

### **CogMoSan Project:**

## **"The role of cognitive and motivational factors and trauma exposure in the development and maintenance of psychological abnormalities and post-traumatic growth in emergency service personnel"**

This project is funded by the German Federal Ministry of Education and Research (BMBF) and the Free State of Saxony within the framework of the Excellence Strategy of the German Federal and State Governments.

### **Aim of the study**

As a member of the rescue service (MR), you may experience potentially traumatic events as a witness or directly. Negative experiences are interpreted and processed very differently by people. (Social) cognitive information processing processes such as humor and empathy<sup>1</sup> but also motives such as helpfulness, self-esteem enhancement and hunger for experience can play a significant role. In addition, some MR report positive feelings during rescue missions, which we would like to better understand. The aim of the study is to investigate these aspects and their relationships with the development and maintenance of psychological abnormalities but also with post-traumatic growth and negative as well as positive consequences of helping.

A better understanding of the processing of traumatic events can make an important contribution to the development of new testing procedures for early detection and targeted preventive and therapeutic measures.

### **Study participants**

We are looking for participants aged 18 years and older who are currently active rescue service personnel, i.e. paramedics or non-medical rescue service personnel (paramedics, emergency medical technicians, paramedics, emergency paramedics); also in training. Participants must be able to give consent.

The aim is to recruit as many people as possible for the study (maximum 500).

### **Study Procedure**

During the first online survey, which will take approximately 30-45 minutes, you will be presented with several questionnaires regarding demographics, traumatic experiences, humor, helpfulness, hunger to experience, self-esteem enhancement, empathy, positive feelings about deployment, social support, and mental health and well-being.

For an optional second survey after three months, an email address can be voluntarily left at the end of the first survey. For the second online survey, which will take approximately 20-30 minutes, you will again be presented with some of the above questionnaires to capture changes over time.

"If you are interested in participation, please follow this link:

<https://bit.ly/3UdMtpu>

### **Collaborators:**

PI: Dr. Judith Schäfer

Master students: Julia Streidl, Heike Buchantschenko