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Impact of disasters on the disaster responders: A review of stress, coping, resilience, and supportive methods

Nilamadhab Kar^{1,2,3}

Abstract:

As disasters are becoming more common, there is an ever-increasing need for support from personnel working in those situations, from search and rescue to emergency health care, relief, and postdisaster short- and long-term support. Exposure to traumatic situations affects disaster responders psychologically for various reasons and to different degrees. These mental health sequelae need to be identified, and the responders should be appropriately supported. A narrative review was conducted from the available literature in this regard. There are reports of the impact of disaster stress on disaster responders, and many have short- and long-term consequences. These are mostly anxiety, depression, and posttraumatic stress. In some cases, it might impair their effectiveness in disaster work. There is information about improving preparedness for disaster exposure, coping strategies, and effective psychological intervention methods for the responders. However, the availability and adequacy of the support system in various situations are not clear. The impact of disaster trauma on disaster responders needs to be extensively studied and support systems should be in place to manage the negative psychosocial outcomes.

Keywords:

Coping, disaster responders, disasters, psychological stress, psychotherapy, resilience

Introduction

Disasters are common all over the world and affect lives regularly. The nature of disasters ranges from catastrophic natural events to industrial accidents, riots, and wars. Natural events such as floods, cyclones, tornados, drought, famine, earthquakes, landslides, and tsunamis often affect huge populations. Infectious disease breakouts leading to epidemics and pandemics also join the list of disasters having massive impact on human life. In addition to these, there are technological and industrial disasters, and artificial disasters such as terrorism, ethnic violence, conflicts, and war with thousands of injured, and displaced people as a consequence. The support and care needs of the survivors of

all these disasters are not confined only to the acute stage but continue in the long term.

In effect, disasters have both acute and long-term enduring impacts on the survivors which are often observed in various ways, including physical and mental health with varying manifestations.^[1-6] To understand the impact of disasters, these have been conceptualized in various phases, which are usually depicted as predisaster, disaster, acute, early, recent, or remote postdisaster phases, with the changing needs of victims and the nature of disaster work.^[7] Similarly, other descriptions include structural and functional damage, relief, and recovery phases.^[7] Along with these conceptual and temporal phases, there is further understanding related to the psychological impact on the affected community and individual victims. These have been described through different phases such

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