Jeg vil præsentere en poster x (sæt kryds) / *I want to present a poster* ****** *(mark the box)*

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| **Skabelon for abstract / *Abstract Template*** |
| Titel på oplæg / *Titel of presentation* | What is it to be sturdy/robust - can it be trained? |
| Dit navn og titel (f.eks. cand.scient.san, ph.d.-studerende) / *Name and titel* | Niss Skov Nielsen, Ph.D.1); Ann Bojsen, M.A.1); Pablo V. Holm-Nielsen, Ph.D.1), Lars Zwisler, M.C.1), Kurt Petersen, Prof.Ph.D.2) |
| Institut, praksispartnere, universiteter, m.m. / *Department,* *Collaboration Partner, University* | Affiliation: 1) Disaster and Risk Management Department, Metropolitan University College, Denmark2) University of Lund, Sweden |
| Maksimum 300 ord / *Maximum 300 words* |
| Baggrund / *Background* | There is a higher incidence of morbidity and in psychological symptoms and illness – ie. PTSD and depression - in military and in emergency/rescue professional business compared to the Danish adult population (1). It is a demand from military and from emergency/rescue professional business that their personnel must be "sturdy/robust". Studies of a synonymous term: "Hardiness" have shown, that a high score on this scale can be related to a lower incidence of psychiatric symptoms among deployed in stressful environments (2). A similar scale: SOC (Sense of Coherence) has also proved suitable to assess people's resilience to stressors (3).Purpose: This paper intends to give a first insight into the concept of being "sturdy/robust"; To develop and test a Danish model of how to measure sturdiness/robustness; To test the scale's ability to identify people in emergency situations who have high risk of developing psychological illness. To test whether it is possible to train a person’s ability to become sturdy/robust |
| Metoder / *Methods* | The concept of being sturdy will be discussed with stakeholders in the aim to develop important factors of what it means to be “sturdy/robust”. This will be used as input for a Danish screening tool based on scales to measure "Hardiness" and "SOC". The Scale will be tested among employees from disaster related professions.Scores will be compared with development of symptoms and different types of illnesses, in order to identify scores, that can be used as limits for deselecting persons that are likely to develop diseases and symptoms |
| (Foreløbige) resultater / *(Preliminary) Results* | Expected results and perspectives of the project: A robustness/sturdy questionnaireA scale that can be used to prevent that vulnerable persons are being ordered to tasks that exceed their capacity An possible age/gender specific scale |
| Konklusioner / *Conclusions - discussions* | Essential points to be discussed:Can the questionnaire show long-term effects from stressful workloads and from violent experiences?Can the questionnaire be used to point out/prevent vulnerable employees from stressful exposure?Is it possible to learn how to become sturdy/robust?  |

Key-words: Sturdy, PTSD, Emergency risc

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2) Bartone P.T. Hardiness Protects Against War-Related Stress in Army Reserve Forces. Consulting Psychology Journal: Practice and Research, V. 51, No. 2, p.72-82, 1999;

3) Antonovsky A. The structure and properties of the sense of coherence scale. Soc Sci Med. Mar; 36(6). p:725-33, 1993