

References

- Alexander, D. and Klein, S., (2001). Ambulance personnel and critical incidents. *British Journal of Psychiatry*, 178(1), pp.76-81.
- Alexander, L., & Cooper, K. (2018). Vocational rehabilitation for emergency services personnel. *JBI Database Of Systematic Reviews And Implementation Reports*, 16(1), 4-11. <https://doi.org/10.11124/jbisrir-2017-003379>
- American Psychiatric Association. (2013). *Diagnostic and statistical manual of mental disorders (5th ed.)*. Washington, DC
- Aveyard, H. (2014) 'Literature reviews lessen the impact of individual pieces of research' in *Doing a Literature Review in Health and Social Care: a practical guide (3e.)* Open University Press: Maidenhead. Pp.6
- Aveyard, H. and Sharp, P. (2013) *A beginner's guide to evidence-based practice in health and social care*. McGraw-Hill Education (UK).
- Bakhshi S, Lynn-Nicholson R, Jones B, Amlôt R, Greenberg N. (2014) Responding to a radiological crisis: experiences of British foreign office staff in Japan after the Fukushima nuclear meltdown. *Disaster Med Public Health Prep.* 2014;8(5):397–403.
- Barrow JM, Toney-Butler TJ. (2020) Change Management. [Updated 2020 Feb 17]. In: *StatPearls [Internet]*. Treasure Island (FL): StatPearls Publishing; 2020 Jan-. Available from: <https://www.ncbi.nlm.nih.gov/books/NBK459380/>
- Beaton, R., Murphy, S., Johnson, C., Pike, K. and Corneil, W. (1998). Exposure to duty-related incident stressors in urban firefighters and paramedics. *Journal of Traumatic Stress*, 11(4), pp.821-828.
- Beauchamp, T. L., and Childress, J. F. (2009) *Principles of biomedical ethics*. 7th edn. Oxford: Oxford University Press.
- Bennett, P., Williams, Y., Page, N., Hood, K., & Woollard, M. (2004). Levels of mental health problems among UK emergency ambulance workers. *Emergency medicine journal: EMJ*, 21(2), 235–236. <https://doi.org/10.1136/emj.2003.005645>

- Bennett P, Williams Y, Page N, Hood K, Woollard M (2004) Levels of mental health problems among UK emergency ambulance workers. *Emerg Med J* 2004, 21:235–236.
- Berger W, Coutinho ESF, Figueira I, Marques-Portella C, Luz MP, Neylan TC, Marmar CR, Mendlowicz MV (2012) Rescuers at risk: a systematic review and meta-regression analysis of the worldwide current prevalence and correlates of PTSD in rescue workers. *Soc Psychiatry Psychiatr Epidemiol* 47(6):1001–1011
- Bettany-Saltikov, J. (2010). Learning how to undertake a systematic review: part 1. *Nursing Standard*, 24(50), 47-55. <https://doi.org/10.7748/ns2010.08.24.50.47.c7939>
- Bettany-Saltikov, J., & McSherry, R. (2012) How to do a systematic literature review in nursing.
- Biggs A, Brough P, Barbour JP. (2014) Exposure to extra organisational stressors: impact on mental health and organisational perceptions for police officers. *Int J Stress Manag.* 2014;21(3):255–82.
- Blaber, A (2012) *Foundations for paramedic practice.* Maidenhead: McGraw Hill, Open University Press
- Bland JM, Altman DG (1997): *Statistics notes: Cronbach's alpha.* *BMJ* 1997, 314:572.
- Braun, V., & Clarke, V. (2006). Using thematic analysis in psychology. *Qualitative Research In Psychology*, 3(2), 77-101. <https://doi.org/10.1191/1478088706qp063oa>
- Brooks, S., Dunn, R., Amlôt, R., Rubin, G. and Greenberg, N. (2019). Protecting the psychological wellbeing of staff exposed to disaster or emergency at work: a qualitative study. *BMC Psychology*, 7(1).
- Brown J, Mulhern G, Joseph S. (2002) Incident-related stressors, locus of control, coping, and psychological distress among firefighters in Northern Ireland. *J Trauma Stress.* 2002;15(2):161–8.
- Bryant, R., Kenny, L., Rawson, N., Cahill, C., Joscelyne, A., Garber, B., Tockar, J., Dawson, K. and Nickerson, A. (2018). Efficacy of exposure-based cognitive

behaviour therapy for post-traumatic stress disorder in emergency service personnel: a randomised clinical trial. *Psychological Medicine*, 49(09), pp.1565-1573.

- Clohessy, S., & Ehlers, A. (1999). PTSD symptoms, response to intrusive memories and coping in ambulance service workers. *British Journal of Clinical Psychology*, 38, 251-265. doi:10.1348/014466599162836
- Cooper, H. (2006). *Synthesizing research*. Sage.
- Creamer, M., Varker, T., Bisson, J., Darte, K., Greenberg, N., Lau, W., Moreton, G., O'Donnell, M., Richardson, D., Ruzek, J., Watson, P., Forbes, D. (2012) *Guidelines for peer support in high-risk organizations: an international consensus study using the Delphi method*. *J Trauma Stress*. Apr;25(2):134-41. doi: 10.1002/jts.21685.
- Creamer M, Burgess P, McFarlane AC, Post-traumatic stress disorder: findings from the Australian National Survey of Mental Health and Well-being, *Psychol Med*, 2001, 31, 7, 1237, 1247, 10.1017/S0033291701004287
- Dobry, Y., & Sher, L. (2012). Post-traumatic stress disorder, associated medical illnesses, and suicidal behaviour: Plenty of room for new research. *Australian & New Zealand Journal of Psychiatry*, 46(7), 684. doi:10.1177/0004867412448854
- Dodd G. (2017) PTSD, Available Support and Development of Services in the UK Ambulance Service. *J Paramed Pract*. 2017; 9(6):258–263. <https://doi.org/10.12968/jpar.2017.9.6.258>
- Donnelly, E. and Siebert, D. (2009). Occupational Risk Factors in Emergency Medical Services. *Prehospital and Disaster Medicine*, 24(5), pp.422-429.
- Dreyfus, H.L. and Dreyfus, S.E. (2005) 'Expertise in real world contexts', *Organisation studies* 26(5): 779-792.
- Edwards, A. (2010) *Being an Expert Professional Practitioner: The Relational Turn in Expertise*. Dordrecht: Springer
- Epstein, I. (2009). Promoting harmony where there is commonly conflict: Evidence-informed practice as an integrative strategy. *Social Work in Health Care*, 48, 216-231.

- Flint, J., & Kendler, K. S. (2014). The genetics of major depression. *Neuron*, 81(3), 484–503. <https://doi.org/10.1016/j.neuron.2014.01.027>
- Flory JD, Yehuda R. Comorbidity between post-traumatic stress disorder and major depressive disorder: alternative explanations and treatment considerations. *Dialogues Clin Neurosci*. 2015;17(2):141–150.
- Gokcen, C., Zengin, S., Oktay, M., Alpak, G., Al, B., & Yildirim, C. (2013). Burnout, job satisfaction and depression in the healthcare personnel who work in the emergency department. *Anatolian Journal Of Psychiatry*, 14(2), 122. <https://doi.org/10.5455/apd.36379>
- Greenberg, N., Langston, V. and Jones, N. (2008). Trauma Risk Management (TRiM) in the UK Armed Forces. *Journal of the Royal Army Medical Corps*, 154(2), pp.124-127.
- Greenhalgh, T (2019) How to read a paper: the basics of evidence-based medicine (6th ed). London: BMJ Books.
- Haidich A. B. (2010). Meta-analysis in medical research. *Hippokratia*, 14(Suppl 1), 29–37.
- Halpern, J., Maunder, R., Schwartz, B. and Gurevich, M. (2011). Attachment Insecurity, Responses to Critical Incident Distress, and Current Emotional Symptoms in Ambulance Workers. *Stress and Health*, 28(1), pp.51-60.
- Health and Care Professions Council (2014) Standards of proficiency: Paramedics. London: HCPC
- Health and Care Professions Council (2020) Standards of conduct performance and ethics: Paramedics. London: HCPC. Retrieved 1 March 2020, from <https://www.hcpc-uk.org/standards/standards-of-conduct-performance-and-ethics/>.
- Health NIO (2014) Quality assessment tool for observational cohort and cross-sectional studies. National Heart, Lung, and Blood Institute., <http://www.nhlbi.nih.gov/oxfordbrookes.idm.oclc.org/health-pro/guidelines/in-develop/cardiovascular-risk-reduction/tools/cohort>. Accessed 5 Nov 2015

- Health Research Authority (2016). Retrieved 1 March 2020, from <https://www.hra.nhs.uk/>.
- https://www.mind.org.uk/media/428496/Resource3_HowToPromoteWellBeingFINAL.pdf (Accessed 1 March 2020)
- Hunink, M. G., Glasziou, P., Siegel, J. E., Weeks, J. C., Pliskin, J. S., Elstein, A. S., Weinstein, M. C (2001) Decision making in health and medicine: integrating evidence and values. Cambridge: Cambridge University Press
- Jeanfreau, S. and Jack, L. (2010). Appraising Qualitative Research in Health Education: Guidelines for Public Health Educators. *Health Promotion Practice*, 11(5), pp.612-617.
- Kessler RC, Chiu WT, Demler O, Walters EE, Prevalence, severity, and comorbidity of 12-month DSM-IV disorders in the National Comorbidity Survey Replication, *Arch Gen Psychiatry*, 2005, 62, 6, 617, 627, 10.1001/archpsyc.62.6.6172847357
- Khan KS, Kunz R, Kleijnen J & Antes G (2003) Systematic Reviews to Support Evidence Based Medicine: How to review and apply findings of healthcare research. London: Royal Society of Medicine Press Limited.
- Krefting, L. (1991). Rigour in Qualitative Research: The Assessment of Trustworthiness. *American Journal of Occupational Therapy*, 45(3), pp.214-222.
- Lazarus, R (1984). Stress, appraisal, and coping. Folkman, Susan. New York: Springer Pub. Co. ISBN 0826141900. OCLC 10754235.
- Lewin, K. (1943). Defining the 'field at a given time.'. *Psychological Review*, 50(3), 292-310. <https://doi.org/10.1037/h0062738>
- Lewin, Kurt (June 1947). "Frontiers in Group Dynamics: Concept, Method and Reality in Social Science; Social Equilibria and Social Change". *Human Relations*. 1: 5–41. doi:10.1177/001872674700100103.
- Machi, L.A. and McEvoy, B.T. (2012) 'Ethics' in *The Literature Review: six steps to success* (2e) Corwin: California. Pp.8

- Machi, L.A. and McEvoy, B.T. (2012) 'The Literature Review Process' in The Literature Review: six steps to success (2e) Corwin: California. pp.5
- McCambridge, J., Witton, J., & Elbourne, D. R. (2014). A systematic review of the Hawthorne effect: new concepts are needed to study research participation effects. *Journal of clinical epidemiology*, 67(3), 267–277.
<https://doi.org/10.1016/j.jclinepi.2013.08.015>
- Meyer, E., Zimering, R., Daly, E., Knight, J., Kamholz, B. and Gulliver, S. (2012). Predictors of posttraumatic stress disorder and other psychological symptoms in trauma-exposed firefighters. *Psychological Services*, 9(1), pp.1-15.
- Michael T, Streb M, Hällner P. (2016) PTSD in paramedics: Direct versus indirect threats, posttraumatic cognitions, and dealing with intrusions, *Int J Cogn Therapy*, 2016, 9, 1, 57, 72, 10.1521/ijct.2016.9.1.57
- Mildenhall, J. (2019). Protecting the mental health of UK paramedics. *Journal Of Paramedic Practice*, 11(1), 6-7. <https://doi.org/10.12968/jpar.2019.11.1.6>
- Mind (2013) What causes PTSD? [Online] MIND. Available at: <http://www.mind.org.uk/information-support/types-of-mental-healthproblems/post-traumatic-stress-disorder-ptsd/causes/#.v6hipyceb4> (Accessed 1 March 2020)
- Mind (2016) How to promote wellbeing and tackle the causes of work-related mental health problems. [Online]. Available at:
- Mind (2016) One in four emergency service workers has thought about ending their lives. [Online]. Mind. Available at: <http://www.mind.org.uk/news-campaigns/news/one-in-four-emergencyservices-workers-has-thought-about-ending-their-lives/#.WD9HY4XXIb4> (Accessed 1 March 2020)
- Mind (2016) The Blue Light Time to Change Pledge. [Online]. MIND. Available at: <http://www.mind.org.uk/news-campaigns/campaigns/bluelight/blue-light-time-to-change-pledge/>(Accessed 1 March 2020)
- Mitchell RJ, Bates P. (2011) Measuring health-related productivity loss. *Popul Health Manag.* 2011;14(2):93–8.

- Moher D, Liberati A, Tetzlaff J, Altman DG, The PRISMA Group (2009) 'Preferred Reporting Items for Systematic Reviews and MetaAnalyses: The PRISMA Statement.' PLoS Med 6(7): e1000097. doi:10.1371/journal.pmed1000097
- Moran C, Britton NR. Emergency work experience and reactions to traumatic incidents. J Trauma Stress. 1994;7:575–85.
- Moule, P. and Hek, G. (2011) Making Sense of Research: An Introduction for Health and Social Care Practitioners. 4th ed. London: Sage
- Mulrow, C. (1994). Systematic Reviews: Rationale for systematic reviews. BMJ, 309(6954), 597-599. <https://doi.org/10.1136/bmj.309.6954.597>
- National Institute for Health and Care Excellence. Post-traumatic stress disorder (PTSD): the management of PTSD in adults and children in primary and secondary care. 2005. <http://www.nice.org.uk/guidance/cg26/chapter/guidance#the-treatment-of-ptsd>. Accessed 8 March 2020.
- Newell, R and Burnard, P (2011) Research for evidence-based practice in healthcare, 2nd Ed. Chichester: Wiley-Blackwell
- Nhsproviders.org. (2020). Mapping the NHS winter. [online] Available at: <https://nhsproviders.org/mapping-the-nhs-winter/pressures-on-the-ambulance-service>. Accessed 8 Mar. 2020.
- nursing: a step-by-step guide'. Maidenhead: Open University Press.
- NVivo qualitative data analysis software; QSR International Pty Ltd. Version 12, 2018.
- Polgar, S. and Thomas, A. (2014) Introduction to Research in the Health Sciences. 6th ed. Edinburgh: Churchill Livingstone
- Regehr, C., Goldberg, G. and Hughes, J. (2002). Exposure to human tragedy, empathy, and trauma in ambulance paramedics. American Journal of Orthopsychiatry, 72(4), pp.505-513.
- review: part one', Nursing Standard, 24(50), pp. 47-52.

- Riva, J. J., Malik, K. M., Burnie, S. J., Endicott, A. R., & Busse, J. W. (2012). What is your research question? An introduction to the PICOT format for clinicians. *The Journal of the Canadian Chiropractic Association*, 56(3), 167–171.
- Rose, S., Bisson, J., Churchill, R. and Wessely, S. (2006). Psychological debriefing for preventing post traumatic stress disorder (PTSD). *Cochrane Database of Systematic Reviews*.
- Rytwinski, N., Scur, M., Feeny, N., Youngstrom, E. (2013) *The co-occurrence of major depressive disorder among individuals with posttraumatic stress disorder: a meta-analysis*. *Journal of Trauma Stress*. Jun;26(3):299-309. doi: 10.1002/jts.21814. Epub 2013 May 20
- Sackett, L. Richardson, S. Rosenberg, W. and Haynes, B. (1997). *Evidence-based medicine: how to practice and teach EBM*. New York: Churchill Livingstone
- Saks, M. and Allsop, J. (2019) *Researching Health: Qualitative, Quantitative and Mixed Methods* (3rd ed). London: Sage
- Schaefer, J., & Welton, J. (2018). Evidence based practice readiness: A concept analysis. *Journal Of Nursing Management*, 26(6), 621-629.
<https://doi.org/10.1111/jonm.12599>
- Shih FJ, Liao YC, Chan SM, Duh BR, Gau ML. (2002) The impact of the 9-21 earthquake experiences of Taiwanese nurses as rescuers. *Soc Sci Med*. 2002;55(4):659–72.
- Spinhoven, P., Penninx, B. W., van Hemert, A. M., de Rooij, M., & Elzinga, B. M. (2014). Comorbidity of PTSD in anxiety and depressive disorders: Prevalence and shared risk factors. *Child Abuse & Neglect*, 38, 1320-1330. doi:10.1016/j.chiabu.2014.01.017
- Sterud, T., Ekeberg, Ø., & Hem, E. (2006). Health status in the ambulance services: a systematic review. *BMC Health Services Research*, 6(1).
<https://doi.org/10.1186/1472-6963-6-82>

- Vaismoradi, M., Turunen, H., & Bondas, T. (2013). Content analysis and thematic analysis: Implications for conducting a qualitative descriptive study. *Nursing & Health Sciences*, 15(3), 398-405. <https://doi.org/10.1111/nhs.12048>
- Vigil, N., Grant, A., Perez, O., Blust, R., Chikani, V., Vadeboncoeur, T., Spaite, D., Bobrow, B. (2019) *Death by Suicide-The EMS Profession Compared to the General Public*. *Journal of Prehospital Emergency Care*. May-Jun;23(3):340-345. Doi: 10.1080/10903127.2018.1514090. Epub 2018 Sep 14
- Wessely S, Bisson J, Rose S (2000). A systematic review of brief psychological interventions ('debriefing') for the treatment of immediate trauma related symptoms and the prevention of post traumatic stress disorder. In: OakleyBrowne M, Churchill R, Gill D, Trivedi M, Wessely S, editors. *Depression, anxiety and neurosis module of the Cochrane database of systematic reviews*, issue 1. Oxford: Update Software; 2000.
- World Health Organization (2017) *Depression and other common mental disorders: global health estimates*. World Health Organization, Geneva
- Young, J., & Solomon, M. (2009). How to critically appraise an article. *Nature Clinical Practice Gastroenterology & Hepatology*, 6(2), 82-91. <https://doi.org/10.1038/ncpgasthep1331>