insight helped in development of coping strategies.


**Summary:** This study looked at the link between child welfare workers’ own primary trauma history and a risk of developing secondary traumatic stress (STS). The sample included 166 child welfare workers from two southeastern states. Results indicated a link between child welfare workers’ own history of primary trauma and a higher risk of experiencing STS.


**Summary:** This study compared the effectiveness of Yoga-Based Stress Management (YBSM) and Cognitive Behavioral Stress Management (CBSM) with mental health professionals. The sample included 77 mental health professionals divided between the two different intervention types. Results indicated that both YBSM and CBSM offered physical and mental health benefits and that YBSM decreased secondary traumatic stress and increased overall mental health and physical activity more than the more frequently studied CBSM did.

**Citation:** Saechao, N., Anderson, A., & Connor, B. (2017). *In our unit: ICU interventions for moral distress and compassion fatigue.* Nursing Critical Care, 12(1), 5-8.

**Link:** [http://journals.lww.com/nursingcriticalcare/Citation/2017/01000/In_our_unit__ICU_intervention_s_for_moral_distress.2.aspx](http://journals.lww.com/nursingcriticalcare/Citation/2017/01000/In_our_unit__ICU_intervention_s_for_moral_distress.2.aspx)
Summary: This survey study looked at the effects of a staff-focused intervention aimed at reducing moral distress, compassion fatigue, and burnout. While it was a nurse-driven study, they sought to include all 103 staff in the 32-bed ICU (including secretaries) in the study. Results indicated that scores on the Moral Distress Scale-Revised improved following intervention and anecdotal comments indicated areas of improvement such as teamwork and team morale, greater satisfaction with the work environment, and reduced compassion fatigue.


Link: [http://www.tandfonline.com/doi/abs/10.1080/15325020701238093](http://www.tandfonline.com/doi/abs/10.1080/15325020701238093)

Summary: This study looked at the relationships between compassion satisfaction (CS), compassion fatigue (CF), burnout, mental health provider characteristics, and setting characteristics. The sample included 1,121 mental health providers (psychologists, psychiatrists, professional counselors, drug and alcohol counselors, marriage and family therapists, and social workers). Results indicated that psychiatrists had a higher level of CF than their peers and rural providers had higher levels of burnout than their urban peers.


Link: [http://search.proquest.com/docview/1016368116?pq-origsite=gscholar](http://search.proquest.com/docview/1016368116?pq-origsite=gscholar)

Summary: This study looked at predictors for secondary traumatic stress (STS) and burnout in child welfare workers. The survey sample included 669 workers in the helping professions (e.g., school-based psychologist, child welfare worker, inpatient behavioral health professional) from six states and Canada. Results indicated significant predictors of STS included being male, Hispanic, living in a rural area, being young, and not actively participating in religious services. Significant predictors of burnout included being young and being male. Working in child welfare was significantly more predictive of STS and burnout than being in any of the other professions.


Summary: This article looked at the development and psychometric properties of a 40-item instrument—the Secondary Traumatic Stress Informed Organizational Assessment (STSI-OA)—for measuring an organization’s status in being able to respond to secondary traumatic stress in the workplace. The sample used in the development process included 629 people from different systems of care and representing different functions and job roles. The STSI-OA appears to be an
appropriate tool for creating plans for organizational learning and a means to reliable track changes within the organizational context.


**Link:** [http://www.sfaajournals.net/doi/abs/10.17730/humo.72.1.x5658p957k5g7722?code=apan-site](http://www.sfaajournals.net/doi/abs/10.17730/humo.72.1.x5658p957k5g7722?code=apan-site)

**Summary:** This study looked at the rates of vicarious trauma within a sample of Sexual Assault Nurse Examiners (SANEs). The survey sample included 42 SANEs, a majority of whom identified as White (95.2%), as having Registered Nurse credentials (95.2%), and as working full time (90.5%). Results indicated that 38.1% of the SANEs reported vicarious trauma symptomology, with many more falling just short of criteria (scoring 5 instead of the 6 needed for identification).


**Summary:** This study looked at the usability, acceptability, and effectiveness of a mobile application called Provider Resilience (PR) that was designed to reduce burnout in mental health providers. The sample included 30 outpatient mental health providers who used the app for one month. Results indicated significant decrease in burnout and compassion fatigue rating subscales of the Professional Quality of Life Scale.

**RESEARCH FROM AFRICA**


**Link:** [https://www.researchgate.net/profile/Amir_Kabunga/Publication/309616613_Compassion_Fatigue_A_Study_of_Psychotherapists_Demographics_in_Northern_Uganda/links/5819f5db08ae30a2c01c8f04.pdf](https://www.researchgate.net/profile/Amir_Kabunga/Publication/309616613_Compassion_Fatigue_A_Study_of_Psychotherapists_Demographics_in_Northern_Uganda/links/5819f5db08ae30a2c01c8f04.pdf)

**Summary:** This study looked at the relationship between psychotherapists' demographics and compassion fatigue. The sample included 207 psychotherapists working in Uganda. Results indicated a relationship in which compassion fatigue decreased as years of psychotherapy practice increased; gender and age, however, were not significantly linked to level of compassion fatigue.


Summary: This study looked at the prevalence rate of Vicarious Traumatization (VT) in medical students attending school in Nairobi. The random sample included 250 students. Results indicated that 68% had severe VT, 30% had moderate VT, and 2% had mild VT. A positive association was noted between VT and intrusive trauma recollections and trauma flashbacks.


Summary: This study looked at the effects of short-term insurance claims worker's working conditions, including exposure to distressing materials and traumatized clients. The sample included 44 claims workers in the Gauteng Province of South Africa. Results indicated moderate scores in many measures (e.g., self-esteem, compassion satisfaction) but high scores in the measure of secondary traumatic stress.


Summary: This study looked at the prevalence of compassion satisfaction, compassion fatigue, and burnout among nurses who had been exposed to maternal and perinatal death. The convenience sample included 83 nurses working in the Limpopo province of South Africa. Results indicated that 92% of participants reported moderate burnout, 67% reported moderate to high scores on compassion fatigue, and 82% reported moderate compassion satisfaction scores—with the authors noting that these three characteristics can co-occur in nurses in these settings.


Summary: This study looked at the experiences of South African psychologists working with survivors of trauma. The sample included six psychologists (4 female, 2 male). Results indicated that the most common forms of trauma encountered in their clinical practice was physical and sexual abuse and that all of the sample reported vicarious trauma symptoms such as post-traumatic stress disorder characteristics, somatic symptoms, and disrupted cognitive schema. Post-traumatic growth was also evident in the sample.
RESEARCH FROM ASIA


Link: http://www.ingentaconnect.com/contentone/icsd/sdi/2016/00000038/00000003/art00007

Summary: This study looked at predictive factors for secondary traumatic stress (STS) among social workers who had responded to earthquake victims. Results indicated higher levels of STS in social workers who had provided direct counseling to victims and that higher levels of coworker cohesion reduced the level of STS among social workers.


Summary: This study looked at the influence of type D personality on job satisfaction and job stress, along with potential mediating factors, among South Korean nurses. A convenience sample of 879 clinical nurses was used. Results indicated that type D personality was significantly associated with job satisfaction and job stress, with burnout, compassion satisfaction, and compassion fatigue.


Summary: This study looked at the effects of compassion satisfaction and secondary traumatic stress on burnout, as well as the moderating effects of social support. A sample of 214 psychiatric nurses was used. Results of statistical analysis indicated that both secondary traumatic stress and compassion satisfaction significantly influenced burnout, accounting for 67% of the variance.


Summary: This study looked at the fit between Secondary Traumatic Stress (STS) and Post-Traumatic Stress Disorder (PTSD) criteria in the DSM-5. A sample of 241 Filipino direct service nurses participated in examining model fit with the Secondary Traumatic Stress Scale. Results
indicated a 7-factor hybrid model of fit to STS that included avoidance, intrusion, negative affect, externalizing behavior, anhedonia, anxious arousal, and dysphoric arousal. The authors suggest use of specific interventions to address complex symptom groupings when seeking to help nurses who have daily STS exposure.


Summary: This study looked at the relationship between perceived social support, work pressure, and compassion fatigue in clinicians. The sample included 533 clinicians. Results indicated that clinicians with high perceived social support had lower scores for work pressure, Secondary Traumatic Stress (STS), and burnout than clinicians with low perceived social support. High levels of perceived social support was also associated with higher levels of compassion satisfaction than for those with low levels of perceived social support.


Summary: This study looked at self-compassion as a possible mediating factor between mindfulness, burnout, and Secondary Traumatic Stress (STS). The Hong Kong sample included 77 clinical psychologists and psychologists in training. Results indicated that the self-coldness mediated the relationship between mindfulness and burnout/STS and that self-warmth mediated the relationship between mindfulness and compassion for clients.

RESEARCH FROM AUSTRALIA


Link: [http://www.tandfonline.com/doi/abs/10.1080/00048670902721079](http://www.tandfonline.com/doi/abs/10.1080/00048670902721079)

Summary: This study looked at secondary vicarious trauma (VT), traumatic stress (STS), and workplace burnout in mental health professionals. The sample included 152 mental health professionals (e.g., psychologists, psychotherapists, clinical social workers). Results indicated that work-related stressors predicted professionals' distress levels and that exposure to patients' traumatic material did not.


Summary: This article discusses the reasons why midwives are at risk for developing compassion fatigue. While many think of the positive aspects of birth and compassion satisfaction between midwives and those they work with, childbearing can also be a source of trauma that places midwives at risk of developing compassion fatigue.


Link: http://journals.sagepub.com/doi/abs/10.1177/088626000015004004

Summary: This study looked at the impact of working with domestic violence clients on counselors. The interview sample included 18 counselors with case loads heavy in domestic violence clients. Results indicated that classical vicarious trauma symptoms were evident, that there were unique concerns about working with domestic violence clients, and that a variety of strategies were used to deal with symptoms of burnout.


Summary: This editorial spoke to the author's experiences of vicarious trauma as a pharmacist and discussing why pharmacists will experience vicarious trauma as they become increasingly more integrated into healthcare teams. Contact information for the Australian Pharmacists’ Support Service is provided, offering counseling for practicing pharmacists and those in training.

Citation: Maguire, G., & Byrne, M. K. (2016). The law is not as blind as it seems: Relative rates of vicarious trauma among lawyers and mental health professionals. Psychiatry, psychology and law, 24(2), 233-243.

Link: http://www.tandfonline.com/doi/abs/10.1080/13218719.2016.1220037

Summary: This study looked at how exposure to traumatic information impacted lawyers and mental health professionals. The sample included 36 lawyers and 30 mental health professionals. Results indicated that both lawyers and those who scored low on a measure of Emotional Stability were far more likely to experience vicarious trauma symptoms. The authors speculated that mental health professionals may be better able to manage their exposure because of specific training about trauma and peer supports knowledgeable about trauma.

RESEARCH FROM CANADA


Summary: This study looked at whether therapists engaged in commonly recommended prevention approaches for vicarious and secondary trauma and whether engagement in these activities lowered their distress levels. The sample included 259 therapists who worked with victims of violence. Results indicated that though most participants believed in the preventative approaches, this belief did not translate into dedication of time to engaging in them and that there was not an association found between scores of traumatic stress and time spent on use of coping strategies.


Link: http://journals.sagepub.com/doi/abs/10.1177/1534765606297817

Summary: This study looked at correlates to secondary traumatic stress (STS) symptoms in mental health workers. The survey sample included 280 Canadian mental health professionals who worked with trauma survivors. Results indicated that approximately one-third of the sample believed that they currently experienced STS and that a variety of factors were correlated to a statistically significant extent with self-reports of fatigue and burnout (e.g., current secondary trauma, clients’ traumatic imagery, clients’ reenactment of trauma, clients’ graphic descriptions).


Link: http://journals.sagepub.com/doi/abs/10.1177/1534765608319083

Summary: This study looked at stress and coping in mental health professionals, seeking to identify factors related to resilience and burnout. The sample included 20 therapists that were interviewed and 104 therapists that were surveyed–most of whom were involved in direct work with children who had experienced trauma. Results indicated that a percentage of interviewed therapists at times experienced signs of burnout, intrusive thoughts, feeling such as anxiety, that there were multiple risk factors for work stress and compassion fatigue (e.g., personal history of trauma, lack of support, high caseload demands, self-awareness level), and that coping strategies included such things as self-care, debriefing, and spirituality. Statistical analysis found social support, work hours, and an internal locus of control at work to be significant predictors of compassion satisfaction, work drain, a therapist’s sense of powerlessness, and a trauma history to be significant predictors of compassion fatigue, and work drain, lack of work morale, and neuroticism to be significant predictors of burnout.


Link: http://journals.sagepub.com/doi/full/10.1177/0829573516685017

Summary: This study looked at whether professional development would increase educators’ knowledge, awareness, and skills relating to compassion fatigue, burnout, and self-care. The sample included 64 educators from Ontario. Results indicated that educators did gain knowledge
from the professional development session and also found that there was a significant relationship between the compassion fatigue subscale of depersonalization and the emotional exhaustion subscale of burnout measures.

**Citation:** Kostoruros, P. (2016). *Depicting the suffering of others*. *The Journal of Effective Teaching, 16*(2), 47-60.

**Link:** [http://www.uncw.edu/jet/articles/Vol16_2/Kostouros.pdf](http://www.uncw.edu/jet/articles/Vol16_2/Kostouros.pdf)

**Summary:** This study looked at how materials depicting others’ suffering could be used well in post-secondary programs preparing human services professionals (e.g., social workers, nurses, counsellors). Study participants included six post-secondary teachers in human service programs who dialogued about their practices is use of materials depicting suffering and one counselor, as several of the postsecondary teachers had discussed need to refer students to counseling. Results are discussed as lessons learned along with implications for practice, noting that there are no simple guidelines—the way things are understood is impacted both by the relations within the classroom as well as the vulnerabilities of students.

**RESEARCH FROM EUROPE**

**Citation:** Duarte, J., & Pinto-Gouveia, J. (2017). *Empathy and feelings of guilt experienced by nurses: A cross-sectional study of their role in burnout and compassion fatigue symptoms*. *Applied Nursing Research, 35*, 42-47.


**Summary:** This study looked at the relationship between empathy, empathy-based guilt, and professional quality of life as indicated by presence of burnout and compassion fatigue. The sample included 298 nurses working in public hospitals in Portugal. Results indicated that when empathy and empathy-based guilt are associated, higher levels of compassion fatigue and burnout are present.


**Summary:** This study looked at Spanish and Portuguese versions of the Professional Quality of Life Scale (ProQOL), doing confirmatory factor analysis of their psychometric properties, offering diagnoses of compassion fatigue and compassion satisfaction in palliative care professionals in Brazil and Spain, and comparing the two countries' ProQOL levels. The sample included 385 Spanish professionals and 161 Brazilian professionals. Results indicated that there was adequate fit between the two versions, that palliative care professionals in both countries had low levels of burnout, high levels of compassion satisfaction, and medium levels of secondary traumatic stress. While there were statistically significant differences between countries in secondary traumatic stress and compassion satisfaction, differences in burnout was not significant.
Citation: Jack, K. (2017). The meaning of compassion fatigue to student nurses: An interpretive phenomenological study. Journal of Compassionate Health Care, 4(2).
Link: https://jcompassionatehc.biomedcentral.com/articles/10.1186/s40639-017-0031-5

Summary: This study looked at student nurses’ experiences of compassion fatigue following their first clinical placement in the United Kingdom. The sample included 42 nursing students, ages 18-30 years. Results indicated that nursing students experienced compassion fatigue that impacted their wellbeing and ability to learn in their clinical practice setting.

Link: http://bjsw.oxfordjournals.org/content/early/2016/12/13/bjsw.bcw164.abstract

Summary: This study looked at a two-month-long multi-modal intervention designed to improve new social workers’ emotional resilience and wellbeing. It utilized an intervention-control design with 25 new social workers in the intervention group and 31 in the control group. Results indicated that while the intervention group experienced enhancement of psychological well-being and some personal resources, the control group exhibited increased compassion fatigue and psychological distress over the same time period.


Summary: This study looked at potential risks and protective factors for secondary traumatic stress (STS) and the association between STS and secondary posttraumatic growth (SPG). The sample included 224 Dutch police family liaisons. Results indicated that there was a small positive association between STS and SPG and that none of the risk and protective factors identified in prior studies correlated with STS in this sample.

Citation: Smith, N. (2016). A questionnaire based study to assess compassion fatigue in UK practising veterinary nurses. The Veterinary Nurse, 7(7), 418.

Summary: This study looked at whether compassion fatigue was a risk factor for registered veterinary nurses in the UK. The survey sample included 992. Results indicated that 92.8% of respondents were at a moderate/high risk of burnout and that 68.1% of respondents were at a moderate/high risk of secondary traumatic stress, with statistically lower levels of burnout among those who had a high level of compassion satisfaction.
RESEARCH FROM LATIN AMERICA


Link: http://www.tandfonline.com/doi/abs/10.1080/10781910802603450

Summary: This study looked at the impact of traumatic testimony on professional state “listeners” of a Chile truth and reparations initiative. The biographical interview sample included eight professionals (seven women, one man) who had been involved in hearing testimonies of state trauma. Thematic analysis revealed three themes—individual’s sense making of their role as listener, things that happened to them as result of what they heard, and what they heard during their listening experiences. Discussion was also done of the process and meaning making of telling their stories as part of this research.


Summary: This study looked at how individuals’ dispositions related to measures of empathy, professional quality of life, and pain sensitivity. The survey sample was comprised 1,199 board-certified physicians from South American countries. Results indicated that more experienced physicians had significantly lower perceived pain intensity, that male patient’s pain was perceived to be less intense than female patient’s pain, and that physicians experiencing both compassion satisfaction and fatigue perceive high levels of pain and experience more personal distress than those only experiencing fatigue.


Link: http://revistes.ub.edu/index.php/Anuario-psicologia/article/view/14265

Summary: This study compared the levels of secondary traumatic stress between psychologists working in centers for child maltreatment and sexual abuse and those working in other contexts. The sample included 259 professionals in Chile, a majority of whom are women. Results indicated that the psychologists working in child maltreatment and sexual abuse centers had significantly more symptoms of secondary traumatic stress than those working in other contexts.


**Summary:** This study looked at the relationship between chronic labor stress and burnout and social and labor factors in nurses working in Emergency Rooms (ER) and Urgency Medical Atention Service (UMAS) in Chile. The sample included 91 nurses from ERs and 34 nurses from UMAS. Results indicated that many nurses had middle-intensity burnout, that work-related variables were most influential on this burnout, and that older nurses were more emotionally tired while widowers and those who were separated displayed less depersonalization than other nurses.

**RESEARCH FROM THE MIDDLE EAST**

**Citation:** Gunusen, N. P., Wilson, M., & Aksoy, B. (2017). Secondary traumatic stress and burnout among Muslim nurses caring for chronically ill children in a Turkish hospital. *Journal of Transcultural Nursing.*

**Link:** [http://journals.sagepub.com/doi/full/10.1177/1043659616689290](http://journals.sagepub.com/doi/full/10.1177/1043659616689290)

**Summary:** This study looked at the relationship between secondary traumatic stress and burnout in nurses. The convenience sample included 106 nurses from a public hospital in an urban area. Results indicated that 40.6% of the sample had high risk levels for secondary traumatic stress, with nurses over 40-years-old being at greatest risk. Spiritual beliefs and peer social support helped with coping.

**Citation:** Hamid, A. A. R. M., & Musa, S. A. (2016). The mediating effects of coping strategies on the relationship between secondary traumatic stress and burnout in professional caregivers in the UAE. *Journal of Mental Health, 26*(1).

**Link:** [http://www.tandfonline.com/doi/abs/10.1080/09638237.2016.1244714](http://www.tandfonline.com/doi/abs/10.1080/09638237.2016.1244714)

**Summary:** This study looked at the relationship between coping strategies, secondary traumatic stress, and burnout in professional caregivers working in the United Arab Emirates. The sample included 502 professionals working in schools, charity institutes, hospitals, and welfare centers. Results indicated that coping strategies that were task-focused, compassion satisfaction, and personal accomplishment had a negative association with secondary traumatic stress and that emotion-focused coping, distraction coping, and burnout had positive associations with secondary traumatic stress. The relationship between secondary traumatic stress and burnout was partially mediated by coping strategies.

**Citation:** Itzick, M., & Kagan, M. (2016). Intention to leave the profession: Welfare social workers compared to health care and community social workers in Israel. *Journal of Social Service Research, 43*(3), 346-357.


**Summary:** This study looked at how work related factors compared between welfare social workers and community and health care social workers in Israel. The sample included 373 social workers. Results indicated that welfare social workers had significantly lower compassion.
satisfaction and significantly higher levels of fear of being subjected to violence, burnout, compassion fatigue, and self-reported intent to leave the field. For welfare social workers, there was a negative association between length of work experience and intention to leave the field and a positive association between burnout and intention to leave the field. For community and health care social workers, there was a negative association between length of work experience and compassion satisfaction and intention to leave the field, but a positive association between compassion fatigue and intention to leave the field.

**Citation:** Khan, A. A., Khan, M. A., & Bokhari, S. A. (2016). Association of specialty and working hours with compassion fatigue. *Pakistan Armed Forces Medical Journal, 66*, 143-146.

**Link:** [http://eds.a.ebscohost.com/eds/detail/detail?sid=cdc84407-ca2c-4023-b8a7-57047d46d452%40sessionmgr4010&vid=0&hid=4111&bdata=JnNpdGU9ZWRzLWxpmduR%3d#AN=113458293&db=a2h](http://eds.a.ebscohost.com/eds/detail/detail?sid=cdc84407-ca2c-4023-b8a7-57047d46d452%40sessionmgr4010&vid=0&hid=4111&bdata=JnNpdGU9ZWRzLWxpmduR%3d#AN=113458293&db=a2h)

**Summary:** This study looked at the relationship between medical specialty, working hours, and compassion fatigue. The sample included 54 doctors in four specialties—medicine, surgery, anesthesia, and gynaecology. Results indicated that 68.5% of the sample had average scores for compassion fatigue, 11.1% of the sample had high scores for compassion fatigue, and that working hours was positively associated with compassion fatigue but medical specialty was not.


**Summary:** This study looked at secondary traumatic stress (STS) in the spouses of people who went through the holocaust as children. The sample included 90 married couples in Israel. Results indicated that about one third of the non-holocaust survivor spouses experienced some STS symptoms, female spouses were more likely to have symptoms than their male counterparts, and that there was significant correlation between STS symptoms in the non-survivor spouse and some of their survivor spouses behaviors (e.g., expressions of anger, hostility, paranoia) but not the survivor's sharing reminiscences of their childhood traumatic experiences.

**RESEARCH FROM NEW ZEALAND**


**Summary:** This study looked at possible relationships between exposure to secondary traumatic stress (STS) and adolescents’ behavioral and mental health outcomes. The data used for analysis came from New Zealand's Youth’ 12 National Youth and Well-Being Survey. Results indicated significant correlations between a youth's report of having learned about a trauma experienced by close friends or family members and a variety of mental and behavioral outcomes—depression,
emotional well-being, conduct problems, emotional problems, and hyperactivity. The authors suggest that therapists who work with youth should look at the role of STS in patients’ symptoms.

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