

St. Catherine University

SOPHIA

Graduate Occupational Therapy Research and
Projects

Graduate Research

12-2019

Trauma Experiences and Perspectives: An Evidence-Based Practice Project

Libby Blattner
St. Catherine University

Melanie Homan
St. Catherine University

Ellie Leabch
St. Catherine University

Jennifer Malwitz
St. Catherine University

Faye McGuire
St. Catherine University

See next page for additional authors

Follow this and additional works at: https://sophia.stkate.edu/ot_grad



Part of the [Occupational Therapy Commons](#)

Recommended Citation

Blattner, Libby; Homan, Melanie; Leabch, Ellie; Malwitz, Jennifer; McGuire, Faye; McPherson, Rachel; Rupp, Julia; Tonn, Maria; Zenisek, Hannah; and Bass, Julie D.. (2019). Trauma Experiences and Perspectives: An Evidence-Based Practice Project. Retrieved from Sophia, the St. Catherine University repository website: https://sophia.stkate.edu/ot_grad/7

This Graduate Research Project is brought to you for free and open access by the Graduate Research at SOPHIA. It has been accepted for inclusion in Graduate Occupational Therapy Research and Projects by an authorized administrator of SOPHIA. For more information, please contact sagray@stkate.edu.

Author

Libby Blattner, Melanie Homan, Ellie Leabch, Jennifer Malwitz, Faye McGuire, Rachel McPherson, Julia Rupp, Maria Tonn, Hannah Zenisek, and Julie D. Bass

Trauma Experiences and Perspectives: An Evidence-Based Practice Project

Libby Blattner, Melanie Homan, Ellie Leabch, Jennifer Malwitz,
Faye McGuire, Rachel McPherson, Julia Rupp, Maria Tonn, and Hannah Zenisek

Faculty Advisor: Julie D. Bass, PhD, OTR/L, FAOTA
St. Catherine University

EBP Project completed in partial fulfillment of the requirements
for the Evidence-Based Practice Course
in the Graduate Occupational Therapy Programs

Fall, 2019

Recommended APA citation:

Blattner, L., Homan, M., Leabch, E., Malwitz, J., McGuire, F., McPherson, R., Rupp, J., Tonn, M., Zenisek, H., & Bass, J.D. (2019). *Trauma experiences and perspectives: An evidence-based practice project*. Retrieved from <https://sophia.stkate.edu/>

Keywords: trauma, adverse childhood experiences, traumatic events, post-traumatic stress disorder, PTSD, occupational therapy, trauma-informed care, experiences, perspectives, qualitative

Table of Contents

Introduction..... 3

 Evidence Based Practice 3

 The EBP Project 3

 The EBP Process 3

 Six EBP Projects: Trauma and Trauma Informed Care 4

 EBP Practice Dilemma: Trauma and Trauma Informed Care..... 4

 Appraisals of Best Evidence, Themes, and Recommendations 7

 References 8

EBP Question 10

Executive Summary 11

 Minnesota Occupational Therapy Association Continuing Education Presentation..... 11

 Themes 15

 Introduction..... 15

 Emotional Impact of Trauma 15

 Importance of Developing Resilience and Social Supports..... 16

 Perception of Health Professionals’ Competency in Trauma-Informed Care 17

 Future Implications for Qualitative Research 19

 Summary and Implications for Practice 20

 Tables of EBP Resources 24

 References 27

Appendix A. Initial Appraisals 32

Introduction

Evidence Based Practice

Evidence based practice is defined as the integration of knowledge from professional and clinical expertise, patient/client unique values and circumstances, and best research evidence (Straus, Richardson, Glasziou, & Haynes, 2005). The EBP courses in the St. Catherine University occupational therapy programs emphasizes skill building in finding, analyzing, and synthesizing research.

A definition of Evidence-Based Practice (EBP)



(Straus, Richardson, Glasziou & Haynes, 2005)



The EBP Project

Occupational therapy graduate students at St. Catherine University complete an EBP project in partial fulfillment of the requirements for a course on Evidence-Based Practice.

The EBP Process

- Begins with a practice dilemma
- Dilemma is framed as an EBP question and PICO
P (population/problem) I (intervention) C (comparison group) O (outcome(s) of interest)
- Background learning
- Search for the best evidence
- Initial appraisal and critical appraisal of the evidence
- Summary of themes from the evidence
- Recommendations for practice
- Next steps – implementation in practice

Six EBP Projects: Trauma and Trauma Informed Care

1. Descriptive and risk factors
2. Trauma and health outcomes
3. Screening and assessments
4. Perspectives and experiences
5. Interventions for individuals with a history of trauma
6. Training and programs for health professionals

EBP Practice Dilemma: Trauma and Trauma Informed Care

Hypothetical EBP Case Related to Trauma and Trauma Informed Care

The overall focus on trauma and trauma informed care was chosen because of its increasing attention in the news and healthcare priorities. Recognition of trauma and provision of trauma-informed care in health, community, and education settings are important. Peter Levine, a clinical psychologist stated, “The effects of unresolved trauma can be devastating. It can affect our habits and outlook on life...It can take a toll on our family life and interpersonal relationships. It can trigger real physical pain, symptoms, and disease...” and “The paradox of trauma is that it has both the power to destroy and the power to transform and resurrect.” (Levine, n.d.)

Trauma and trauma-informed care was a particularly challenging topic for the EBP projects for several reasons. First, most of the literature is interdisciplinary and so it required looking for resources outside of occupational therapy for evidence. Second, the literature on trauma and trauma-informed care is still emerging. There are quite a few gaps in research that still need to be addressed. Third, we had to acknowledge in our class that some students may have a history of trauma. At the beginning of our class, we talked about the importance of being aware of our feelings regarding this topic and knowing when to get support. That is why we also provided a list of national and Minnesota resources related to trauma.

Background Information on Trauma and Trauma Informed Care

Trauma has been defined as: “results from an **event**, series of events, or set of circumstances **experienced** by an individual as physically or emotionally harmful or life-threatening with lasting adverse **effects** on the individual’s functioning and mental, physical, social, emotional, or spiritual well-being” (SAMHSA, 2014). The key attributes of trauma include:

- **Event:** The event is actual or a threat that may include features of physical or psychological harm, life-threatening, and/or child neglect.
- **Experienced:** An unique label, meaning, and disruption is identified.
- **Effects:** The immediate or delayed, short or long term effects can be named.

There are many different types of trauma and many populations who may be affected by trauma. Trauma is associated with (NCTSN, 2014, <https://www.nctsn.org/what-is-child-trauma/trauma-types>):

- Bullying
- Community violence
- Complex trauma
- Disasters
- Early childhood trauma
- Intimate partner violence
- Medical trauma
- Physical abuse
- Refugee trauma
- Sexual abuse
- Terrorism and violence
- Traumatic grief

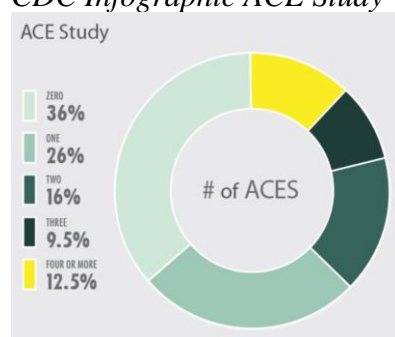
Estimates of adult exposure to trauma vary. Approximately 6 in 10 men and 5 in 10 women have had trauma and 90% of people seen in behavioral health have a history of trauma (SAMHSA, n.d., <https://www.integration.samhsa.gov/clinical-practice/trauma>).

Trauma that is associated with childhood is often labeled an adverse childhood experience (ACE). ACEs are defined as potentially traumatic events in childhood (0-17 years) that may include:

- “violence, abuse, or neglect; witnessing violence in the home; and having a family member attempt or die by suicide...
- growing up in a household with substance misuse, mental health problems, or instability due to parental separation or incarceration of a parent, sibling, or other member of the household.” (CDC, 2019, n.p., <https://www.cdc.gov/violenceprevention/childabuseandneglect/acestudy/aboutace.html>)

A history of ACEs is reportedly quite common in the adult population (see Figure 1). It is estimated that almost 2/3 of adults have had an adverse childhood experience and 2 in 10 people have had three or more ACEs (CDC, 2016).

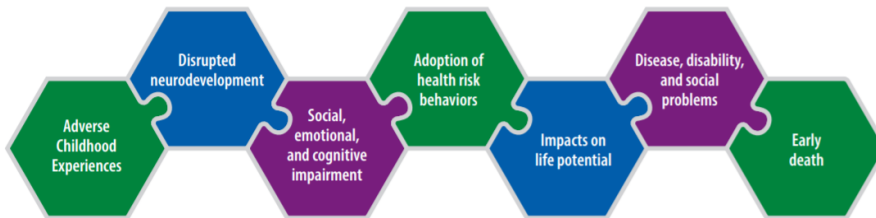
Figure 1
CDC Infographic ACE Study



Note. (CDC, 2016, <https://www.cdc.gov/violenceprevention/childabuseandneglect/acestudy/ace-graphics.htm>)

Trauma in childhood has a ripple effect on later life (see Figure 2). ACEs may disrupt development, contribute to other impairments, influence risky behaviors, change life potential, influence later health problems and may even be a factor in early death.

Figure 2
CDC Infographic Preventing ACEs



Note. CDC, 2019, n.p., <https://www.cdc.gov/violenceprevention/pdf/preventingACES-508.pdf>

Preventing ACEs is a major priority of public health media campaigns by the Centers for Disease Control and Prevention (CDC, 2019,

<https://www.cdc.gov/violenceprevention/pdf/preventingACES-508.pdf>). Prevention emphasizes:

- Supports for families
- Social norms
- Strong starts
- Skill building to handle everyday challenges
- Connections to caring adults and activities
- Early interventions

The EBP projects from the Fall, 2019, Evidence-Based Practice course provide a snapshot of research studies on trauma and ACEs. Ongoing research in major studies of trauma may be followed in the:

- CDC-Kaiser Permanente Adverse Childhood Experiences (ACE) Study
- Behavioral Risk Factor Surveillance System (BRFSS)
- World Health Organization: ACE International Questionnaire (ACE-IQ)

Trauma-Informed Care (TIC) has been proposed as a framework for professionals and organizations who work with individuals having a history of trauma.

A professional who implements characteristics of TIC:

- Realizes the impact of trauma
- recognizes the signs and symptoms
- responds through policies, procedures, and practices
- resists re-traumatization.

The six principles of TIC are:

- Safety
- Trustworthiness and transparency
- Peer support
- Collaboration and mutuality
- Empowerment, voice and choice
- Cultural, historical, and gender issues

The occupational therapy focus on trauma and trauma-informed care has been relatively recent for the American Occupational Therapy Association (AOTA) even though many practitioners have addressed trauma within their own work setting. The AOTA has four publications that may be of interest to occupational therapy practitioners:

- Understanding and applying trauma-informed approaches across occupational therapy settings. (Fette, 2019)
- AOTA's societal statement on stress, trauma, and posttraumatic stress disorder (Champagne, et al., 2018).
- Occupational therapy's role in mental health promotion, prevention, & intervention with children & youth childhood trauma (AOTA, 2015)
- A trauma-informed approach distinct to occupational therapy: The TIC-OT Model (AOTA, 2018)

Appraisals of Best Evidence, Themes, and Recommendations

After searching and finding evidence available from library databases and alternative sources, students conducted an initial appraisal to evaluate the quality and relevance of the evidence and select the best research for further review. Then they conducted critical appraisals of the best formal reviews of primary research (e.g., systematic reviews, meta-analyses) and/or primary/original research studies. One of the steps in the CAP process is to evaluate the strength or level of the research design and the types of conclusions that are possible from each design.

Initial Appraisal

- Quality of the evidence
 - type of evidence and research design
 - investigator qualifications and journal/publication/website
 - journal/publication/website
- Relevance of the evidence

Critical Appraisal

- Appraisal of methods, results, and implications
- Classification of type of research study
 - Reviews of primary research (e.g., systematic reviews, meta-analyses)
 - Qualitative studies
 - Psychometric studies
 - Primary quantitative research studies
 - Level 1: randomized controlled trials
 - Level 2: two groups, nonrandomized/cohort and case control
 - Level 3: nonrandomized, pretest/posttest and cross-sectional
 - Level 4: single subject
 - Level 5: case report

After completing initial and critical appraisals, themes are summarized related to the EBP question and other findings that emerged from the evidence. Recommendations for practice and reflection on participating in an EBP project are identified in the conclusions.

References

Interdisciplinary References

Centers for Disease Control and Prevention. (2019). Preventing adverse childhood experiences (ACEs): Leveraging the best available evidence. Retrieved from

<https://www.cdc.gov/violenceprevention/pdf/preventingACES-508.pdf>

Centers for Disease Control and Prevention, Kaiser Permanente. (2016). The ACE study survey data [Unpublished data]. Atlanta, Georgia: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention. Retrieved from

<https://www.cdc.gov/violenceprevention/childabuseandneglect/cestudy/ace-graphics.html>

Levine, P. (n.d.) Peter A. Levine Quotes. (n.d.). BrainyQuote.com. Retrieved March 5, 2021, from BrainyQuote.com Web site:

https://www.brainyquote.com/quotes/peter_a_levine_864302

The National Child Traumatic Stress Network (NCTSN). (2019). What is child trauma?

Retrieved from <https://www.nctsn.org/what-is-child-trauma>

SAMHSA. (2014). SAMHSA's concept of trauma and guidance for a trauma-informed approach. Retrieved from <https://store.samhsa.gov/system/files/sma14-4884.pdf>

SAMHSA-HRSA Center for Integrated Health Solutions. (2019). Trauma. Retrieved from <https://www.integration.samhsa.gov/clinical-practice/trauma-informed>

Straus, S. E., Richardson, W. S., Glasziou, P., & Haynes, R. B. (2005). How to practice and teach EBM. Evidence-Based Medicine. Third edition. Elsevier, 13-29.

Occupational Therapy References

- American Occupational Therapy Association. (2016). AOTA'S evidence exchange: Guidelines to critically appraised paper (CAP) worksheet. Retrieved from <https://www.aota.org/~media/Corporate/Files/Practice/EvidenceExchange/CAP%20Guidelines%20for%20Evidence%20Exchange.pdf>
- American Occupational Therapy Association. (2015). Occupational therapy's role in mental health promotion, prevention, & intervention with children & youth childhood trauma. Retrieved from <https://www.aota.org/~media/Corporate/Files/Practice/Children/Childhood-Trauma-Info-Sheet-2015.pdf>
- American Occupational Therapy Association. (2018). A trauma-informed approach distinct to occupational therapy: The TIC-OT Model. Retrieved from https://myaota.aota.org/shop_aota/cart.aspx
- Champagne, T., Dargatz, R. K., Dorsey, J., Hinerfeld, D., Robinson, M., Taff, S., ... & Slater, D. Y. (2018). AOTA's societal statement on stress, trauma, and posttraumatic stress disorder. *American Journal of Occupational Therapy*, 72, 7212410080. Retrieved from <https://search.proquest.com/docview/2193509225?pq-origsite=gscholar>
- Fette, C. (2019). Understanding and applying trauma-informed approaches across occupational therapy settings. American Occupational Therapy Association Continuing Education Article. Retrieved from <https://www.aota.org/~media/Corporate/Files/Publications/CE-Articles/CE-article-May-2019-Trauma.pdf>

All EBP Projects are available at <http://sophia.stkate.edu/>.

EBP Question

How do individuals who have experienced trauma or adverse childhood experiences describe their experiences and the impact trauma has had on their life?

How do healthcare professionals describe their experiences of working with individuals who have experienced trauma or adverse childhood experiences and their perspectives on trauma-informed training and approaches?

Executive Summary Minnesota Occupational Therapy Association Continuing Education Presentation

Experiences of Trauma and Trauma-informed care

Libby Blattner Melanie Homan Ellie Leabch	Faye McGuire Jennifer Malwitz Rachel McPherson	Julia Rupp Maria Tonn Hannah Zenisek
---	--	--

EBP Questions

- How do individuals who have experienced trauma or adverse childhood experiences describe their experiences and the impact trauma has had on their life?
- How do healthcare professionals describe their experiences of working with individuals who have experienced trauma or adverse childhood experiences and their perspectives on trauma-informed training and approaches?

Background Learning

- ACEs link to risky health behaviors and chronic health conditions (CDC, 2018)
- Health professionals may experience compassion fatigue and PTSD (Dierker, Polman, & Lederman, 2008)
- Qualitative research provides understanding on perspectives (Shaw, 2017)

Examples of Evidence Resources

Governmental and Major Foundations
 SAMHSA (Substance Abuse and Mental Health Services Administration)
 CDC - Center for Preparedness & Response

OT Specific Resources
 AOTA Fact Sheet: OT's role with PTSD
 Occupational Therapy's Role in Mental Health Promotion, Prevention, & Intervention With Children & Youth Childhood Trauma

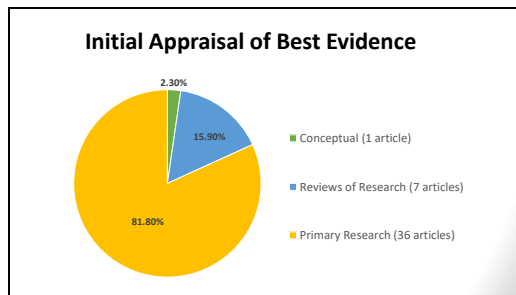
Interprofessional Journals, Databases, Organizations
 Journal of Trauma and Treatment
 International Society for Traumatic Stress Studies (ISTSS)

Examples of Search Process

Databases Used
 CINAHL
 PubMed
 Science Direct
 ERIC

Most helpful search strategies
 MeSH database
 Article reference lists

Most helpful keywords
 Adverse Childhood Experiences, Trauma Informed Care
 Lifespan implications, Quality of life
 Qualitative, Perspectives, Phenomenological



Overview of Critical Appraisals

- **Reporting Sexual Abuse: Children's Perspectives and Context** (Purman et al., 2020)
- **Occupational Needs and Priorities: Homelessness** (Sabo et al., 2017)
- **Violence Against Child Protection Workers: Qualitative Perspectives** (Lambert et al., 2018)
- **Witnessing Patients' Trauma and Suffering: Qualitative Experiences** (Hobbs & Buchanan, 2012)
- **Specialist Health Services: Qualitative Perspectives** (Purman, et al., 2018)
- **Providing Support to Children After Trauma: A Qualitative Study** (Jain, 2012)
- **A Qualitative Synthesis on the Trauma Experience of Children** (Chen et al., 2016)
- **How Professionals Experience Exploring Adverse Childhood Experience** (Albarrak & Meleis, 2018)
- **Compassion Fatigue: A Systematic Review** (Coker & Nuro, 2016)

Critical Appraisal 1 & 2

I'll Be Working my Way Back: A Qualitative Synthesis on the Trauma Experience of Children (Van Wood et al., 2012)

- What themes emerge from children's experience of trauma?
- Individual, family, and community factors are important for negotiating disruptions in daily life.

Reporting Possible Sexual Abuse: A Qualitative Study on Children's Perspectives and the Context for Disclosure (Jensen et al., 2005)

- How do children experience disclosing information about sexual abuse?
- Reasons for disclosure or avoidance can guide parents and health professionals on how to interact with children

Critical Appraisal 3 & 4

Occupational Needs and Priorities of Women Experiencing Homelessness (Sabo et al., 2017)

- How do women in a homeless shelter, who have experienced trauma, describe their experience?
- Safety, stability, resilience (personal strengths and social engagement) are emphasized themes.

Walking Children Through a Minefield: How Professional Experience Exploring Adverse Childhood Experience (Albarrak & Meleis, 2018)

- How do professionals describe their experience of working with children who have trauma/ACE?
- Professionals disclosed feelings of inadequacy and discomfort, and fear of retraumatizing the children.

Critical Appraisal 5 & 6

Compassion Fatigue Among Healthcare, Emergency, and Community Service Workers: A Systematic Review (Coker & Nuro, 2016)

- What health outcomes are experienced by professionals who work with people exposed to trauma?
- Professionals experienced feelings of frustration and inadequacy, and exhaustion.

The Experience of Witnessing Patients' Trauma and Suffering Among Acute Care Nurses (Hobbs & Buchanan, 2012)

- How does witnessing a patient experience a traumatic event impact the well-being of healthcare workers?
- Healthcare professionals experienced prolonged shock, feelings of helplessness, and often utilized distance as a coping strategy.

Critical Appraisal 7 & 8

Trauma-Informed Care: A Qualitative Study Exploring the Views and Experiences of Professionals in Specialist Health Services for Adults with Intellectual Disabilities (Tharavath et al., 2015)

- How do healthcare professionals describe their experience working with adults with intellectual disabilities and traumatic stress?
- Professionals highlighted unmasked traumatic symptoms and personal and environment barriers.

Violence Against Child Protection Workers: A Study of Workers' Experiences, Attributes and Coping Strategies (Lambert et al., 2018)

- How do child protection workers describe their experiences when faced with violence from clients?
- Experiences varied according to work setting, perception and coping strategies that child protection workers used.

Critical Appraisal 9

Teachers' Perspectives on Providing Support to Children After Trauma: A Qualitative Study (Jain, 2012)

- How do post traumatic events experienced by children affect their teachers?
- Experiences included the feelings of burdens, and struggles in determining roles.

**Theme 1:
Emotional Impact of Trauma**

Emotional responses to trauma are unique to individuals and their experiences.

- Feelings of fear (Diermen et al., 2020; Van Weel et al., 2022)
- Feelings of insecurity and a lack of safety (Saki et al., 2017)
- Flashbacks (Lamothé et al., 2018; Walsh & Buchanan, 2011)
- The importance of coping strategies (Lamothé et al., 2018; Walsh & Buchanan, 2011)

Theme 2: Importance of Developing Resilience and Social Supports

Personal factors and social networks contribute to experiences of coping with trauma.

- Knowledge of traumatic symptoms (Singh et al., 2013)
- Recognition of personal strengths and successes (Saki et al., 2017)
- Establishment of open communication with family and community members (Gaston, 2018)
- Exchange of positive affirmations from loved ones (Gaston, 2018)

Theme 3: Perceptions of Competency in Trauma-Informed Care

Competency requires knowledge and confidence to provide the best care.

- Importance of acknowledging trauma (Prufer, et al., 2022)
- Experiences that can bring retraumatization (Hurley et al., 2020; Reeves & Humphrey, 2022)
- Lack of confidence when working with individuals who have experienced trauma (Walsh & Buchanan, 2011)
- Teachers' ability to work with students who have ACEs (Allen, 2022)

Theme 4: Future Implications for Qualitative Research

Future qualitative research should emphasize specific populations and compassion fatigue of professionals.

- Compassion Fatigue is prevalent among healthcare professionals (Cocher & Herold, 2020)
- Compassion Fatigue affects physical, emotional, and mental health (Cocher & Herold, 2020)
- Males and individuals with intellectual disabilities are under-represented in the literature (Lamothé et al., 2018; Saki et al., 2017; Singh et al., 2013; Trandafir et al., 2018; Van Weel et al., 2022)
- Western cultures dominate research (Van Weel et al., 2022)

Recommendations for OT and Interprofessional Programs

- Story and narrative may provide insights
- Competency in trauma informed care requires strong therapeutic use of self in addition to knowledge in trauma
- Health professionals who work with trauma cases may have needs and experiences that require attention
- Add ACE questions to Occupational Profile

Summary and Reflection

- Importance of person/family-centered care
- Limited qualitative research on trauma in OT literature
- Healthcare practitioners as well as clients are affected
- The power of story and narrative

References

Albani, A. L., Kim, L. G., & Miller, A. M. (2018). Walking Children Through a Minefield: How Professionals Experience Exploring Adverse Childhood Experiences. *Qualitative health research, 28*(2), 231-244. doi:10.1177/1049731517734828

Alibi, F. (2012). Teachers' perspectives on providing support to children after trauma: A qualitative study. *School Psychology Quarterly, 27*(1), 51-58. doi:10.1037/a0028596

Brown, C. (2017). The evidence-based practitioner: Applying research to meet client needs. Philadelphia: F.A. Davis

Centers for Disease Control and Prevention. (2019). About adverse childhood experiences. Retrieved from <https://www.cdc.gov/violenceprevention/childabuseandneglect/learnmore/aboutACEs.html>

Coker, T., & Liu, N. (2016). Compassion fatigue among healthcare, emergency and community service workers: a systematic review. *International Journal of Environmental Research and Public Health, 13*(8), 618. doi:10.3390/ijerph13080618

Jensen, T. K., Gulbrandsen, W., Mørgele, S., Reichelt, S., & Tjørnsland, O. A. (2005). Reporting possible sexual abuse: A qualitative study on children's perspectives and the content for disclosure. *Child Abuse & Neglect, 29*(2), 139-163. doi:10.1016/j.chabu.2005.07.004

Lemlich, J., Couvrette, A., Larson, G., Yule-Scalabrino, C., Roy, C., Goss, C., & Gerffroy, S. (2016). Violence against child protection workers: A study of workers' experiences, attributes, and coping strategies. *Child Abuse and Neglect, 62*, 308-321. doi:10.1016/j.chabu.2016.04.027

Oshtery, J. D., Putnam, F.W., & Lederman, C. (2008). How to maintain emotional health when working with trauma survivors and family Court Journal. *39*(3), 94-100.

Saleh, S., Aweadallah, T., Leclaire, A. B., Brouil, M. L., Doung, D. T., & Roy, L. (2017). Occupational needs and priorities of women experiencing homelessness: Les besoins et priorités occupationnelles des femmes en situation d'itinérance. *Canadian Journal of Occupational Therapy, 84*(4-5), 229-241. doi: 10.1177/0008417417719725.

References

Substance Abuse and Mental Health Services Administration (SAMHSA) Trauma and Justice Strategic Initiative. (2014). SAMHSA's concept of trauma and guidance for a trauma-informed approach/2014-4488.html

Tranquillo, M., Brown, M., Suggs, L., Bradley, A., Peterson, D., Strama, C., ... Karatzias, T. (2019). Trauma-informed care: A qualitative study exploring the views and experiences of professionals in specialist health services for adults with intellectual disabilities. *Journal of Applied Research in Intellectual Disabilities, 22*(6), 1487-1495. doi:10.1111/jar.12268

Van Winkel, E., Bange, H., Allic, C., & Omer, S. (2012). It's so working my way back: A qualitative synthesis on the trauma experience of children. *Psychological Trauma: Theory, Research, Practice, and Policy, 4*(5), 5-11. doi:10.1037/a0029768

Wahh, M., & Buchanan, M. (2011). The experience of witnessing patients' trauma and suffering among acute care nurses. *Canadian Journal of Counselling and Psychotherapy, 45*(4), 349-364. Retrieved from <https://files.eric.ed.gov/fulltext/EJ958977.pdf>

Themes

Introduction

Qualitative research offers insight into the perspectives of people regarding trauma and adverse childhood experiences (ACEs). It also raises awareness about how working with individuals who have experienced trauma impacts health care professionals. Key themes from the evidence in this project include the emotional impact of trauma, the importance of developing resilience and social supports, and the perception of health care professionals' competency in providing trauma-informed care. These themes provide direction for future research on trauma-informed care and approaches.

Emotional Impact of Trauma

Traumatic events bring about an array of emotions, unique to each individual and their experience. Common emotions include feelings of fear (Jensen, Gulbrandsen, Mossige, Reichelt, & Tjersland, 2005; Van Wesel, Boeije, Alisic, & Drost, 2012) insecurity (Salsi et al., 2017), and lack of safety (Salsi et al., 2017). A meta-synthesis on the effects of trauma in children reported that fear is the most common reaction after a traumatic event (Van Wesel et al., 2012). A grounded theory and interpretive phenomenological approach of 22 children who had experienced sexual abuse found children reported fear when asked to disclose information about past traumatic events particularly with regard to what would happen to their mothers, the offender, and themselves (Jensen et al., 2005). In a mixed method study of traumatic experiences associated with homelessness, 21 women revealed common feelings of insecurity, instability, paranoia, and a lack of overall feelings of safety (Salsi et al., 2017). Many of the women interviewed reported an appreciation for personal space and the safety they felt in their current

homeless shelters (Salsi et al., 2017). Every person, group, and population experience a different emotional response to trauma.

Healthcare professionals who have witnessed or worked with trauma often report instances of their own post-traumatic stress. These healthcare professionals often reported an ability to visualize actions, conversations and details from witnessing traumatic event(s) months after the event occurred (Lamothe et al., 2018; Walsh & Buchanan, 2011). In an interview with five acute care nurses who witnessed patients' trauma, themes of prolonged impacts and the importance of coping strategies emerged (Walsh & Buchanan, 2011). The nurses reported physiological and psychological responses including flashbacks, panic attacks, and feelings of guilt (Walsh & Buchanan, 2011). Health professionals reported using coping strategies, such as distancing (Walsh & Buchanan, 2011), social support (Lamothe et al., 2018), and avoidance (Lamothe et al., 2018) were used by healthcare professionals as well as individuals experiencing trauma.

Importance of Developing Resilience and Social Supports

A common theme that surfaced during qualitative research of individuals who experienced trauma was the importance of developing resilience. One strategy women have used for developing resilience is identifying and understanding their symptoms of trauma, which increases self-awareness (Singh et al., 2013). Externalizing stereotypes is important for individuals facing discrimination, so they can embrace both their experience and identity (Singh et al., 2013). When examining the effects of trauma on the population of homeless women, qualitative researchers noted how women expressed pride in their resilience (Salsi et al., 2017). Furthermore, key factors for women developing resilience to support coping with trauma include

recognizing personal strengths, reflecting on successes, and translating hope into the future (Salsi et al., 2017).

In addition to utilizing personal factors to develop resilience, extensive social support networks have been shown to develop resilience. Social support of family and community members may aid in developing resilience by increasing self-acceptance of their identities as survivors of trauma (Sexton, 2018; Singh et al., 2012). Parents and children identified multiple resilience-promoting factors including creating a safe, open space for communication with family members and positive affirmations of love (Sexton, 2018). These factors helped individuals cope with their traumatic experience. Based on qualitative research findings, social support from community and family is critical for the development of resilience in individuals who have experienced trauma.

Perception of Health Professionals' Competency in Trauma-Informed Care

When visiting a healthcare professional, individuals expect their provider to be fully competent in their practice, but evidence shows this is not always the case. When working with individuals who have experienced trauma, healthcare providers are not always up to date on best practices in trauma-informed care (TIC) approaches. Many individuals who have experienced ACEs, feel that their history of trauma is an important aspect of their health (Purkey et al, 2018). These life-altering ACEs are not always known to a healthcare provider and actions may occur, making patients feel threatened, scared and uncomfortable (Purkey et al., 2018) or triggered (Reeves & Humphreys, 2018). Evidence suggests many patients experience discomfort from physical touch, unexpected physical touch, unknown physical examinations, or having a male doctor touching them (Purkey et al., 2018; Reeves & Humpherys, 2018). Health care

professionals can better serve clients by using principles of TIC. This practice can foster physical and emotional safety, trustworthiness, and empowerment.

A recurring theme throughout the literature circled around the idea of being less than confident when addressing clients with backgrounds of trauma. Evidence shows that there is a lack of confidence within healthcare provider's ability to work with patients who have experienced trauma. Evidence suggests that healthcare professionals feel they do not have the resources to provide support for children who have experienced trauma, leading them to feel inadequate in their ability to help (Albaek, Finn, & Milde, 2018). In an article that studied the experience of acute care nurses who witnessed a patient's trauma and other suffering some nurses stated that they did not know how to adequately comfort patients who are suffering. It also mentioned that they found it depressing and frustrating to not be able to help comfort their patients. (Walsh & Buchanan, 2011). The lack of competence that nurses feel when dealing with trauma lead them to develop coping strategies. Nurses have reported distancing themselves from patients because they did not feel they had the ability to help them through potential trauma (Walsh & Buchanan, 2011). Outside of healthcare professionals, research also suggests teachers are affected by traumatic events their students have experienced (Alisic, 2012). Teachers have a variety of ideas on how to help a child cope, but mostly feel doubtful in their ability to address trauma correctly. Teachers also share their lack of knowledge on school guidelines and protocols when it comes to trauma (Alisic, 2012). Therefore, qualitative research suggests that professionals working with individuals who have experienced trauma express low self-confidence working with this population.

Future Implications for Qualitative Research

Compassion fatigue may impact healthcare workers' mental health, which in turn may influence their care for individuals with trauma and their families. A systematic review on compassion fatigue highlighted the toll that certain occupations may have on professionals' physical, mental and emotional health (Cocker & Nerida, 2016). Compassion Fatigue is characterized by symptoms such as the feeling frustrated, inadequate, and exhausted (Cocker & Nerida, 2016). More research is needed to determine the best way to protect workers in vulnerable situations and understand the potential for other health and economic consequences that relate to physical and mental health outcomes (Cocker & Nerida, 2016).

Future qualitative research should also focus on expanding the types of trauma populations and health professionals studied. In-depth understanding of lived experiences and perspectives from individuals with intellectual disabilities (Truesdale et al., 2018) varied traumatic experiences (Salsi et al., 2017; Singh et al., 2013; Van Wesel et al., 2012), and different health professional backgrounds (Lamothe et al, 2018) has been recommended. Health care professionals can best serve their clients when they understand trauma's full effect on specific populations and cultural influences on their experiences (Lamothe et al, 2018; Salsi et al., 2017; Singh et al., 2013; Truesdale et al., 2018; Van Wesel et al., 2012).

Summary and Implications for Practice

The primary themes related to our EBP questions included: the emotional impact of trauma, the importance of developing resilience and social support, the perception of health professionals' competency in trauma-informed care training, and future implications for qualitative research. The themes provided a clear picture of the unique experiences of trauma for individuals and professionals. Social support, resilience, and healthcare providers' competence played a significant role in how trauma impacts individuals.

The theme of emotional impact of trauma emphasized the uniqueness of everyone's situation. In client-centered practice, occupational therapist practitioners recognize and understand that no two individuals are exactly alike; therefore, the approach to care is different for each person. Qualitative research has shown that traumatic experiences, emotional response, and coping mechanisms are also unique to the individual. Occupational therapy practice could include education regarding the uniqueness of trauma and effective coping strategies to manage the emotional impacts.

Occupational therapy practitioners may be impacted by their experiences of working with witnessing trauma. Witnessed trauma may lead to ineffective coping strategies, disengagement in the workplace, and burnout. Thus, occupational therapy practitioners may benefit by education and training regarding effective coping strategies to personally employ in their practice. Ineffective coping strategies such as withdrawal, distancing, and avoidance in situations of trauma may negatively impact both the practitioner and the client's well-being. With proper training, practitioners can learn positive coping strategies to best support their emotional health so they can support their clients.

The theme of developing resilience and social support for individuals who have experienced trauma has clinical implications for occupational therapy and interprofessional practice. Qualitative research has shown that identification of personal strengths and celebration of success fosters the development of resilience. Therefore, strength-based approaches are important for practitioners. Research findings also suggested that social support is critical for developing resilience in individuals who are coping with trauma. Working alongside individuals to identify their social support may be an effective intervention strategy. Asking open-ended interview questions during the Occupational Profile and similar assessments, such as “Tell me how your experience of trauma affects your daily life” and “What occupations have helped you cope with trauma in the past?” can deepen an understanding necessary to promote resilience in clients. By developing rapport with clients, practitioners can simultaneously become part of the individuals’ support network while also deepening their resilience.

The theme of health professionals’ competency highlighted underlying practitioner insecurities that influenced their abilities to provide quality care. Such feelings of insecurity and discomfort among practitioners may be due to limited resources to provide support as well as fear of retraumatizing the patient. Qualitative research revealed that clients could sense their providers’ insecurity and discomfort, which may have contributed to clients’ impression of insensitive and incompetent practitioners. Teachers also reported feeling discomforts and insecurities when students disclosed their experienced traumas. Team collaboration and/or transdisciplinary care may decrease discomfort among professionals by ensuring resources for clients, patients, and students. Occupational therapy practitioners who receive training in trauma informed care may advocate, educate, and train other professionals. They may also assist clients in learning self-advocacy skills to address their trauma history with health practitioners.

The theme of future implications for qualitative research included the need for more understanding of personal experiences and perspectives from a wider variety of populations and health care practitioners. Even though trauma is unique to the individual, it is important to recognize patterns of behavior that may be seen in specific populations. For example, individuals with intellectual disabilities may display behaviors, such as anger, aggression, and/or self-injury. Healthcare practitioners who have compassion fatigue may show exhaustion, anger, and irritability. Recommendations from qualitative research studies emphasized the importance of establishing an intentional approach to gain an understanding of how culture impacts specific populations and resilience training for health professionals working with those who have experienced trauma.

Several strengths and limitations were noted in the qualitative research that was reviewed. Very few studies addressed occupational therapy's role in trauma experiences and trauma-informed care. The majority of qualitative studies reviewed comprised primarily of female samples and thus, further research is needed to understand trauma's influence on males and non-binary genders. Strengths of the qualitative research included in this project included the breadth of foundational understanding relating to the lived experiences of trauma from a variety of populations across the lifespan. Studies of health professional perspectives included nurses, social workers, psychologists, doctors, and psychiatrists who addressed trauma in their respective fields of work. Lastly, the qualitative research is complementary to quantitative evidence by exploring the lived experiences of trauma, adding a "human element" to the evidence.

The qualitative research currently available deepens our understanding of the perspective of individuals who have experienced trauma. These findings can strengthen our intervention approaches with individuals, families, and communities. Despite the emotional impact of trauma,

occupational therapist practitioners and other healthcare professionals can be part of a more hopeful future for trauma survivors.

Tables of EBP Resources

Table 1.

Governmental and Major Foundation Resources that Address Trauma Informed Care

Title/Name	Brief Description	Source
Library of Congress	Provides laws, policies, and acts that support the integration of trauma-informed care into practice.	United States Legislative Information https://www.loc.gov/
SAMHSA (Substance Abuse and Mental Health Services Administration)	Mental health organization that “leads public health efforts to advance the behavioral health of the nation”.	U.S Department of Health and Human Services https://www.samhsa.gov/
SAMHSA-HRSA (Health Resources and Services Administration) Center for Integrated Health Solutions	Partnership between SAMHSA and HRSA to support integrated care models. Provides specific resources for clinicians/staff, organizations, patients/families, and policymakers.	SAMHSA-HRSA https://www.integration.samhsa.gov/clinical-practice/trauma-informed
CDC - Center for Preparedness & Response	Infographics - 6 guiding principles for a trauma informed approach. Defines traumatic events and common responses that individuals experience; provides resources and tips for parents and their children when coping with a stressful event.	CDC - Centers for Disease and Prevention https://www.cdc.gov/cpr/infographics/6_principles_trauma_info.htm https://www.cdc.gov/masstrauma/factsheets/public/coping.pdf
NCTSN - National Child Traumatic Stress Network	The National Child Traumatic Stress Network (NCTSN) was created by Congress in 2000 as part of the Children’s Health Act. Purpose is to raise the standard of care and increase access to services for children and families who experience or witness traumatic events. Administered by SAMHSA. Includes position papers, training resources, research on evidence-based practice, psychological first aid, screening and treatment options.	NCTSN https://www.nctsn.org/trauma-informed-care

Table 2.

Occupational Therapy Resources that Address Trauma Informed Care

Title/Name	Brief Description	Source
AOTA's Societal Statement on Stress, Trauma, and Posttraumatic Stress Disorder	Defines trauma and how OT's work with those who have traumatic experiences (what to emphasize, identify, promote, and provide) https://ajot.aota.org/article.aspx?articleid=2701703&resultClick=3	American Occupational Therapy Association https://www.aota.org
AOTA Fact Sheet: OT's role with PTSD	PTSD definition, symptoms, what OT's do, interventions commonly used, and settings services are provided in. https://www.aota.org/~media/Corporate/Files/AboutOT/Professionals/WhatIsOT/MH/Facts/PTSD%20fact%20sheet.pdf	American Occupational Therapy Association https://www.aota.org
Treating Post-Traumatic Stress Disorder: Occupational Therapist or Counsellor?	Defines post-traumatic stress disorder and focuses on the differences between counselling and OT for those who have experienced trauma in their life. https://journals.sagepub.com/doi/10.1177/030802269906200313	British Journal of Occupational Therapy https://journals.sagepub.com/home/bjo
Occupational Therapy's Role in Mental Health Promotion, Prevention, & Intervention With Children & Youth Childhood Trauma	Includes definitions of trauma and provides examples of promotion, prevention, and intensive interventions https://www.aota.org/~media/Corporate/Files/Practice/Children/Childhood-Trauma-Info-Sheet-2015.pdf	<i>American Occupation Therapy Association</i> https://www.aota.org
Best practice guidelines for working with adults surviving child abuse	Specific to adults surviving child abuse, however the ideas can be applied to any trauma. https://www.blueknot.org.au/Workers-Practitioners/For-Health-Professionals/Resources-for-Health-Professionals/Best-Practice-Guidelines	Blue Knot Foundation https://www.blueknot.org.au/
Trauma-Focused Treatment for Individuals with Posttraumatic Stress Disorder: The Role of Occupational Therapy	Offers practice recommendations for OTs who are working with those who have experienced trauma in their life https://doi.org/10.1080/0164212X.2018.1510800	Occupational Therapy in Mental Health https://www.tandfonline.com/toc/womh20/current

Table 3.

Interdisciplinary Journals, Databases, Professional Associations that Address Trauma Informed Care

Title/Name	Brief Description	Source
Journal of Trauma and Treatment	<p>Publishes peer-reviewed journals related to trauma and trauma-informed care.</p> <p>Has resources for clinicians, researchers, and families.</p>	<p>Journal of Trauma and Treatment</p> <p>https://www.omicsonline.org/trauma-treatment.php</p> <p>Open access</p>
International Society for Traumatic Stress Studies (ISTSS)	<p>International organization that “promotes advancement and exchange of knowledge about traumatic stress”.</p> <p>Has assessments, online learning tools, and a clinician directory.</p>	<p>ISTSS</p> <p>https://www.istss.org</p>
National Alliance on Mental Illness (NAMI)	<p>Nation’s largest mental health organization dedicated to “building better lives for the millions of Americans affected by mental illness”.</p> <p>Educates, advocates, listens, and leads in the field of mental health.</p>	<p>NAMI</p> <p>https://www.nami.org/learn-more/mental-health-conditions/posttraumatic-stress-disorder</p>
PsycInfo	<p>Peer-reviewed articles relating to topics within psychology, “medicine, psychiatry, nursing, sociology, education, pharmacology, physiology, linguistics, anthropology, business, and law.”</p> <p>Provides full text of more than 90 American Psychological Association journals.</p>	<p>https://search.proquest.com/psycinfo/results/F80C4FCC010245D9PQ/1?accountid=26879</p> <p>Accessible through SCU library databases</p>
PubMed	<p>U.S National Library of Medicine and Health</p> <p>Includes all fields of medicine, medical research, and publishes journals from the US and 70 other countries.</p>	<p>https://www.ncbi.nlm.nih.gov/pubmed</p> <p>Accessible through SCU library databases</p>

References

- Albaek, A. U., Kinn, L. G., & Milde, A. M. (2018). Walking children through a minefield: How professionals experience exploring adverse childhood experiences. *Qualitative Health Research, 28*(2), 231-244. doi:10.1177/1049732317734828
- Alisic, E. (2012). Teachers' perspectives on providing support to children after trauma: A qualitative study. *School Psychology Quarterly, 27*(1), 51-59. Retrieved from <https://pdfs.semanticscholar.org/6407/f2619b53b560d2e616ac5b076e079302873d.pdf>
- Cocker, F., & Joss, N. (2016). Compassion fatigue among healthcare, emergency and community service workers: A systematic review. *International Journal of Environmental Research and Public Health, 13*(6), 618. doi:10.3390/ijerph13060618
- Dagan, S. W., Ben-Porat, A., & Itzhaky, H. (2015). Child protection workers dealing with child abuse: The contribution of personal, social and organizational resources to secondary traumatization. *Child Abuse & Neglect, 51*, 203-211. doi:10.1016/j.chiabu.2015.10.008
- Dale, P., & Allen, J. (1998). On memories of childhood abuse: A phenomenological study. *Child Abuse & Neglect, 22*(8), 799-812. doi:10.1016/S0145-2134(98)00057-X
- Dam, K., Joensen, D.G., & Hall, E.O.C. (2018). Experiences of adults who as children lived with a parent experiencing mental illness in a small-scale society: A qualitative study. *Journal of Psychiatric Mental Health Nursing, 25*(2), 78-87. doi:10.1111/jpm.12446
- Dawson-Rose, C., Cuca, Y. P., Shumway, M., Davis, K., & Machtinger, E. L. (2019). Providing primary care for HIV in the context of trauma: Experiences of the health care team. *Women's Health Issues, 29*(5), 385-391. doi: 10.1016/j.whi.2019.05.008
- DeLara, E. W. (2019). Consequences of childhood bullying on mental health and relationships for young adults. *Journal of Child & Family Studies, 28*(9), 2379-2389. doi:10.1007/s10826-018-1197-y
- Englund, L., Forsberg, R., & Saveman, B.-I. (2014). Survivors' experiences of media coverage after traumatic injury events. *International Emergency Nursing, 22*(1), 25-30. doi: 10.1016/j.ienj.2013.03.010
- Glenn, C. & Goodman, L. (2015). Living with and within the rules of domestic violence shelters: A qualitative exploration of residents' experiences. *Violence Against Women, 21*(12), 1481-1506. doi:10.1177/1077801215596242

- Hiles Howard, A. R., Parris, S., Hall, J. S., Call, C. D., Razuri, E. B., Purvis, K. B., & Cross, D. R. (2015). An examination of the relationships between professional quality of life, adverse childhood experiences, resilience, and work environment in a sample of human service providers. *Children & Youth Services Review, 57*, 141-148. doi:10.1016/j.childyouth.2015.08.003
- Hockaday, M. S. (2017). Trauma leadership strategies to prevent and reduce burnout in urban academic trauma centers. *Journal of Trauma Nursing, 24*(6), 345-350. doi:10.1097/JTN.0000000000000324
- Huey, L. (2016). There is no strength in emotions: The role of street enculturation in influencing how victimized homeless women speak about violence. *Journal of Interpersonal Violence, 31*(10), 1817-1841. doi:10.1177/0886260515570749
- Jensen, T. K., Gulbrandsen, W., Mossige, S., Reichelt, S., & Tjersland, O. A. (2005). Reporting possible sexual abuse: A qualitative study on children's perspectives and the context for disclosure. *Child Abuse & Neglect, 29*(12), 1395-1413. doi:10.1016/j.chiabu.2005.07.004
- Kapoulitsas, M., & Corcoran, T. (2015). Compassion fatigue and resilience: A qualitative analysis of social work practices. *Qualitative Social Work, 14*(1), 86-101. doi: 10.1177/1473325014528526
- Kidron, C. A., Kotliar, D. M., & Kirmayer, L. J. (2019). Transmitted trauma as a badge of honor: Phenomenological accounts of Holocaust descendent resilient vulnerability. *Social Science and Medicine, 239*, 1-9. doi:10.1016/j.socscimed.2019.112524
- Lamothe, J., Couvrette, A., Lebrun, G., Yale-Soulière, G., Roy, C., Guay, C., & Geoffrion, S. (2018). Violence against child protection workers: A study of workers' experiences, attributes, and coping strategies. *Child Abuse and Neglect, 81*, 308-321. doi:10.1016/j.chiabu.2018.04.027
- McCormack, L., & Katalinic, N. (2016). Learning to heal from those who know! The "lived" experience of a peer support program for adult survivors of childhood trauma. *Journal of Aggression, Maltreatment & Trauma, 25*(10), 1021-1042. doi:10.1080/10926771.2016.1223247
- Meadors, P., Lamson, A., Swanson, M., White, M., & Sira, N. (2010). Secondary traumatization in pediatric healthcare providers: Compassion fatigue, burnout, and secondary traumatic stress. *OMEGA - Journal of Death and Dying, 60*(2), 103-128. doi:10.2190/OM.60.2.a

- Mitchell, M. (2018). "No one acknowledged my loss and hurt": Non-death loss, grief, and trauma in foster care. *Child Adolescent Social Work Journal*, 35(1), 1-9. Retrieved from <https://link.springer.com/article/10.1007/s10560-017-0502-8>
- Moffitt, T. (2013). Childhood exposure to violence and lifelong health: Clinical intervention science and stress-biology research join forces. *Development and Psychopathology*, 25(4pt2), 1619-1634. doi:10.1017/S0954579413000801
- Oh D. L., Jerman, P., Silvério-Marques, S., Koita, K., Purewal-Boparai, S.K., Burke-Harris, N., & Bucci, M. (2018). Systematic review of pediatric health outcomes associated with childhood adversity. *BMC Pediatrics*, 18(1), 1-19. doi:10.1186/s12887-018-1037-7
- Peterson, K.A., Zhou, L., & Watzlaf, V.J.M. (2019) A comprehensive review of quality of life surveys for trauma-affected communities. *Perspectives in Health Information Management*, 16. Retrieved from <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6341418/>
- Pethania, Y., Murray, H., & Brown, D. (2018). Living a life that should not be lived: A qualitative analysis of the experience of survivor guilt. *Journal of Traumatic Stress Disorders & Treatment*, 7(1), 1-6. doi:10.4172/2324-8947.1000183
- Pollard, L. W. (2018). Social worker experience of fatal child abuse. *British Journal of Social Work*, 48(7), 1948-1966. doi:10.1093/bjsw/bcx138
- Purkey, E., Patel, R., Beckett, T., & Mathieu, F. (2018). Primary care experiences of women with a history of childhood trauma and chronic disease: Trauma-informed care approach. *Canadian Family Physician*, 64(3), 204-211.
- Reeves, E. A., & Humphreys, J. C. (2018). Describing the healthcare experiences and strategies of women survivors of violence. *Journal of Clinical Nursing (John Wiley & Sons, Inc.)*, 27(5-6), 1170-1182. doi:10.1111/jocn.14152
- Salsi, S., Awadallah, Y., Leclair, A. B., Breault, M. L., Duong, D. T., & Roy, L. (2017). Occupational needs and priorities of women experiencing homelessness: Les besoins et priorités occupationnels des femmes en situation d'itinérance. *Canadian Journal of Occupational Therapy*, 84(4-5), 229-241. doi:10.1177/0008417417719725.

- Sexton, Chris C. (2018). Promoting resilience: Breaking the intergenerational cycle of adverse childhood experiences. *Health Education & Behavior, 45*(5), 772-780. doi:10.1177/1090198117752785
- Sigurdardottir, S., Halldorsdottir, S., & Bender, S.S. (2014). Consequences of childhood sexual abuse for health and well-being: Gender similarities and differences. *Scandinavian Journal of Public Health, 42*(3), 278-86. doi:10.1177/1403494813514645
- Singh, A. A., Garnett, A., & Williams, D. (2013). Resilience strategies of African American women survivors of child sexual abuse. *The Counseling Psychologist, 41*(8), 1093-1124. doi:10.1177/0011000012469413
- SmithBattle, L. (2018). The past is prologue? The long arc of childhood trauma in a multigenerational study of teen mothering. *Social Science & Medicine, 216*, 1-9. doi:10.1016/j.socscimed.2018.09.013
- Snedden, D. (2012). Trauma-informed practice: An emerging role of occupational therapy. *Occupational Therapy Now, 14*(6), 26-28.
- Sorenson, C., Bolick, B., Wright, K., & Hamilton, R. (2016). Understanding compassion fatigue in healthcare providers: A review of current literature. *Journal of Nursing Scholarship, 48*(5), 456-465. doi:10.1111/jnu.12229
- Strait, J., & Bolman, T. (2017). Consideration of personal adverse childhood experiences during implementation of trauma-informed care curriculum in graduate health programs. *The Permanente Journal, 21*, 16-61. doi:10.7812/TPP/16-061
- Thomé, S., & Jakobsson, K. (2018). Life-changing or trivial: Electricians views about electrical accidents. *Work, (Preprint), 60*(4), 573-585. doi:10.3233/WOR-182765
- Truesdale, M., Brown, M., Taggart, L., Bradley, A., Paterson, D., Sirisena, C., ... Karatzias, T. (2019). Trauma-informed care: A qualitative study exploring the views and experiences of professionals in specialist health services for adults with intellectual disabilities. *Journal of Applied Research in Intellectual Disabilities, 32*(6), 1437-1445. doi:10.1111/jar.12634
- Van Wesel, F., Boeije, H., Alisic, E., & Drost, S. (2012). I'll be working my way back: A qualitative synthesis on the trauma experience of children. *Psychological Trauma: Theory, Research, Practice, and Policy, 4*(5), 1-11. doi:10.1037/a0025766

- Vermilyea, E. G. (2015). Trauma-informed training and clinical supervision as moderators of compassion fatigue, when controlling for burnout and a personal history of trauma. (Doctoral dissertation). Retrieved from ProQuest Dissertations & Theses Global, (1548979951).
- Vostanis, P., O'Reilly, M., Duncan, C., Maltby, J., & Anderson, E. (2019). Interprofessional training on resilience-building for children who experience trauma: Stakeholders' views from six low- and middle-income countries. *Journal of Interprofessional Care*, 33(2), 143-152. doi: 10.1080/13561820.2018.1538106
- Walsh, M., & Buchanan, M. (2011). The experience of witnessing patients' trauma and suffering among acute care nurses. *Canadian Journal of Counselling and Psychotherapy*, 45(4), 349-364. Retrieved from <https://files.eric.ed.gov/fulltext/EJ956977.pdf>
- Williams, J., Bucci, S., Berry, K., & Varese, F. (2014). Psychological mediators of the association between childhood adversities and psychosis: A systematic review. *Clinical Psychology Review*, 65, 175-196. doi: 10.1016/j.cpr.2018.05.009
- Willis, D. G., Rhodes, A. M., Dionne-Odom, J. N., Lee, K., & Terreri, P. (2015). A hermeneutic phenomenological understanding of men's healing from childhood maltreatment. *Journal of Holistic Nursing*, 33(1), 46-57. doi:10.1177/0898010114552706
- Woodhall-Melnik, J., Dunn, J. R., Svenson, S., Patterson, C., & Matheson, F. I. (2018). Men's experiences of early life trauma and pathways into long-term homelessness. *Child Abuse & Neglect*, 80, 216-225. doi:10.1016/j.chiabu.2018.03.027

Appendix A. Initial Appraisals

	Overview of Article
Type of article	Overall Type: Primary Research Study Specific Type: Qualitative design, purposively sampled, semi-structured interview
APA Reference	Alisic, E. (2012). Teachers' perspectives on providing support to children after trauma: A qualitative study. <i>School Psychology Quarterly</i> , 27(1), 51-59. Retrieved from https://pdfs.semanticscholar.org/6407/f2619b53b560d2e616ac5b076e079302873d.pdf
Abstract	“A considerable number of children are exposed to extreme stressors such as the sudden loss of a loved one, serious traffic accidents, violence, and disaster. In order to facilitate school psychologists’ assistance of teachers working with traumatized children, this study aimed to explore elementary school teachers’ perspectives. Using a qualitative design, the study explored the perspectives of a purposively varied sample of 21 elementary school teachers (ages 22–55 years; with 0.5–30 years of teaching experience; 5 men). The teachers participated in semi structured interviews, which were transcribed and analyzed in line with the method of “summative analysis” by F. Rapport. Even though some teachers expressed confidence in working with children after traumatic exposure and many referred to a supportive atmosphere within the school, the most prominent themes in the participants’ narratives reflected uncertainty about, or a struggle with, providing optimal support to children. They searched for a clear role definition as well as a good balance in answering conflicting needs of the exposed children and classmates, wished for better knowledge and skills, and experienced difficulties related to the emotional burden of their work. The findings suggest a need for further research into this understudied topic. In addition, the identified themes can be used by school psychologists to systematically explore individual teachers’ strengths and difficulties and to provide them with tailored advice and training” (p. 51).
Author	Credentials: Ph.D. Position and Institution: Associate Professor at University Medical Center Utrecht and Monash University Publication History in Peer-Reviewed Journals: 378 results; extensive
Publication	Type of publication: Scholarly peer-reviewed journal Publisher: School Psychology Quarterly Other: American Psychological Association
Date and Citation History	Date of publication: 2012 Cited By: 150
Stated Purpose or Research Question	“The aim of the present study is to gain an understanding of teachers’ perspectives on day-to-day support of children in elementary schools after a variety of traumatic events. To explore the topic in-depth, a qualitative design with semi structured interviews was adopted” (p. 52).
Author’s Conclusion	“In this study, elementary school teachers’ perspectives were explored in a qualitative design with semi structured interviews. Even though teachers identified helpful factors such as support by colleagues, the main finding was that they struggled with providing support to children after traumatic exposure. They searched for a clear role definition as well as a good balance in answering conflicting needs of the exposed children and classmates, wished for better knowledge and skills, and experienced difficulties related to the emotional burden of their work” (p. 57).
Overall Relevance to your EBP Question	Overall Relevance of Article: Moderate Relevance Rationale: This study is directly related to the perspective and experience of an individual working with a person (child) who has experienced trauma, but targeted to a different population group than our EBP question (teachers, NOT health care professionals)
Overall Quality of Article	Overall Quality of Article: Moderate Rationale: Established author. Publication within the last 10 years. Small sample size.

	Overview of Article
Type of article	Overall Type: Primary Research Study Specific Type: Cross-sectional with questionnaires
APA Reference	Dagan, S. W., Ben-Porat, A., & Itzhaky, H. (2015). Child protection workers dealing with child abuse: The contribution of personal, social and organizational resources to secondary traumatization. <i>Child Abuse & Neglect, 51</i> , 203-211. doi:10.1016/j.chiabu.2015.10.008
Abstract	“The present study compared secondary traumatization among child protection social workers versus social workers employed at social service departments. In addition, based on Conservation of Resources (COR) theory, the study examined the contribution of working in the field of child protection as well as the contribution of background variables, personal resources (mastery), and resources in the workers’ social and organizational environment (social support, effectiveness of supervision, and role stress) to secondary traumatization. The findings indicate that levels of mastery and years of work experience contributed negatively to secondary traumatization, whereas exposure to child maltreatment, trauma history, and role stress contributed positively to secondary traumatization. However, no significant contribution was found for social support and effectiveness of supervision. The study identifies factors that can prevent distress among professionals such as child protection workers, who are exposed to the trauma of child abuse victims. Recommendations are provided accordingly” (p. 203).
Author	Credentials: Dr. Position and Institution: Researcher at the School of Social Work, Bar-Ilan University in Israel Publication History in Peer-Reviewed Journals: Limited
Publication	Type of publication: Scholarly Peer-Reviewed Publisher: Elsevier Other: Science Direct, Journal of Child Abuse and Neglect
Date and Citation History	Date of publication: 2015 Cited By: 36
Stated Purpose or Research Question	“The study examined the contribution of working in the field of child protection as well as the contribution of background variables, personal resources (mastery), and resources in the workers’ social and organizational environment (social support, effectiveness of supervision, and role stress) to secondary traumatization” (p. 203).
Author’s Conclusion	“The findings indicate that levels of mastery and years of work experience contributed negatively to secondary traumatization, whereas exposure to child maltreatment, trauma history, and role stress contributed positively to secondary traumatization. However, no significant contribution was found for social support and effectiveness of supervision” (p. 203).
Overall Relevance to your EBP Question	Overall Relevance of Article: Moderate Rationale: Dagan, Ben-Porat, and Itzhaky (2015), provide information on variables that affect the likelihood of social workers to experience secondary traumatization. While this study focuses on social workers it may be generalizable to other healthcare professionals.
Overall Quality of Article	Overall Quality of Article: Moderate Rationale: Scholarly peer-reviewed article that was recently published within the last few years. The author is credible, and the work has been cited in several other studies.

	Overview of Article
Type of article	Overall Type: Primary Research Study Specific Type: Phenomenological study, qualitative methodology, interviews
APA Reference	Dale, P., & Allen, J. (1998). On memories of childhood abuse: A phenomenological study. <i>Child Abuse & Neglect</i> , 22(8), 799-812. doi:10.1016/S0145-2134(98)00057-X
Abstract	<p>Objective: To explore the phenomenon of memories and reported recovered memories of childhood abuse, and to examine ways in which clients and therapists assess the veridicality of such memories. Method: Qualitative methodology utilizing phenomenological inquiry. Within the context of a wider study exploring perceptions of helpful and unhelpful factors in the therapeutic process, a sub-sample of 36 in-depth interviews with clients, therapists, and therapists who considered themselves to have been abused as children included a focus on abuse-memory experiences. Data were analyzed according to Grounded Theory principles.</p> <p>Results: Participants described six types of abuse-memory experiences. The most frequently reported type was where abuse was known about but kept “out of mind.” The six types can be collapsed into three main categories: (1) continual knowledge of abuse (69.5%); (2) unexpected abuse-memories recovered from a prior state of partial knowledge of abuse (16.5%); and (3) abuse-memories recovered from a prior state of no knowledge of abuse (30%). Independent corroboration of recovered memories was rare; and criteria which were reportedly used to assess the veridicality of such memories were problematic when viewed in the light of cognitive psychology research on memory processes.</p> <p>Conclusion: It seems that most people who were abused as children have always had continual knowledge of this, although it is often only much later that many connect problems in adult life with the consequences of such abuse. People also experience the recovery of memories of abuse about which they were previously unaware. There is a danger that the specific controversy surrounding “false memories” may become over-generalized contributing to increased public skepticism about the prevalence and negative impact of child abuse, and the potential effectiveness of appropriate therapeutic services” (p. 799).</p>
Author	Credentials: Dr. Position and Institution: NSPCC East Sussex, St. Leonards on Sea, East Sussex, UK Publication History in Peer-Reviewed Journals: NA
Publication	Type of publication: Scholarly Peer-Reviewed Publisher: Elsevier Other: Science Direct, Journal of Child Abuse and Neglect
Date and Citation History	Date of publication: 1998 Cited By: 37
Stated Purpose or Research Question	“To explore the phenomenon of memories and reported recovered memories of childhood abuse, and to examine ways in which clients and therapists assess the veridicality of such memories” (p. 799).
Author’s Conclusion	“There is a danger that the specific controversy surrounding “false memories” may become over-generalized contributing to increased public skepticism about the prevalence and negative impact of child abuse, and the potential effectiveness of appropriate therapeutic services” (p. 799).
Overall Relevance to your EBP Question	Overall Relevance of Article: Good Rationale: This qualitative, phenomenological study supports three main themes that were identified in abuse-memory experiences. Conclusions that those who have been abused realize the facts but rarely realize the impact they have later in life.
Overall Quality of Article	Overall Quality of Article: Moderate Rationale: Scholarly peer-reviewed article, published in 1998, thus may be outdated. Authors are credible and has been cited in other studies.

	Overview of Article
Type of article	Overall Type: Primary Research Study Specific Type: Qualitative In-depth Interview Study
APA Reference	Huey, L. (2016). There is no strength in emotions: The role of street enculturation in influencing how victimized homeless women speak about violence. <i>Journal of Interpersonal Violence, 31</i> (10), 1817-1841. doi:10.1177/0886260515570749
Abstract	“This article is based on analysis of 76 in-depth qualitative interviews conducted with homeless women in Los Angeles. What is revealed are three patterns of street enculturation—“low-,” “medium-,” and “high street”— which are linked to attitudes women professed to hold about violence. In essence, the degree to which a woman had adopted a “street orientation” is seen to influence how she spoke of violence during earlier portions of the interview. However, several “medium-street” and “high-street” women subsequently acknowledged (directly or indirectly) that they were “fronting” for the interviewer to preserve a tough façade. When they opened up about their real feelings, the extent to which they had internalized the trauma of violence was revealed. Implications of these findings are explored” (p. 1817).
Author	Credentials: PhD Position and Institution: Professor in the Department of Sociology, University of Western Ontario Publication History in Peer-Reviewed Journals: 864 since 2014, Extensive
Publication	Type of publication: Scholarly peer-reviewed Publisher: Sage Journals Other: Journal of interpersonal Violence
Date and Citation History	Date of publication: February 12, 2015 Cited By: 3
Stated Purpose or Research Question	“The present article is an attempt at exploring this issue to improve our understanding of how violence, and the street norms surrounding it, affects the lives of homeless women” (p. 1820).
Author’s Conclusion	“This article thus represents something of a departure by highlighting the fact that the relationship street-based women have to violence is significantly more complex than they may let on to others. This finding has significant implications for service delivery to women within this segment of the homeless population, who may not seek psychological or other assistance and who, because of their “fronting” practices, may not be seen by service providers to need such services” (p. 1838).
Overall Relevance to your EBP Question	Overall Relevance of Article: Good Rationale: Sample includes women who have experienced trauma as a child or adult and addresses lived experiences on the street. Highlights the coping, resilience, and psychological effects of trauma.
Overall Quality of Article	Overall Quality of Article: Moderate Rationale: Published recently and established journal/author, but the impact factor is lacking.

	Overview of Article
Type of article	Overall Type: Primary Research Study Specific Type: Qualitative analysis, interview
APA Reference	Jensen, T. K., Gulbrandsen, W., Mossige, S., Reichelt, S., & Tjersland, O. A. (2005). Reporting possible sexual abuse: A qualitative study on children's perspectives and the context for disclosure. <i>Child Abuse & Neglect</i> , 29(12), 1395-1413. doi:10.1016/j.chiabu.2005.07.004
Abstract	Objective: The present study investigated the context in which children were able to report their child sexual abuse experiences and the children's views as to what made it difficult to talk about abuse and what helped them in the disclosing process. The aim was to study disclosures as they were occurring in their natural settings. Method: Data were obtained from therapeutic sessions and follow-up interviews from 20 families with 22 children. These children had said something that made their caregivers concerned about ongoing child sexual abuse. Qualitative analysis was conducted to capture the children's and caregiver's perspectives of the disclosure process. Results: The children felt it was difficult to find situations containing enough privacy and prompts that they could share their experiences. They also were sensitive to others reactions, and whether their disclosures would be misinterpreted. When the children did disclose they did it in situations where the theme of child sexual abuse was in some form addressed or activated. The results indicate that disclosure is a fundamentally dialogical process that becomes less difficult if the children perceive that there is an opportunity to talk, and a purpose for speaking, and a connection has been established to what they are talking about. Conclusions: It is difficult for children to initiate a conversation about something secret, confusing and distressful, and where there are few conversational routines in a family for talking about such themes. Children also are sensitive to the needs of their caregivers and fear consequences for their family and offender. Children need a supportive structure or scaffold in order to reveal their experiences of child sexual abuse" (p. 1395).
Author	Credentials: Ph.D. Position and Institution: Professor at the University of Oslo Publication History in Peer-Reviewed Journals: 66 publications; moderate
Publication	Type of publication: Scholarly peer-reviewed journal Publisher: Child Abuse & Neglect Other: American Psychological Association
Date and Citation History	Date of publication: 2005 Cited By: 243
Stated Purpose or Research Question	"Because sexual abuse rarely involves witnesses and the accused seldom admits to abuse, one is always confronted with the question of what really happened. Since the focus here is on the process of ongoing disclosure as it is perceived by caregiver and child, and not children's testimonial accuracy per se, families where the child verbally articulated something that made their caregivers so concerned that they turned to professional help to clarify the meaning of this, are included in this article. It is these initial concerns that bring confusion and where caregivers are looking for ways to help their children that is the focal point of this study" (p. 1397).
Author's Conclusion	"When summing up the process and context of disclosure in this study, three central phenomena emerged; opportunity, purpose, and connection. The findings suggest that the probability for disclosure was enhanced if the child perceived that there was an opportunity to talk, a purpose for speaking and, a connection to what they were talking about" (p. 1409).
Overall Relevance to your EBP Question	Overall Relevance of Article: Good Relevance Rationale: This study is directly related to our EBP question on the qualitative experiences and perspectives of how individuals describe the impact of ACEs (sexual trauma)
Overall Quality of Article	Overall Quality of Article: Moderate Quality Rationale: Established author. Small sample size. Sampled from one therapy clinic.

Overview of Article	
Type of article	Overall Type: Primary Research Study Specific Type: Phenomenology, qualitative
APA Reference	Kidron, C. A., Kotliar, D. M., & Kirmayer, L. J. (2019). Transmitted trauma as a badge of honor: Phenomenological accounts of Holocaust descendent resilient vulnerability. <i>Social Science and Medicine</i> , 239, 1-9. doi:10.1016/j.socscimed.2019.112524
Abstract	“This study explores the phenomenological experience of the transmitted trauma legacies of Jewish-Israeli Holocaust descendants and their self-perceived sense of vulnerability and resilience. 55 in-depth interviews were conducted with second-generation Holocaust survivors in Israel in 2001–2004 and another 20 interviews in 2010–2011. Ethnographic interviews reveal unique local configurations of emotional vulnerability and strength. Respondents normalize and valorize emotional wounds describing them as a “scratch” and as a “badge of honor”. This self-depiction challenges the typical profile in the literature of the pathologized and vulnerable descendant. The meaning of the emotional “scratch” is mediated by culturally particular spiritual and moral-political worldviews as well as silent expressions of intergenerational memory that function both as risk and resilience factors for descendants’ distress. The finding that descendants resist binary readings of wellbeing and distress/illness challenges the cross-cultural translation of the resilience construct as a static construct or measure of wellness. Results point to ways that resilience and vulnerability may interact, qualifying one another in the process of meaning making. This concurrent experience of resilience and vulnerability challenges some key assumptions of the regnant “Holocaust model” of pathology in trauma theory” (p. 1).
Author	Credentials: NA Position and Institution: Associate Professor, Department of Anthropology, University of Haifa, Israel Publication History in Peer-Reviewed Journals: Moderate
Publication	Type of publication: Scholarly peer-reviewed journal Publisher: Elsevier Other: Science Direct, Journal of Social Science and Medicine
Date and Citation History	Date of publication: 2019 Cited By: 0
Stated Purpose or Research Question	“This study explores the phenomenological experience of the transmitted trauma legacies of Jewish-Israeli Holocaust descendants and their self-perceived sense of vulnerability and resilience” (p. 1).
Author’s Conclusion	“The finding that descendants resist binary readings of wellbeing and distress/illness challenges the cross-cultural translation of the resilience construct as a static construct or measure of wellness. Results point to ways that resilience and vulnerability may interact, qualifying one another in the process of meaning making” (p. 1).
Overall Relevance to your EBP Question	Overall Relevance of Article: Good Rationale: As one of the most traumatic events in history, the holocaust provides us with real life experiences of dealing with trauma. Interviews with Holocaust survivors portray the emotional vulnerability and strength of trauma survivors. Resilience and vulnerability were found as key contributors to meaning making of trauma experiences.
Overall Quality of Article	Overall Quality of Article: Moderate Rationale: Published in 2019, this scholarly peer-reviewed article is new and thus is yet to be cited in other studies, decreasing the overall quality. The recent information provides relevancy to the present day.

	Overview of Article
Type of article	Overall Type: Primary Research Study Specific Type: Qualitative, interview
APA Reference	Lamothe, J., Couvrette, A., Lebrun, G., Yale-Soulière, G., Roy, C., Guay, C., & Geoffrion, S. (2018). Violence against child protection workers: A study of workers' experiences, attributes, and coping strategies. <i>Child Abuse and Neglect</i> , <i>81</i> , 308-321. doi:10.1016/j.chiabu.2018.04.027
Abstract	“Child protection workers (CPWs) are frequently exposed to client violence, both psychological and physical, in their line of work whether they operate in the community or in residential settings. Despite this known vulnerability, research on the subject has lagged. The current study sought to analyze CPWs' experiences with client violence, their interpretation of it, its perceived consequences and their coping strategies. Specifically, 30 CPWs working both in the community and in residential settings, took part in an in-depth, semi-structured interview. A thematic analysis revealed that CPWs view client violence as a recurring and pervasive problem in their line of work. Residential workers described a greater frequency of violence, especially physical violence. CPWs however perceived violence differently, with some viewing this problem as ‘part-of-the job’ while others described client violence as a ‘call-for-help’ on behalf of clients. Perceived consequences varied in severity and breath. CPWs reported consequences at the psychological (e.g. fear, hypervigilance, sadness, nightmares), organizational (e.g. loss of motivation, turnover intention, sick leaves) and clinical levels (e.g. emotional detachment from clients, avoiding clients). CPWs also described numerous coping strategies, some effective while others appeared short-sighted. This study concludes with recommendations with regards to client violence in child protection work” (p. 308).
Author	Credentials: Dr. Position and Institution: School of Criminology, Université de Montréal, Research Center Institut Universitaire en Santé Mentale de Montréal, Pavillon Fernand-Seguin, 7331, rue Hochelaga, Montréal, QC, H1N 3V2, Canada Publication History in Peer-Reviewed Journals: Limited
Publication	Type of publication: Scholarly peer-reviewed Publisher: Elsevier Other: Science Direct, Journal of Child Abuse and Neglect
Date and Citation History	Date of publication: 2018 Cited By: 2
Stated Purpose or Research Question	“The current study sought to analyze CPWs' experiences with client violence, their interpretation of it, its perceived consequences and their coping strategies” (p. 308).
Author's Conclusion	“A thematic analysis revealed that CPWs view client violence as a recurring and pervasive problem in their line of work. Residential workers described a greater frequency of violence, especially physical violence. CPWs however perceived violence differently, with some viewing this problem as ‘part-of-the job’ while others described client violence as a ‘call-for-help’ on behalf of clients” (p. 308).
Overall Relevance to your EBP Question	Overall Relevance of Article: Good Rationale: Child protection workers were interviewed, asking about their experiences working in a setting with client violence. The workers reported several consequences of client violence and how it impacted their personal life.
Overall Quality of Article	Overall Quality of Article: Moderate Rationale: Scholarly peer-reviewed article published in 2018 provides relevant data and information. The study is only published in two other studies, decreasing the overall quality.

	Overview of Article
Type of article	Overall Type: Primary Research Study Specific Type: Semi-structured qualitative interview, descriptive mixed-methods
APA Reference	Salsi, S., Awadallah, Y., Leclair, A. B., Breault, M. L., Duong, D. T., & Roy, L. (2017). Occupational needs and priorities of women experiencing homelessness: Les besoins et priorités occupationnels des femmes en situation d'itinérance. <i>Canadian Journal of Occupational Therapy, 84</i> (4-5), 229-241. doi: 10.1177/0008417417719725.
Abstract	Background. Women in unstable housing or who are homeless experience disruptions of occupational engagement and performance. Little is known about their perspective on their occupational needs and priorities. Purpose. This study aimed to determine how patterns of occupational engagement and performance are facilitated or hindered by personal factors and resources available to sheltered women. Method. A participatory, descriptive mixed-methods study design was used. Twenty-one residents were interviewed using the Canadian Occupational Performance Measure, the Goal Attainment Scale, and a time-use inventory. Nineteen residents participated in semi-structured qualitative interviews. Qualitative data were analysed using interpretive description. Findings. Participants spent most time on sleep and passive leisure and identified occupational performance issues and goals related to active leisure and employment. Participants' occupational lives were described as transitional journeys comprising five subthemes: seeking safety and stability, being sheltered, shaping one's identity, developing resilience, and engaging in contemplation, contribution, and connectedness through occupation. Implications. Trauma-informed and strengths-based approaches are recommended for this population. Future research should study the implementation of occupation-based interventions in community settings" (p. 229).
Author	Credentials: MScOT Position and Institution: Occupational Therapist, Health Sciences Centre, Winnipeg, MB, Canada. At the time of the study, S. Salsi was an occupational therapy professional master's student, School of Physical and Occupational Therapy, McGill University, Montréal, QC, Canada Publication History in Peer-Reviewed Journals: Limited (1 article)
Publication	Type of publication: Scholarly peer-reviewed Publisher: Sage Journals Other: Published in Canadian Journal of Occupational Therapy
Date and Citation History	Date of publication: January 24, 2018 Cited By: 2
Stated Purpose or Research Question	"The overall goal of the study was to gain knowledge on the occupational lives of women experiencing homelessness. Our primary research question was, "For residents of a women's shelter, how are patterns of occupational engagement and performance facilitated or hindered by personal factors and by the resources available to them?" Because both quantitative and qualitative components were included in the study design, we aimed to achieve three secondary objectives. The two secondary objectives for the quantitative portion were to describe time use and goal attainment of the women residing at the shelter and to determine their performance and satisfaction with current or disrupted occupations. The secondary objective for the qualitative portion was to explore how the women perceive their experience of homelessness and shelter use from an occupational perspective" (p. 231).
Author's Conclusion	"Women living in a shelter have diverse occupational needs, in particular, around activities that foster contemplation, connectedness, and contribution. Various personal and contextual factors affect engagement in occupations; many of these factors are amenable to change. The findings of this study call for occupational therapists to envision what their role could be so that women experiencing homelessness can improve their well-being through occupation" (p. 238).
Overall Relevance to your EBP Question	Overall Relevance of Article: Good Rationale: Researcher's findings provide interesting personal narrative of personal experiences of homeless women. Sub-themes include "seeking safety and stability, being sheltered, shaping one's identity, developing resilience, and engaging in contemplation, contribution, and connectedness through occupation" (p. 229).
Overall Quality of Article	Overall Quality of Article: Moderate Rationale: Author is not yet well established and limited citation history, but the article was published by a highly established OT journal and recent publication date.

	Overview of Article
Type of article	Overall Type: Primary Research Study Specific Type: Semi-structured interviews, phenomenological research
APA Reference	Singh, A. A., Garnett, A., & Williams, D. (2013). Resilience strategies of African American women survivors of child sexual abuse. <i>The Counseling Psychologist</i> , 41(8), 1093-1124. doi:10.1177/0011000012469413
Abstract	“This qualitative study explores the daily lived experiences of African American women (N = 10) who have survived child sexual abuse. The researchers used a phenomenological research tradition and a feminist framework for the study. Using semi-structured interviews and integrating methods of trustworthiness, the researchers identified six themes in the data: (a) understanding traumatic symptoms, (b) externalizing racist and sexist stereotypes of African American women, (c) negotiating family relationships and accessing community support, (d) transforming religion and spirituality into sources of healing, (e) reclaiming sexuality, and (f) integrating multiple identities as a survivor. Implications for future research, practice, and advocacy with African American women survivors of child sexual abuse are described” (p. 1093).
Author	Credentials: PhD Position and Institution: Professor in the Department of Counseling and Human Development Services, The University of Georgia Publication History in Peer-Reviewed Journals: 121 results, Extensive
Publication	Type of publication: Scholarly peer-review Publisher: Sage Journals Other: The Counseling Psychologist Journal
Date and Citation History	Date of publication: January 8, 2013 Cited By: 30
Stated Purpose or Research Question	“Therefore, the purpose of the current study was to explore the resilience strategies African American women who had survived child sexual abuse used in their daily lives. The overarching research question guiding the study was as follows: Research Question 1: How do African American women describe their resilience strategies in healing from child sexual abuse?” (p. 1098)
Author’s Conclusion	“The women in this study illuminated several things the counseling and psychological field must address to be able to effectively work with African American women survivors of child sexual abuse. Counseling and psychological approaches that focus on traumatic symptom reductions and the details of their experiences of abuse may miss the context of their lives as individuals with multiple salient identities” (p. 1117).
Overall Relevance to your EBP Question	Overall Relevance of Article: Good Rationale: Qualitative study revealing personal experiences of minority population who are impacted by child sexual abuse (type of traumatic event).
Overall Quality of Article	Overall Quality of Article: Good Rationale: High impact factor, established author, published within past 10 years.

	Overview of Article
Type of article	Overall Type: Primary Research Study Specific Type: Qualitative interview
APA Reference	Thomé, S., & Jakobsson, K. (2018). Life-changing or trivial: Electricians views about electrical accidents. <i>Work</i> , (Preprint), 60(4), 573-585. doi:10.3233/WOR-182765
Abstract	“BACKGROUND: It is well known that electrical accidents can cause physical injury. Less well known is that long-term consequences may include emotional and cognitive problems. OBJECTIVE: To explore electricians' experiences and perceptions of work-related electrical accidents, with focus on psychological short- and long-term consequences, including how contacts with health care services and the workplace were perceived. METHODS: Semi-structured interviews with 23 Swedish male electricians, aged 25– 68, who had experienced at least one electrical accident and reported residual sensory, musculoskeletal, cognitive or emotional symptoms. Data was analyzed by means of qualitative content analysis. RESULTS: Immediate emotional reactions included surprise, confusion, fear, anxiety, and anger; also long-term consequences were seen. Experiencing a no-let-go situation was particularly stressful. The cause of the accident, and questions about guilt and blame were central in the aftermath. Lack of knowledge and routine among health care professionals concerning electrical injury was reported, as well as lack of medical and psychological follow-up. CONCLUSIONS: For some informants, the accident had been a life-changing event, while for others it was an event of little importance. Adequate handling at the workplace, and from health care personnel, including follow-up, could facilitate rehabilitation and return to work” (p. 573).
Author	Credentials: PhD Position and Institution: Professor in the Department of Psychology, Occupational and Environmental Medicine, Department of Public Health and Community Medicine, University of Gothenburg, Gothenburg, Sweden Publication History in Peer-Reviewed Journals: Extensive
Publication	Type of publication: Scholarly, peer-reviewed Publisher: IOS Press Other: Published in <i>Work Journal</i> , which explores rehabilitation of the occupation of work
Date and Citation History	Date of publication: 18 December 2018 Cited By: 3
Stated Purpose or Research Question	“Thus, the aim was to explore male electricians’ experiences and perceptions of work-related electrical accidents, with a focus on the psychological short and long-term consequences. The study also had the aim to explore how the injury victims perceived their contacts with health care services and the workplace” (p. 574).
Author’s Conclusion	“Experiencing an electrical accident at work can give a broad range of psychological short- and long term consequences, besides obvious physical injury. For some informants, the accident had been a life changing event, while for others it was an event of little importance” (p. 584).
Overall Relevance to your EBP Question	Overall Relevance of Article: Moderate Rationale: The study includes personal narratives relating to the short- and long-term psychological effects after the accident, but has a narrow focus on to electrical injuries.
Overall Quality of Article	Overall Quality of Article: Good Rationale: Established authors; published within last year; reputable journal publication.

	Overview of Article
Type of article	Overall Type: Primary Research Study Specific Type: Qualitative interview
APA Reference	Vostanis, P., O'Reilly, M., Duncan, C., Maltby, J., & Anderson, E. (2019). Interprofessional training on resilience-building for children who experience trauma: Stakeholders' views from six low- and middle-income countries. <i>Journal of Interprofessional Care</i> , 33(2), 143-152. doi: 10.1080/13561820.2018.1538106
Abstract	“Children exposed to multiple adversities are at high risk of developing complex mental health and related problems, which are more likely to be met through integrated interprofessional working. Combining the expertise of different practitioners for interprofessional care is especially pertinent in low- and middle-income countries (LMIC) in the absence of specialist resources. The aim of this study was to work with practitioners who deliver care to vulnerable children in six LMIC (Turkey, Pakistan, Indonesia, Kenya, Rwanda, and Brazil) to understand their perspectives on the content of an interprofessional training programme in building resilience for these children. Seventeen participants from different professional backgrounds, who were in contact with vulnerable children were interviewed. A thematic analytic framework was used. Four themes were identified, which were the benefits of a tiered approach to training, challenges and limitations, perceived impact, and recommendations for future training. The findings indicate the importance of coordinated policy, service, and training development in an interprofessional context to maximize resources; the need for cultural adaptation of skilled-based training and interventions; and the usefulness of new technologies to enhance accessibility and reduce costs in LMIC” (p. 143).
Author	Credentials: MB, BS, MD Position and Institution: School of Neuroscience, Psychology and Behavior, University of Leicester, Leicester UK Publication History in Peer-Reviewed Journals: Extensive
Publication	Type of publication: Scholarly peer-reviewed journal Publisher: Taylor & Francis Group Other: Journal of Interprofessional Care
Date and Citation History	Date of publication: 2019 Cited By: 2
Stated Purpose or Research Question	“The aim of this study was to work with practitioners who deliver care to vulnerable children in six LMIC (Turkey, Pakistan, Indonesia, Kenya, Rwanda, and Brazil) to understand their perspectives on the content of an interprofessional training programme in building resilience for these children” (p. 143).
Author’s Conclusion	“Four themes were identified, which were the benefits of a tiered approach to training, challenges and limitations, perceived impact, and recommendations for future training. The findings indicate the importance of coordinated policy, service, and training development in an interprofessional context to maximize resources; the need for cultural adaptation of skilled-based training and interventions; and the usefulness of new technologies to enhance accessibility and reduce costs in LMIC” (p. 143).
Overall Relevance to your EBP Question	Overall Relevance of Article: Moderate relevance Rationale: This study relates to the EBP question of health care professionals’ perspectives on training related to trauma-informed care/approaches, but this study primarily focused on interprofessional care training in promoting resilience among children in low income areas.
Overall Quality of Article	Overall Quality of Article: Moderate quality Rationale: Established author. Small sample size. Published this year.

	Overview of Article
Type of article	Overall Type: Primary Research Study Specific Type: Hermeneutic, phenomenological
APA Reference	Willis, D. G., Rhodes, A. M., Dionne-Odom, J. N., Lee, K., & Terreri, P. (2015). A hermeneutic phenomenological understanding of men’s healing from childhood maltreatment. <i>Journal of Holistic Nursing</i> , 33(1), 46-57. doi:10.1177/0898010114552706
Abstract	“Purpose: To describe and interpret men’s experience of healing from childhood maltreatment. Design: Hermeneutic phenomenological. Method: In-depth interviews. Community-based purposive, maximum variation sampling approach. Recruitment occurred through posting flyers and advertisements. Verbatim data were analyzed and themes of the meaning of healing were identified. Findings: The meaning of healing was interpreted as “moving beyond suffering.” Five themes were identified to capture the multidimensional nature of the phenomenon: (a) breaking through the masculine veneer, (b) finding meaning, (c) choosing to live well, (d) caring for the self-using holistic healing methods, and (e) engaging in humanizing relationships. Conclusions: Men who survived childhood maltreatment have needs to heal holistically mind, body, and spirit. Meeting their needs requires the provision of highly compassionate humanistic healing environments and healing-promotive nursing care” (p. 46).
Author	Credentials: DNS, RN, PMHCNS-BC Position and Institution: Associate Dean For Academic Affairs at the University of Wisconsin-Madison Publication History in Peer-Reviewed Journals: Extensive
Publication	Type of publication: Scholarly peer-reviewed Publisher: Sage Journals Other: Journal of Holistic Nursing
Date and Citation History	Date of publication: 2015 Cited By: 11
Stated Purpose or Research Question	“To describe and interpret men’s experience of healing from childhood maltreatment” (p. 46).
Author’s Conclusion	“Men who survived childhood maltreatment have needs to heal holistically mind, body, and spirit. Meeting their needs requires the provision of highly compassionate humanistic healing environments and healing-promotive nursing care” (p. 46).
Overall Relevance to your EBP Question	Overall Relevance of Article: Good relevance Rationale: This study relates to our EBP question of individuals’ perspective of ACEs by interviewing men and understanding their lived experience of childhood maltreatment
Overall Quality of Article	Overall Quality of Article: Moderate quality Rationale: Snowball sampling (word of mouth/ads). In-depth interview. Established author.

	Overview of Article
Type of article	Overall Type: Primary Research Study Specific Type: Qualitative, interviews
APA Reference	Woodhall-Melnik, J., Dunn, J. R., Svenson, S., Patterson, C., & Matheson, F. I. (2018). Men's experiences of early life trauma and pathways into long-term homelessness. <i>Child Abuse & Neglect</i> , 80, 216-225. doi:10.1016/j.chiabu.2018.03.027
Abstract	"Previous studies that have explored the association between childhood trauma and homelessness indicate that traumatic events can lead to survivor distrust of interpersonal relationships and institutions, prolonged homelessness and poor health and social outcomes. The majority of this literature relies on quantitative data and fails to investigate the personal experiences of childhood trauma that are found to impact housing status later in life. Semi-structured, qualitative interviews were conducted with 25 men living in an urban area in Ontario who had spent more than 30 consecutive nights in an emergency shelter over the course of their housing histories. During data analysis, it was observed that all of the men had experienced some form of trauma or neglect in childhood which contributed to their entries into homelessness. Using a case study approach, three entry pathways into long term homelessness are described: 1) youth; 2) emerging or early adulthood; and 3) middle adulthood. Participants are classified into the pathways by the developmental period at which they first entered homelessness. These findings have implications for policy makers and service providers, as key intervention points are identified. Establishing effective interventions that address crises experienced at these points could assist with homelessness prevention across the life course" (p. 216).
Author	Credentials: PhD Position and Institution: Professor at the Department of Sociology at the University of New Brunswick - St. John, St. John, NB Publication History in Peer-Reviewed Journals: Extensive
Publication	Type of publication: Scholarly Peer-Reviewed Publisher: Elsevier Other: Science Direct, Journal of Child Abuse and Neglect
Date and Citation History	Date of publication: 2018 Cited By: 3
Stated Purpose or Research Question	"The objective of this paper is to investigate men's experiences of early life trauma and subsequent pathways into long-term homelessness. This paper contributes to understandings of the connection between childhood/youth trauma and adult homelessness" (p. 217).
Author's Conclusion	"Experiences of complex psychological trauma led to young entry into homelessness for some, but not all of the men. The men who entered homelessness after living independently or at an older age after the loss of a caregiver had also experienced childhood trauma but were able to delay entry into homelessness" (p. 223).
Overall Relevance to your EBP Question	Overall Relevance of Article: Moderate Rationale: As a qualitative study that interviews a sample of men, this study is relevant to the concept of childhood trauma and its effects later in life. Childhood trauma was found to impact the likelihood of homelessness.
Overall Quality of Article	Overall Quality of Article: Good Rationale: Scholarly peer-reviewed article, published in 2018, provides up to date information and results. Author has a PhD. The article itself is only published in three other studies.

	Overview of Article
Type of article	Overall Type: Review of Research Study Specific Type: Systematic review
APA Reference	Oh D.L., Jerman, P., Silvério-Marques, S., Koita, K., Purewal-Boparai, S.K., Burke-Harris, N., & Bucci, M. (2018). Systematic review of pediatric health outcomes associated with childhood adversity. <i>BMC Pediatrics</i> , 18(1), 1-19. doi:10.1186/s12887-018-1037-7
Abstract	<p>Background: Early detection of and intervention in childhood adversity has powerful potential to improve the health and well-being of children. A systematic review was conducted to better understand the pediatric health outcomes associated with childhood adversity. Methods: PubMed, PsycArticles, and CINAHL were searched for relevant articles. Longitudinal studies examining various adverse childhood experiences and biological health outcomes occurring prior to age 20 were selected. Mental and behavioral health outcomes were excluded, as were physical health outcomes that were a direct result of adversity (i.e. abusive head trauma). Data were extracted and risk of bias was assessed by 2 independent reviewers. Results: After identifying 15940 records, 35 studies were included in this review. Selected studies indicated that exposure to childhood adversity was associated with delays in cognitive development, asthma, infection, somatic complaints, and sleep disruption. Studies on household dysfunction reported an effect on weight during early childhood, and studies on maltreatment reported an effect on weight during adolescence. Maternal mental health issues were associated with elevated cortisol levels, and maltreatment was associated with blunted cortisol levels in childhood. Furthermore, exposure to childhood adversity was associated with alterations of immune and inflammatory response and stress-related accelerated telomere erosion. Conclusion: Childhood adversity affects brain development and multiple body systems, and the physiologic manifestations can be detectable in childhood. A history of childhood adversity should be considered in the differential diagnosis of developmental delay, asthma, recurrent infections requiring hospitalization, somatic complaints, and sleep disruption. The variability in children’s response to adversity suggests complex underlying mechanisms and poses a challenge in the development of uniform diagnostic guidelines. More large longitudinal studies are needed to better understand how adversity, its timing and severity, and the presence of individual genetic, epigenetic, and protective factors affects children’s health and development” (p. 1).</p>
Author	Credentials: Unknown Position and Institution: Center for Youth Wellness in CA Publication History in Peer-Reviewed Journals: 42
Publication	Type of publication: Scholarly peer-reviewed article Publisher: BMC Pediatrics Other: BioMed Central
Date and Citation History	Date of publication: 2018 Cited By: 42
Stated Purpose or Research Question	“The present systematic review, therefore, was focused on longitudinal studies in children to better understand the biological mechanisms linking exposure to childhood adversity with pediatric health outcomes” (p. 2).
Author’s Conclusion	“Childhood adversity affects brain development and multiple body systems, and the physiologic manifestations can be detectable in childhood. A history of childhood adversity should be considered in the differential diagnosis of developmental delay, asthma, recurrent infections requiring hospitalization, somatic complaints, and sleep disruption. The variability in children’s response to adversity suggests complex underlying mechanisms and poses a challenge in the development of uniform diagnostic guidelines. More large longitudinal studies are needed to better understand how adversity, its timing and severity, and the presence of individual genetic, epigenetic, and protective factors affects children’s health and development” (p. 1).
Overall Relevance to your EBP Question	Overall Relevance of Article: Limited relevance Rationale: This study evaluates the health outcomes associated with trauma or ACEs, NOT the perspective or lived experience of an individual who experienced trauma
Overall Quality of Article	Overall Quality of Article: Moderate quality Rationale: Clear methodology for selecting articles. Reputable journal. Excluded mental, behavioral, and physical health outcomes from systematic review

	Overview of Article
Type of article	Overall Type: Review of Research Study Specific Type: Review
APA Reference	Sorenson, C., Bolick, B., Wright, K., & Hamilton, R. (2016). Understanding compassion fatigue in healthcare providers: A review of current literature. <i>Journal of Nursing Scholarship</i> , 48(5), 456-465. doi:10.1111/jnu.12229
Abstract	“PURPOSE: The purpose of this integrative review was to identify, review, synthesize, and analyze the existing literature addressing compassion fatigue (CF) in healthcare providers (HCPs), with careful attention to provider role and practice area. CF needs to be better understood to identify, prevent, and treat it before it becomes problematic for HCPs. CF is representative of the cost of caring and results in physical, emotional, and psychological symptoms that contribute to the decision of the HCP to leave the profession. METHODS: A literature search, guided by search terms related to CF, was conducted using the Cumulative Index to Nursing and Allied Health Literature (CINAHL) and PubMed encompassing publications between 2005 and 2015. The selected literature was then systematically reviewed and synthesized for this narrative review. RESULTS: These preliminary searches resulted in 307 articles, of which 43 met inclusion criteria. These 43 articles were reviewed and reported that CF and related concepts (CF and RCs) were pervasive and affected a wide variety of HCPs working in many clinical settings; however, advanced practice registered nurses (APRNs), respiratory therapists, physical therapists, and occupational therapists were not well represented. The literature provided information regarding prevalence, risk factors, prevention measures, and symptoms of CF and RCs. CONCLUSIONS: While CF and RCs have been explored in a myriad of medical professionals, there is little published regarding APRNs, respiratory therapists, physical therapists, and occupational therapists. More research is needed to evaluate for the presence of CF in HCPs working in a variety of settings and the degree to which it affects personal and professional well-being, including interactions with patients, patient outcomes, and the quality of professional life. Additionally, as the definition and use of the term compassion fatigue has evolved, a need for a well-developed concept analysis has also become evident” (p. 456).
Author	Credentials: Doctoral student, RN Position and Institution: Doctoral Student at Rush University College of Nursing, PICU Registered Nurse Publication History in Peer-Reviewed Journals: Limited
Publication	Type of publication: Scholarly peer-reviewed article Publisher: Journal of Nursing Scholarship Other: Wiley Online Library
Date and Citation History	Date of publication: 2016 Cited By: 118
Stated Purpose or Research Question	“The purpose of this integrative review was to identify, review, synthesize, and analyze the existing literature addressing compassion fatigue (CF) in healthcare providers (HCPs), with careful attention to provider role and practice area” (p. 456).
Author’s Conclusion	“More research is needed to evaluate for the presence of CF in HCPs working in a variety of settings and the degree to which it affects personal and professional well-being, including interactions with patients, patient outcomes, and the quality of professional life. Additionally, as the definition and use of the term compassion fatigue has evolved, a need for a well-developed concept analysis has also become evident” (p. 456).
Overall Relevance to your EBP Question	Overall Relevance of Article: Moderate relevance Rationale: This study relates how caring for clients impacts health care professionals, but it does not indicate if the experienced compassion fatigue relates to treating individuals impacted by trauma
Overall Quality of Article	Overall Quality of Article: Moderate quality Rationale: Limited experience by author. Published in the last 5 years. Under-represented professionals in included articles (OT’s, PT’s, APRN’s, etc.)

Overview of Article	
Type of article	Overall Type: Primary Research Study Specific Type: Individual interviews, qualitative
APA Reference	Dam, K., Joensen, D.G., & Hall, E.O.C. (2018). Experiences of adults who as children lived with a parent experiencing mental illness in a small-scale society: A qualitative study. <i>Journal of Psychiatric Mental Health Nursing</i> , 25(2), 78-87. doi:10.1111/jpm.12446
Abstract	“Introduction An estimated 23% of children worldwide live with a parent experiencing mental illness. These children are exposed to emotional and psychosocial challenges. Little is known about these children when living in small-scale societies. Aim To explore how adults, who as children lived with parents experiencing mental illness in a small-scale society, recalled their childhood life. Method Individual interviews with 11 adults were analysed using content analysis. Results Living as a child with a parent experiencing mental illness in a small-scale society was described as "living in a paradox" which emerged from three categories: "intergenerational help and caring," "barriers understanding parental illness" and "everybody knows everybody". The children received little or no support from family members, nor from health and education professionals. Discussion In a small-scale society, stigma surrounding mental illness is notable. Families often attempt to conceal mental illness from outsiders with negative or adverse effects on children. Implications for practice Mental healthcare professionals need to consider the needs of children who have parents experiencing mental illness. It is imperative for the well-being of the patients' children to support them in understanding what is happening, turn gossiping in a positive direction and address stigma in the communities” (p.78).
Author	Credentials: Registered Nurse Position and Institution: Assistant Professor, University of the Faroe Islands Publication History in Peer-Reviewed Journals: Limited
Publication	Type of publication: Primary Publisher: Wiley Other: NA
Date and Citation History	Date of publication: March 2018 Cited By: 1
Stated Purpose or Research Question	“Evidence tells us that these children often are carrying a burden in the family and often attend to parental more than to own well- being. Little is however reported about these experiences when growing up in a small- scale society. This study concerns experiences of Faroese adults who as children were living with a parent experiencing mental illness” (p. 79).
Author’s Conclusion	“In a small- scale society, childhood with a parent experiencing mental illness is not always easy because everybody knows everybody. Even though family members and close friends act as valuable supports, these children suffer under lack of anonymity, gossiping and social prejudice against people with a mental health issue” (p. 85).
Overall Relevance to your EBP Question	Overall Relevance of Article: Moderate Rationale: It talked about children of parents which can be traumatic, however it was very limited in being done in a very small community.
Overall Quality of Article	Overall Quality of Article: Moderate Rationale: The sample size was limited.

	Overview of Article
Type of article	Overall Type: Primary Research Study Specific Type: Qualitative descriptive study/qualitative exploration
APA Reference	Glenn, C. & Goodman, L. (2015). Living with and within the rules of domestic violence shelters: A qualitative exploration of residents' experiences. <i>Violence Against Women, 21</i> (12), 1481-1506. doi:10.1177/1077801215596242
Abstract	"As emergency domestic violence (DV) shelters have proliferated, there has been an increase in rules that shelter residents must follow. This qualitative descriptive study explores intimate partner violence (IPV) survivors' experiences living with DV shelter rules. Five thematic clusters emerged from interviews with 11 survivors: (1) shelter environment/staff approach, (2) making sense of the rules, (3) staff enforcement of the rules, (4) short-term impact of the rules, and (5) coping. Results suggest that residents benefit from more flexible boundaries between staff and residents, less restrictive rules, and collaborative, transparent rule enforcement. Recommendations are made for shelter practice and future research" (p. 1481).
Author	Credentials: N/A Position and Institution: Private practice, Arlington, MA Publication History in Peer-Reviewed Journals: limited
Publication	Type of publication: scholarly peer-reviewed journal Publisher: Violence Against Women Journal Other: Through SAGE journals
Date and Citation History	Date of publication: 2015 Cited By: 42
Stated Purpose or Research Question	"This study attempts to redress this gap [in shelter rules and survivor experiences] by using a qualitative descriptive research method to explore how women experience, make sense of, and are affected by shelter rules. We focus on violence against women here, given that the vast majority of people who participate in DV shelter services are women" (p. 1482).
Author's Conclusion	"Participants' discussions of their experiences led to the development of five clusters, including (1) shelter environment/staff approach, (2) making sense of the rules, (3) staff enforcement of the rules, (4) short-term impact of the rules, and (5) coping" (p. 1488).
Overall Relevance to your EBP Question	Overall Relevance of Article: Moderate Rationale: This article discusses interviews that depict the lived experience of women who have been through traumatic events, which is one of the primary questions in this EBP project. However, this is applied to a very specific population rather than general trauma.
Overall Quality of Article	Overall Quality of Article: Good Rationale: Reputable journal and publisher, published within the last 10 years, cited frequently on Google Scholar.

	Overview of Article
Type of article	Overall Type: Primary Research Study Specific Type: Qualitative semi-structured interviews
APA Reference	Kapoulitsas, M., & Corcoran, T. (2015). Compassion fatigue and resilience: A qualitative analysis of social work practices. <i>Qualitative Social Work, 14</i> (1), 86-101. doi: 10.1177/1473325014528526
Abstract	“Compassion fatigue is a term used to describe behaviour and emotions experienced by those who help people who have experienced trauma. It is viewed as a potential consequence of stress related to such exposure and is understood to be influenced by the practitioner’s empathic response. The aims of this study were to obtain greater understanding of social workers experience of working with distressed clients; examine what develops personal, professional and organisational resilience; and explore ways in which workers can be better protected from compassion fatigue. The research design was qualitative using semi-structured interviews involving six social workers presently working with distressed clients or clients known to have experienced distress. Four major themes were identified using thematic analysis: (i) the complexities of social work, (ii) supportive and unsupportive contexts, (iii) promoting personal well-being/self-protection and (iv) resilience as a changing systemic and complex process. The findings provide important insights into the participants’ experiences of working with distressed clients and, more specifically, their experience of compassion fatigue and stories of resilience. The research provides clear direction for future research at organisational, educational and interpersonal levels” (p. 86).
Author	Credentials: N/A Position and Institution: College of Arts, Victoria University, Melbourne, Australia Publication History in Peer-Reviewed Journals: limited
Publication	Type of publication: Scholarly peer-reviewed journal Publisher: Qualitative Social Work journal Other: Through SAGE journals
Date and Citation History	Date of publication: 2015 Cited By: 73
Stated Purpose or Research Question	“The qualitative research presented here explores potential actions said to enhance resilience and reduce CF amongst social workers working with clients who have experienced distress” (p. 87).
Author’s Conclusion	“It became apparent relationships between resilience and CF move outside and beyond causal explanation and instead manifest in a variety of unique experiences and interactions across settings and situations. This conclusion helps to draw attention away from the kinds of individually directed and deficit-based understandings that dominate the literature producing more inclusive and nuanced accounts of professional practice” (p. 99).
Overall Relevance to your EBP Question	Overall Relevance of Article: Moderate Rationale: This article discusses compassion fatigue and resilience among social workers working with distressed clients; however, this is applicable to a very specific population and is not speaking to general trauma-informed care.
Overall Quality of Article	Overall Quality of Article: Good Rationale: Reputable journal and publisher, publication within the last 10 years, frequently cited on Google Scholar.

	Overview of Article
Type of article	Overall Type: Primary Research Study. Specific Type: Survey
APA Reference	Meadors, P., Lamson, A., Swanson, M., White, M., & Sira, N. (2010). Secondary traumatization in pediatric healthcare providers: Compassion fatigue, burnout, and secondary traumatic stress. <i>OMEGA - Journal of Death and Dying</i> , 60(2), 103-128. doi:10.2190/OM.60.2.a
Abstract	“The primary aim for this research was to explore the overlap and differences between the concepts related to secondary traumatization: posttraumatic stress disorder (PTSD), secondary traumatic stress (STS), compassion fatigue (CF), and burnout (BRN). A secondary aim for this research was to examine the impact of secondary traumatization and some of the personal and professional elements that affect how pediatric healthcare providers experience PTSD, STS, CF, and BRN. An online survey was sent via e-mail to numerous list serves for healthcare providers who had worked on PICU, NICU, or PEDS units within the last year. The analyses revealed that a significant overlap existed between the terms of STS, PTSD, BRN, CS, and CF for PICU, NICU, and PEDS providers. However, a hierarchical linear regression revealed a significant amount of unique contributions to the variance in CF based on each of the measured concepts. Despite previous literature that indicates that the terms STS and CF can be used interchangeably, the two most prominent measures utilized in the assessment of CF and STS are actually capturing at least some unique elements. Given these results, future researchers should examine and conceptualize the difference in etiology, prevalence, symptoms, and treatment efficacy for CF and STS as separate but related entities and then return their focus to understanding secondary traumatization in healthcare providers” (p. 103).
Author	Credentials: PhD Position and Institution: Assistant Professor of Medicine at Atrium Health (East Carolina University), Director of Psycho-Oncology Publication History in Peer-Reviewed Journals: 6
Publication	Type of publication: scholarly peer-reviewed Publisher: OMEGA Journals of Death and Dying
Date and Citation History	Date of publication: 2010 Cited By: 212
Stated Purpose or Research Question	“The primary aim for this research was to explore the overlap and differences between the concepts related to secondary traumatization: posttraumatic stress disorder (PTSD), secondary traumatic stress (STS), compassion fatigue (CF), and burnout (BRN). A secondary aim for this research was to examine the impact of secondary traumatization and some of the personal and professional elements that affect how pediatric healthcare providers experience PTSD, STS, CF, and BRN” (p. 103).
Author’s Conclusion	“Secondary traumatization has become a recognized and debilitating problem that is affecting many of our mental health and medical professionals who work with traumatized populations. Even though PICU, NICU, and PEDS providers within this study reported lower levels of CF and BRN than in previous studies, more research needs to be conducted to validate and replicate these findings. With such an influx of research within the past decade, more empirical studies should be conducted to further clarify the concepts related to secondary traumatization. While we established that there is a significant overlap between com-compassion fatigue, secondary traumatic stress, and burnout, each of the concepts also had significant unexplained variance, which suggests that each of the concepts also have differences. Ultimately, we believe that if we are going to be able to accurately and effectively address the problems associated with secondary traumatization with healthcare providers, conceptual clarity between the terms and enhanced understanding regarding the development of these conditions would be essential” (p. 125).
Overall Relevance to your EBP Question	Overall Relevance of Article: Moderate Rationale: This article provides a lot of strong evidence for secondary trauma, burn out and compassion fatigue. It was based on pediatrics which is helpful when looking at ACE’s.
Overall Quality of Article	Overall Quality of Article: High Rationale: The article provided lots of references which helps lead us in the direction we want to go. The article had been cited many times and all the authors were PhD holding individuals. The article was well written and had a strong literature review.

	Overview of Article
Type of article	Overall Type: Primary Research Study Specific Type: Qualitative research study
APA Reference	Mitchell, M. (2018). "No one acknowledged my loss and hurt": Non-death loss, grief, and trauma in foster care. <i>Child Adolescent Social Work Journal</i> , 35(1), 1-9. Retrieved from https://link.springer.com/article/10.1007/s10560-017-0502-8
Abstract	"How do youth in foster care experience non-death loss? Drawing upon the theories of ambiguous loss, symbolic loss, and disenfranchised grief, this applied theoretical article integrates research findings to address how youth experience loss, grief, and trauma in foster care. Youth's reports illustrate experiences of non-death loss, the impact of non-death loss on psychological and emotional well-being, and how non-death losses are disenfranchised and enfranchised within the foster care system. Recommendations are made that child welfare agencies consider how their practices and policies can be enhanced to meet the needs of grieving youth in foster care" (p. 1).
Author	Credentials: PhD Position and Institution: College of Social Work professor, University of South Carolina Publication History in Peer-Reviewed Journals: Moderate
Publication	Type of publication: Scholarly peer-reviewed journal Publisher: Child Adolescent Social Work Journal Other: Through EBSCOhost
Date and Citation History	Date of publication: 2018 Cited By: 10
Stated Purpose or Research Question	"This applied theoretical article provides practical applications of grief and loss theories within a foster care context. Specifically, youth's experiences of non-death loss and disenfranchised grief within the foster care system will be explored through the theoretical frameworks of ambiguous loss (Boss, 1999), symbolic loss (Rando, 1984) and disenfranchised grief" (p. 1).
Author's Conclusion	"Youth report that this one factor, the enfranchisement of their grief, could make the difference between positive and negative long-term outcomes... Therefore, it is recommended that the child welfare field enhance child welfare programs and policies to address children's experiences of non-death loss, and educate child welfare professionals and providers about the traumatic impact of non-death loss and how to support grieving children and youth in their care" (p. 8).
Overall Relevance to your EBP Question	Overall Relevance of Article: Moderate Rationale: This article discusses the impact of trauma on foster care children. This article discusses long-term impacts of trauma; however, it is applied to a very specific population of children.
Overall Quality of Article	Overall Quality of Article: Good Rationale: Established author, reputable journal and publisher, publication within the last 10 years

	Overview of Article
Type of article	Overall Type: Conceptual Specific Type: Overview
APA Reference	Moffitt, T. (2013). Childhood exposure to violence and lifelong health: Clinical intervention science and stress-biology research join forces. <i>Development and Psychopathology</i> , 25(4pt2), 1619-1634. doi:10.1017/S0954579413000801
Abstract	“Many young people who are mistreated by an adult, victimized by bullies, criminally assaulted, or who witness domestic violence react to this violence exposure by developing behavioral, emotional, or learning problems. What is less well known is that adverse experiences like violence exposure can lead to hidden physical alterations inside a child’s body, alterations that may have adverse effects on life-long health. We discuss why this is important for the field of developmental psychopathology and for society, and we recommend that stress-biology research and intervention science join forces to tackle the problem. We examine the evidence base in relation to stress-sensitive measures for the body (inflammatory reactions, telomere erosion, epigenetic methylation, and gene expression) and brain (mental disorders, neuroimaging, and neuropsychological testing). We also review promising interventions for families, couples, and children that have been designed to reduce the effects of childhood violence exposure. We invite intervention scientists and stress-biology researchers to collaborate in adding stress-biology measures to randomized clinical trials of interventions intended to reduce effects of violence exposure and other traumas on young people” (p. 1).
Author	Credentials: PhD Position and Institution: Clinical Psychologist, professor- Duke University Publication History in Peer-Reviewed Journals: 353
Publication	Type of publication: scholarly peer-reviewed Publisher: Cambridge University Press
Date and Citation History	Date of publication: 2013 Cited By: 51
Stated Purpose or Research Question	“We discuss why this is important for the field of developmental psychopathology and for society, and we recommend that stress-biology research and intervention science join forces to tackle the problem” (p. 1).
Author’s Conclusion	No real conclusion was given. It was more of a “things we need to keep doing” type ending to the article.
Overall Relevance to your EBP Question	Overall Relevance of Article: Limited Rationale: The article does touch on the subjects of childhood drama but not in the aspect of trauma-informed care and its effects. It focused more on biology and clinical intervention.
Overall Quality of Article	Overall Quality of Article: High Rationale: The article provided good examples of biological effects of trauma at young ages which is helpful to build knowledge on the subject. It was a strongly cited article and the author is distinguished.

	Overview of Article
Type of article	Overall Type: Primary Research Study Specific Type: Interviews and interpretative phenomenological analysis
APA Reference	Pethania, Y., Murray, H., & Brown, D. (2018). Living a life that should not be lived: A qualitative analysis of the experience of survivor guilt. <i>Journal of Traumatic Stress Disorders & Treatment</i> , 7(1), 1-6. doi:10.4172/2324-8947.1000183
Abstract	“‘Survivor guilt’ is a commonly used term in clinical settings and popular culture; however the phenomenon has largely been neglected in trauma-related research. There is a scarcity of research relating to the phenomenology and underlying mechanisms of survivor guilt, and no published studies to date that investigate treatment options. This study aimed to explore the lived experience of how individuals interpreted and made sense of surviving when others had died, with a view to gain a better understanding of survivor guilt. Six participants who had survived a traumatic event where others had died were interviewed. Through interpretative phenomenological analysis, a theoretical model was derived from the data, showing participants in an on-going dynamic of making sense of why they survived. Central to this model was persistent guilt about surviving and a sense of disenfranchisement to life, driving internal processes associated with sense-making and external processes associated with making amends. Examples from the interviews illustrate each component of the model. The results are discussed in light of existing literature on guilt, and implications for clinical interventions” (p. 1).
Author	Credentials: PhD Position and Institution: Professor, University of Surrey, United Kingdom Publication History in Peer-Reviewed Journals: limited
Publication	Type of publication: scholarly peer-reviewed journal Publisher: Journal of Traumatic Stress Disorders & Treatment Other: An accessible journal through SciTechnol
Date and Citation History	Date of publication: 2018 Cited By: 0
Stated Purpose or Research Question	“This study used interpretative phenomenological analysis (IPA) to explore individual experiences of surviving a traumatic event where others have died, with the aim of understanding how individuals interpret and make sense of their experience of surviving and how/if survivor guilt is relevant to this experience” (p. 1).
Author’s Conclusion	“The results revealed that participants found themselves in an ongoing dynamic of trying to make sense of why they survived when others died. Central to this dynamic is persistent guilt about surviving and disenfranchisement to life driving internal processes associated with sense-making and external processes associated with repair” (p. 4). “Participants in this study described a strong desire to make amends for surviving. Individuals feel guilt when they believe they have done something contrary to their code of conduct and/or when their actions have injured others, resulting in attempts to repair” (p. 5).
Overall Relevance to your EBP Question	Overall Relevance of Article: Moderate Rationale: This study discusses the implications of survivors’ guilt, which is typically associated with a traumatic event, though it does not specifically talk about general trauma. This study was also conducted in another country.
Overall Quality of Article	Overall Quality of Article: Good Rationale: Published in a reputable journal, published within the last 10 years.

	Overview of Article
Type of article	Overall Type: Primary Research Study Specific Type: in-depth interviews, qualitative
APA Reference	Sigurdardottir, S., Halldorsdottir, S., & Bender, S.S. (2014). Consequences of childhood sexual abuse for health and well-being: Gender similarities and differences. <i>Scandinavian Journal of Public Health</i> . 42(3), 278-86. doi:10.1177/1403494813514645
Abstract	“ Aims: Analyse gender similarities and differences in the consequences of childhood sexual abuse for health and well-being. Methods: Comparative analysis of 28 in-depth interviews with 14 purposefully chosen participants, seven women and seven men, who had experienced childhood sexual abuse; two interviews were conducted with each participant. Results: The participants expressed a journey of deep and silent suffering which seems, for them, to be endless and almost unbearable. All of them have suffered from complex health problems since childhood. A gender difference was shown in the tendency of women to internalize their emotional pain while the men had a tendency to externalize it. Conclusions: It is important for health professionals to be aware of the symptoms and consequences of child sexual abuse in order to provide support, appropriate care and treatment for the survivors. Finally, preventive and long lasting public health measures have to be taken in order to prevent children from experiencing such serious trauma” (p. 278).
Author	Credentials: not specified and couldn’t find. Position and Institution: Associate Professor at the University of Akureyri Publication History in Peer-Reviewed Journals: Good - at least 8 published articles
Publication	Type of publication: Primary Publisher: Sage Other: NA
Date and Citation History	Date of publication: May 2014 Cited By: 52
Stated Purpose or Research Question	“This is the first review to identify, summarise and critically evaluate studies that examined psychological mediators of the relationship between childhood adversities and psychosis” (p. 278).
Author’s Conclusion	“It is important for health professionals to be aware of the symptoms and consequences of child sexual abuse in order to provide support, appropriate care and treatment for the survivors. Finally, preventive and long lasting public health measures have to be taken in order to prevent children from experiencing such serious trauma” (p. 185).
Overall Relevance to your EBP Question	Overall Relevance of Article: Limited Rationale: It’s not about how people experience trauma or how practitioners feel about it.
Overall Quality of Article	Overall Quality of Article: Good Rationale: Although the article is a little bit older, it has a lot of relevant findings.

	Overview of Article
Type of article	Overall Type: Conceptual Specific Type: Overview
APA Reference	Snedden, D. (2012). Trauma-informed practice: An emerging role of occupational therapy. <i>Occupational Therapy Now</i> , 14(6), 26-28.
Abstract	“This article presents an approach to the emerging occupational therapy role in a community-based interdisciplinary traumatic stress program. Specifically, an occupational therapy model, the Canadian Model of Occupational Performance and Engagement (CMOP-E) (Townsend & Polatjako, 2007), is linked to a particular trauma model of practice, Herman’s (1997) Triphasic model. These will be discussed in order to: 1) understand the occupational performance challenges of people who manage the impact of trauma in their daily lives and 2) to identify how occupational therapists can work with people who live with trauma in order to facilitate recovery” (p. 26).
Author	Credentials: N/A Position and Institution: Occupational Therapist at Eastern Health Publication History in Peer-Reviewed Journals: 1- this is her only published article
Publication	Type of publication: Magazine Column/ peer-reviewed Publisher: Occupational Therapy Now Other: NA
Date and Citation History	Date of publication: 2012 Cited By: 6
Stated Purpose or Research Question	“...These will be discussed in order to understand the occupational performance challenges of people who manage the impact of trauma in their daily lives and to identify how occupational therapists can work with people who live with trauma in order to facilitate recovery” (p. 26).
Author’s Conclusion	“Developing the role of an occupational therapist on any interdisciplinary team can be a daunting challenge. This article provides an illustrative example of a successful addition of occupational therapy services within an interdisciplinary traumatic stress program. A back-to-basics approach of using research evidence and the alignment of an occupational therapy model with a trauma recovery model remains critical to the success of developing the emerging role. The fact that these models are congruent results in being better able to both generate a rich and situated understanding of occupational performance strengths and challenges and to identify recovery-promoting solutions with people who manage this level of trauma” (p. 28).
Overall Relevance to your EBP Question	Overall Relevance of Article: High Rationale: This article is specific to trauma-informed care for occupational therapists. It hits on many aspects of our research questions and is actually focused on an occupational therapy basis.
Overall Quality of Article	Overall Quality of Article: Moderate Rationale: The article has been cited very few times and is not published in a peer reviewed journal. It is more of a practice article rather than a research article but could still be useful for just basic knowledge and help guide the direction of the project

	Overview of Article
Type of article	Overall Type: Primary Research Study. Specific Type: Survey
APA Reference	Strait, J., & Bolman, T. (2017). Consideration of personal adverse childhood experiences during implementation of trauma-informed care curriculum in graduate health programs. <i>The Permanente Journal</i> , 21, 16-61. doi:10.7812/TPP/16-061
Abstract	“Scientific findings of adverse childhood experiences (ACEs) and their lifelong graded relationship with leading causes of death are well established. Many health care practitioners, however, have yet to implement ACEs screening in clinical practice. Furthermore, ACEs screening and trauma-informed care (TIC) are not part of standard graduate-level training. To 1) implement trauma-informed curriculum for multiple graduate health programs, 2) determine student understanding of and willingness to address ACEs, and 3) assess the relationship between students voluntarily evaluating their individual ACE Score and their attitude toward ACEs and TIC. Prospective study with pre- and postcurricular surveys (12-question digital survey administered before and after the curriculum) for 967 graduate students from 9 health professions programs at 2 campuses who received curriculum focused on ACEs and TIC. Students’ understanding of ACEs and TIC, their awareness of personal ACEs, and their willingness to incorporate TIC in practice. Among students who voluntarily completed an ACE questionnaire, there was statistical significance in familiarity with clinical and scientific findings of the ACE Study ($p < 0.001$) and familiarity with TIC ($p < 0.02$). A significant intercampus difference in the students’ familiarity with the scientific and clinical findings of the ACE Study ($p < 0.05$) was found. Students and future health care practitioners who voluntarily assess their ACE Score are significantly more likely to understand scientific and clinical findings of the ACE Study as well as TIC” (p. 1).
Author	Credentials: Fourth-Year Medical Student in the Department of Osteopathy Position and Institution: Western University of Health Sciences in Lebanon, OR, and a Commissioned Officer in the United States Air Force. Publication History in Peer-Reviewed Journals: Limited-this is her only article
Publication	Type of publication: Scholarly peer-reviewed Publisher: Permanente Journal Other: NA
Date and Citation History	Date of publication: 2016 Cited By: 5
Stated Purpose or Research Question	“To 1) implement trauma-informed curriculum for multiple graduate health programs, 2) determine student understanding of and willingness to address ACEs, and 3) assess the relationship between students voluntarily evaluating their individual ACE Score and their attitude toward ACEs and TIC” (p. 1).
Author’s Conclusion	“Students and future health care practitioners who voluntarily assess their ACE Score are significantly more likely to understand scientific and clinical findings of the ACE Study as well as TIC” (p. 1).
Overall Relevance to your EBP Question	Overall Relevance of Article: Moderate Rationale: The article explored ACE’s and trauma informed care but focused more on graduate level training rather than general health professionals
Overall Quality of Article	Overall Quality of Article: Moderate Rationale: Well written article but it is written by a student rather than an experienced researcher.

	Overview of Article
Type of article	Overall Type: Primary Research Study Specific Type: Dissertation, survey
APA Reference	Vermilyea, E. G. (2015). Trauma-informed training and clinical supervision as moderators of compassion fatigue, when controlling for burnout and a personal history of trauma. Retrieved from ProQuest Dissertations & Theses Global, (1548979951).
Abstract	“The purpose of this dissertation was to explore whether training and clinical supervision were predictive of compassion fatigue when controlling for burnout and personal history of trauma. The study used quantitative methodology to analyze the relationships among the predictor variables training, clinical supervision, burnout, and personal history of trauma and the criterion variable, compassion fatigue as measured by compassion satisfaction and secondary traumatic stress. The sample was 217 mental health care providers serving traumatized persons in Washington State, Wisconsin, Michigan, New York, and Maryland. Participants completed the ProQol and endorsed one of three levels of training (no trauma-specific training, some trauma-specific training or trauma certificate training), whether or not they receive clinical supervision, and whether or not they have a personal history of trauma. Sequential multiple linear regression analyses were used to assess whether the predictor variables predicted compassion fatigue. A multiple regression with interaction terms was performed to assess whether clinical supervision moderated the association between training and compassion satisfaction. The results show that, burnout was the best predictor of both secondary traumatic stress ($t(215) = 13.60, p < .001$) and compassion satisfaction ($t(215) = -15.51, p < .001$). Neither training nor clinical supervision were significant predictors of secondary traumatic stress when controlling for burnout and personal history of trauma. Training was a significant predictor of compassion satisfaction. However, clinical supervision was not a unique predictor of compassion satisfaction. None of the interaction terms were significant predictors of either secondary traumatic stress or compassion satisfaction” (p. 4).
Author	Credentials: Ph. D Position and Institution: Capella University, student Publication History in Peer-Reviewed Journals: Limited-this is her only article
Publication	Type of publication: Scholarly peer-reviewed Publisher: ProQuest Dissertations Publishing Other: NA
Date and Citation History	Date of publication: 2014 Cited By: 3
Stated Purpose or Research Question	“The purpose of this study was to ascertain whether the level of trauma-specific training received by a mental health service provider and whether the individual receives clinical supervision are associated with compassion fatigue when statistically controlling for personal history of trauma and burnout” (p. 37).
Author’s Conclusion	“The results of this study support previous findings with regard to the association between burnout and secondary traumatic stress (STS). They also shed some light on personal history of trauma and its association with STS while suggesting a need for further research to understand how a personal history of trauma may or may not be associated with compassion satisfaction. This study offered new data with regard to the role of trauma-specific training and compassion satisfaction and indicates a need for more rigorous investigation of the role of training with regard to compassion fatigue, in general. Finally, given the nature of the impact of trauma and the theoretical frameworks used to understand it, there is a need to use both qualitative and quantitative means to understand, conceptualize, and address the effects of secondary traumatization” (p. 78-79).
Overall Relevance to your EBP Question	Overall Relevance of Article: Moderate Rationale: This article relates to our research question about how trauma affects health care professionals. This dissertation was not from a peer reviewed journal.
Overall Quality of Article	Overall Quality of Article: Moderate Rationale: The article provides good evidence but is formatted as a dissertation.

	Overview of Article
Type of article	Overall Type: Primary Research Study Specific Type: Qualitative study, phenomenological analysis
APA Reference	Walsh, M., & Buchanan, M. (2011). The experience of witnessing patients' trauma and suffering among acute care nurses. <i>Canadian Journal of Counselling and Psychotherapy</i> , 45(4), 349-364. Retrieved from https://files.eric.ed.gov/fulltext/EJ956977.pdf
Abstract	"A large body of research provides evidence of workplace injuries to those in the nursing profession. Research on workplace stress and burnout among medical professionals is also well known; however, the profession of acute care nursing has not been examined with regards to work-related stress. This qualitative study focused on acute care nurses' workplace stress, as 5 acute care nurses described experiences related to witnessing patients' trauma and suffering. Through the use of phenomenological analysis, five main themes emerged from the interviews, revealing a more in-depth understanding of nurses' experiences in acute care settings. These themes were (a) shock and prolonged witnessing of suffering, (b) long-term effects, (c) distancing as a coping strategy, (d) feelings of guilt and helplessness, and (e) dissonance in core beliefs about self. The results are discussed in terms of coping strategies and recommendations for counsellors working with health care professionals" (p. 349).
Author	Credentials: N/A Position and Institution: Outreach counsellor, Queen's University (Kingston, Ontario) Publication History in Peer-Reviewed Journals: limited
Publication	Type of publication: Scholarly peer-reviewed journal Publisher: Canadian Journal of Counselling and Psychotherapy Other: Available through ERIC
Date and Citation History	Date of publication: 2011 Cited By: 10
Stated Purpose or Research Question	"Research on workplace stress and burnout among medical professionals is also well known; however, the profession of acute care nursing has not been examined with regard to work-related stress. This qualitative study focused on acute care nurses' workplace stress, as 5 acute care nurses described experiences related to witnessing patients' trauma and suffering" (p. 349).
Author's Conclusion	"Five main themes emerged during the phenomenological reduction that exemplified the participants' experiences of witnessing patients' trauma and suffering on an acute care ward. The themes are (a) shock and prolonged witnessing of suffering, (b) long-term effects, (c) distancing as a coping strategy, (d) feelings of guilt and helplessness, and (e) dissonance in core beliefs about self" (p. 356). "Our findings support the need for more funding within nursing to address the emotional and psychological costs to nurses who provide empathetic care to their patients" (p. 362).
Overall Relevance to your EBP Question	Overall Relevance of Article: Good Rationale: This study discusses compassion fatigue and burnout among health care providers and the effect that witnessing trauma has on their lives; however, it was conducted in another country.
Overall Quality of Article	Overall Quality of Article: Good Rationale: Established author, reputable journal, published within the last 10 years

	Overview of Article
Type of article	Overall Type: Review of Research Study Specific Type: Metaethnography
APA Reference	Albaek, A. U., Kinn, L. G., & Milde, A. M. (2018). Walking children through a minefield: How professionals experience exploring adverse childhood experiences. <i>Qualitative Health Research</i> , 28(2), 231-244. doi:10.1177/1049732317734828
Abstract	“Understanding the challenges of professionals in addressing child adversity is key to improving the detection, protection, and care of exposed children. We aimed to synthesize findings from qualitative studies of professionals' lived experience of addressing child adversity. Through a systematic search, we identified eight qualitative studies and synthesized them using metaethnography. We generated three themes, "feeling inadequate," "fear of making it worse," and "facing evil," and one overarching metaphor, "walking children through a minefield." The professionals felt that they lacked the means necessary to explore child adversity, that they were apprehensive of worsening the child's situation, and that their work with child adversity induced emotional discomfort. This metasynthesis indicated that the professionals' efficiency in exploring abuse relied upon their ability to manage emotional and moral distress and complexity. To support children at risk, we propose developing professionals' ability to build relationships, skills in emotion regulation, and proficiency in reflective practice” (p. 231).
Author	Credentials: PhD in Clinical Psychology, Position and Institution: Professor in the department of clinical psychology at the University of Bergen, Norway. Publication History in Peer-Reviewed Journals: Albaek has an extensive record history of publications all relating to pediatric trauma.
Publication	Type of publication: Scholarly, Peer Reviewed Publisher: Sage Other: Journal - Qualitative Health Research
Date and Citation History	Date of publication: October 18, 2017 Cited By: 15 - 6 are peer reviewed
Stated Purpose or Research Question	“Thus, we aimed to synthesize qualitative studies of professionals' lived experience of addressing child adversity. Professionals' lived experience includes screening, assessment, identification, and reporting behaviors, as well as intrapersonal (e.g., attitudes, values, beliefs, knowledge, and biases) and contextual factors. We anticipate that the findings will guide improvements in professional practice” (p. 232).
Author's Conclusion	“The professionals' stories of work with ACEs were often emotional and personal, revolving around” (p. 239) “In our study, we found problem displacement [professionals fixated on one aspect of the situation, such as a child's developmental delay, instead of the ongoing abuse] exemplified by the professionals' focus on inadequate external factors” (p. 240).
Overall Relevance to your EBP Question	Overall Relevance of Article: Good Rationale: Albaek focuses on professionals that have worked with trauma victims and their responses to that work.
Overall Quality of Article	Overall Quality of Article: Good Rationale: The authors have strong credentials, the article was published recently (2018).

	Overview of Article
Type of article	Overall Type: Review of Research Study Specific Type: Evidence Review
APA Reference	Peterson, K.A., Zhou, L., & Watzlaf, V.J.M. (2019) A comprehensive review of quality of life surveys for trauma-affected communities. <i>Perspectives in Health Information Management</i> , 16. Retrieved from https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6341418/
Abstract	“Research shows that exposure to community and domestic violence leads to psychological trauma from childhood through adulthood, which can lead to poor health and early death. A team of health information management (HIM) professionals reviewed existing surveys to determine their suitability for assessing the quality of life (QoL) of people in trauma-affected communities (TACs). Keywords were used to search for papers describing validated QoL surveys. The obtained papers were screened, reviewed, and summarized to determine if they include the aspects needed for assessing QoL in TACs. Survey items from 20 surveys were identified as relevant to this study. Most of these 20 surveys cover one or two domains of QoL, and none of them were specifically designed for people in TACs. Therefore, it is necessary to develop a psychometrically sound assessment tool to quantify the levels of trauma, resilience, and well-being in TACs. HIM professionals have the required skills for this task” (p. 1).
Author	Credentials: PhD in Health Information Management Position and Institution: Assistant Professor, University of Pittsburgh Publication History in Peer-Reviewed Journals: Extensive
Publication	Type of publication: Secondary Publisher: Research Journal in Perspectives in Health Information Management Other: NA
Date and Citation History	Date of publication: 2019 Cited By: 1
Stated Purpose or Research Question	“The purpose of this study is to use health information management (HIM) professionals’ expertise to perform a literature review of existing QoL surveys and, utilizing HIM professionals’ survey development skills, determine if the surveys are suitable for assessing the QoL of people living in TACs” (p. 2).
Author’s Conclusion	“The literature review showed that no existing surveys were specific to trauma-affected populations and measured the five domains of QoL deemed important to this study” (p. 6).
Overall Relevance to your EBP Question	Overall Relevance of Article: Moderate Rationale: Although relevant to trauma, it is not related to our question.
Overall Quality of Article	Overall Quality of Article: Good Rationale: It had good validity and was well done.

	Overview of Article
Type of article	Overall Type: Review of Research Study Specific Type: Systematic Review
APA Reference	Williams, J., Bucci, S., Berry, K., & Varese, F. (2014). Psychological mediators of the association between childhood adversities and psychosis: A systematic review. <i>Science Direct</i> , 65, 175-196. doi:10.1016/j.cpr.2018.05.009
Abstract	Objectives: This is the first review to identify, summarise and critically evaluate studies that examined psychological mediators of the relationship between childhood adversities and psychosis. Methods: A database search (PsychINFO, MEDLINE, Web of Science, CINAHL) was conducted to identify eligible studies published between January 1980 and September 2017. A narrative synthesis and appraisal of methodological quality and statistical appropriateness of the primary studies was conducted. Results: We identified 37 papers, comprising 9057 participants with psychotic disorders and 63,059 non-clinical participants. Despite great variation in the mediators considered and the methodological and analytic quality of the primary studies, our synthesis suggests that the relationship between childhood adversity and psychosis is mediated by several “families” of mediating variables including post-traumatic sequelae (e.g. dissociation, PTSD symptoms), affective dysfunction and dysregulation, and maladaptive cognitive factors (e.g. self-esteem and beliefs and concepts about the self and others). More tentative evidence was observed for the role played by appraisals of subsequent circumstantial factors (e.g. “life hassles”). Substance misuse was not found to be a prominent mediator of the relationship between childhood adversity and psychotic experiences, but further high quality corroborative studies are required. Conclusions: The importance of the five different (but not independent or mutually exclusive) families of mediators considered by the present evidence synthesis should be examined by future research employing appropriate modelling methods to better disentangle the contribution of these different processes. Nonetheless, they represent potentially valuable intervention targets that clinicians should consider whilst developing treatment plans for trauma survivors with distressing psychotic symptoms” (p. 175).
Author	Credentials: NA Position and Institution: Assistant Professor at The University of Manchester Publication History in Peer-Reviewed Journals: unknown
Publication	Type of publication: Scholarly, secondary Publisher: Elsevier Other: NA
Date and Citation History	Date of publication: November 2018 Cited By: 4
Stated Purpose or Research Question	“Specific aims are to: 1) provide a comprehensive systematic review of quantitative literature investigating potential psychological mediators examining the link between childhood adversity (i.e. physical, psychological, sexual and emotional abuse, neglect and bullying) and psychosis; 2) evaluate the quality of this evidence, including the relative strength of the statistical mediation analysis used to explain the adversity-psychosis link” (p. 176).
Author’s Conclusion	“The findings of the current review show that several causal partners appear to be involved in the relationship between childhood adversity and psychosis, and that these causal partners appear to fall into five “families” or groups of mediators: 1) post-traumatic sequelae, 2) affective disturbance and dysregulation, 3) cognitive processes, 4) appraisal of subsequent stressors and life circumstances, and 5) exposure to other psychosis risk factors (i.e. substance misuse)” (p. 192).
Overall Relevance to your EBP Question	Overall Relevance of Article: Limited Rationale: This has more to do with a different EBP question
Overall Quality of Article	Overall Quality of Article: Moderate Rationale: Has not been cited by others at this time. I could not find the position or credentials of first author. However, it is recent.

	Overview of Article
Type of article	Overall Type: Primary Research Study Specific Type: Qualitative, symbolic interaction and grounded theory
APA Reference	Dawson-Rose, C., Cuca, Y. P., Shumway, M., Davis, K., & Machtinger, E. L. (2019). Providing primary care for HIV in the context of trauma: Experiences of the health care team. <i>Women's Health Issues, 29</i> (5), 385-391. doi: 10.1016/j.whi.2019.05.008
Abstract	“Background: Trauma-informed health care for women living with human immunodeficiency virus (HIV) attends not only to HIV treatment, but also to the many common physical and emotional health consequences of trauma. One principle of providing trauma-informed care is the acknowledgement that working with a population that has experienced extensive trauma affects the team members who care for them in the clinic, as well as the interactions between those team members. Method: To understand the needs of one primary health care team, we conducted in-depth interviews with 21 providers, staff, and collaborators who provide care to patients within the clinic. We used symbolic interaction and grounded theory methods to examine how interactions unfold within the clinic and how they are influenced by trauma. Results: The clinic team serves a highly traumatized and vulnerable population. Within this context, interactions between clinic staff unfold and trauma surfaces, and power dynamics play out along the lines of professional hierarchy. Although power differences cause tension within the clinic, professional hierarchy also serves as an important division of labor in times of medical crises. Conclusions: Clinic power dynamics may be influenced to improve the care environment for patients, and to realize a more effective and satisfying trauma-informed health care clinic for both patients and staff” (p. 385).
Author	Credentials: RN, PhD Position and Institution: Professor of Nursing at UCSF School of Nursing Publication History in Peer-Reviewed Journals: Moderate
Publication	Type of publication: Scholarly Peer Review Publisher: Elsevier Other: Jacob’s Institute of Women’s Health
Date and Citation History	Date of publication: 2019 Cited By: 2
Stated Purpose or Research Question	“Therefore, we explore the institutional and interpersonal contexts in which work in an HIV primary care clinic happens and the experiences of team members working with patients who experience high rates of trauma” (p. 386).
Author’s Conclusion	“Clinic power dynamics may be influenced to improve the care environment for patients, and to realize a more effective and satisfying trauma-informed health care clinic for both patients and staff” (p. 385).
Overall Relevance to your EBP Question	Overall Relevance of Article: Moderate Rationale: Interviews of providers, staff and collaborators who provide care to patients that have specifically experienced trauma but limited to HIV and does not discuss trauma informed care.
Overall Quality of Article	Overall Quality of Article: Good Rationale: The author is both an RN, PhD and professor at a reputable school. She also has pervious peer reviewed publications. Reputable publisher.

	Overview of Article
Type of article	Overall Type: Primary Research Study Specific Type: Qualitative content analysis
APA Reference	Englund, L., Forsberg, R., & Saveman, B.-I. (2014). Survivors' experiences of media coverage after traumatic injury events. <i>International Emergency Nursing</i> , 22(1), 25-30. doi: 10.1016/j.ienj.2013.03.010
Abstract	"Survivors' experiences of media at traumatic events, is still a limited research area. The aim of this study is to explore survivors' experiences of interacting with journalists and media coverage, including their experiences of being portrayed in the media, following two Swedish train crashes. Qualitative interviews were conducted with passengers from two train crashes in Sweden. A qualitative content analysis generated meaning units, subcategories, and categories. Survivors experienced interacting with journalists mainly in three ways: harmful, inconsequential, and helpful. Media content and personal media exposure was experienced in a similar way: uncomfortable, insignificant, and useful. Journalists and media coverage have a large impact on survivors' experiences following a traumatic event. It is important that emergency responders, such as ambulance nurses, are aware of how victims are affected by journalists' presence and the media coverage that follows so that negative outcomes can be reduced and the positive can be enhanced. The present study also shows that media coverage in the long term can become important pieces of information for the victim in order to understand and process the traumatic event" (p.25).
Author	Credentials: PhD Position and Institution: Department of Media and Communication Studies at Karlstad University in Sweden Publication History in Peer-Reviewed Journals: Moderate
Publication	Type of publication: Scholarly Peer- Reviewed Journals Publisher: Elsevier Other: NA
Date and Citation History	Date of publication: 2014 Cited By: 9
Stated Purpose or Research Question	"The aim of this study is to explore survivors' experiences of interacting with journalists and media coverage, including their experiences of being portrayed in the media, following two Swedish train crashes" (p.26).
Author's Conclusion	"Some survivors and their relatives felt they needed the stories for their coping, recovery, understanding and search for meaning after traumatic events. The reporting should, however, be done in the most sensitive and appropriate way as to not make harm" (p. 29).
Overall Relevance to your EBP Question	Overall Relevance of Article: Moderate Rationale: This article talked about the experiences that the survivors went through after suffering a traumatic event. Limited to how media can affect their recovery afterwards or expose them to re-traumatization.
Overall Quality of Article	Overall Quality of Article: Moderate Rationale: It was published in last 10 years and was cited 9 times. The author also has previous publication history. Reputable publisher.

	Overview of Article
Type of article	Overall Type: Primary Research Study Specific Type: Mixed methods, grounded theory, content analysis
APA Reference	DeLara, E. W. (2019). Consequences of childhood bullying on mental health and relationships for young adults. <i>Journal of Child & Family Studies</i> , 28(9), 2379-2389. doi:10.1007/s10826-018-1197-y
Abstract	“Childhood bullying is a well-known public health problem world-wide. Research has described numerous health and mental health effects on victims, bullies, and bystanders. While there are studies of contemporaneous consequences, there is still much to be discovered in terms of the impact of childhood bullying lasting into adult life. This qualitative inquiry investigated the aftermath of childhood bullying for young adults in terms of their health, mental health, and relationship issues. Further, it asked participants for their definitions of bullying. The study was part of a mixed-methods inquiry. For the qualitative portion, 72 graduate and undergraduate students in the U.S., ages 18 to 29, participated as a purposive sample. The majority of participants were Caucasian and female, though 28% percent represented minority groups. Semi-structured interviews were conducted lasting approximately 1 h each. A participatory action research approach was taken to understand the lived experiences and perceptions of the young adults. Grounded theory was utilized in reviewing the data for thematic responses. Member checks and triangulation were employed to substantiate credibility, authenticity, and coherence of the data. Content analysis revealed lasting consequences in (a) mental and psychological well-being (b) eating disorders, weight, and body image, and (c) relationship and trust issues. Results are indicative of the need for further research on childhood bullying as it affects later adolescent and young adult development. Understanding the aftermath of childhood bullying is important in informing bullying interventions and maintaining a focus on early prevention efforts” (p. 1).
Author	Credentials: PhD Position and Institution: Professor at Syracuse University Publication History in Peer-Reviewed Journals: Moderate
Publication	Type of publication: scholarly peer-reviewed journals Publisher: Journal of Child and Family Studies Other: NA
Date and Citation History	Date of publication: July 18 th , 2018 Cited By: 6
Stated Purpose or Research Question	“The purpose of this study was to explore these outcomes and to add to the existing knowledge base by hearing the voices of young adults who provided insight into any enduring consequences in their lives. Research questions included: What are the aftereffects of bullying on the health and mental health of young adults? What are the impacts of childhood bullying, in general, on adult well-being, development, and relationships? How do young adults define bullying” (p. 5).
Author’s Conclusion	“In conclusion, childhood bullying is a public health issue displaying repercussions and consequences that can affect young adult development and life” (p. 23). “Further research on the many outcomes of childhood bullying as they affect young adult health, development, and relationships is clearly needed” (p. 24).
Overall Relevance to your EBP Question	Overall Relevance of Article: Good Rationale: The article obtained feedback from people who had experienced a type of trauma in their childhood, and the lasting effects that it has had on them throughout their life.
Overall Quality of Article	Overall Quality of Article: Good Rationale: Reputable journal. Published within the last 5 years

	Overview of Article
Type of article	Overall Type: Primary Research Study Specific Type: Descriptive study, questionnaire
APA Reference	Hiles Howard, A. R., Parris, S., Hall, J. S., Call, C. D., Razuri, E. B., Purvis, K. B., & Cross, D. R. (2015). An examination of the relationships between professional quality of life, adverse childhood experiences, resilience, and work environment in a sample of human service providers. <i>Children & Youth Services Review, 57</i> , 141-148. doi:10.1016/j.chilyouth.2015.08.003
Abstract	“The current study investigated the relationship between ACEs, resilience, and work environment and professional quality of life including compassion satisfaction, burnout, and secondary trauma stress among a group of child welfare professionals working with children in the foster care system. Participants were 192 professionals representing 48 organizations providing a range of services for children residing in foster care within a large metropolitan area in the southern USA. Data showed that professionals had more ACEs than the norm sample (4 or more ACEs: 25.1% v. 12.5%). However, contrary to our hypotheses, regression analysis revealed that individuals with more ACEs had higher compassion satisfaction and lower rates of burnout. Moreover, number of ACEs was not significantly related to secondary traumatic stress. The variables found most predictive of poor professional quality of life were low levels of resilience and controlling organizational leadership. Ways to improve professional quality of life amid human service professionals and practical implications of these findings are discussed” (p. 141).
Author	Credentials: PhD, Experimental Psychology Position and Institution: Assistant Professor of Psychology, Samford University Publication History in Peer-Reviewed Journals: Moderate
Publication	Type of publication: Scholarly peer-reviewed journal Publisher: Elsevier Other: an international multidisciplinary review
Date and Citation History	Date of publication: 2015 Cited By: 26
Stated Purpose or Research Question	“The current study had three goals. First, the researchers sought to examine individual themes within a sample of child welfare professionals, specifically childhood experiences and resilience. Second, we wished to examine professional themes within this sample, specifically professional social climate and professional quality of life. Finally, the researchers wanted to examine the relationships between individual themes and professional social climate with professional quality of life in a sample of child welfare providers” (p. 143).
Author’s Conclusion	“The mere presence or absence of ACEs in social workers may not predict whether or not that individual will experience success or difficulty at higher or lower rates than other individuals” (p. 147).
Overall Relevance to your EBP Question	Overall Relevance of Article: Limited Rationale: This article explores the impact of ACE scores in childhood and their rate of occurrence in child welfare providers later in life, as well as the impact of secondary trauma through their work. This study addresses a unique subset of healthcare professionals who had high ACE scores as well as work with children who have high ACE scores, but it was not focused on experiences perspectives.
Overall Quality of Article	Overall Quality of Article: Moderate Rationale: The article addressed three distinct hypotheses. The participants’ level of interaction with children and their demographic differences were highly variable.

	Overview of Article
Type of article	Overall Type: Primary Research Study Specific Type: Phenomenological analysis
APA Reference	McCormack, L., & Katalinic, N. (2016). Learning to heal from those who know! The “lived” experience of a peer support program for adult survivors of childhood trauma. <i>Journal of Aggression, Maltreatment & Trauma</i> , 25(10), 1021-1042. doi:10.1080/10926771.2016.1223247
Abstract	“This study explored the dual phenomenon of experiencing a peer support residential trauma program from the perspective of (a) a client, and (b) a facilitator. It sought both positive and negative subjective interpretations. Participants were former clients and current facilitators of the program. Data were collected through a focus group, and analyzed using interpretative phenomenological analysis. One superordinate theme, altruistic growth, overarched 2 subordinate themes. The first, modeling through respect, included subthemes of respect and hope and empowerment. The second subordinate theme, reciprocal model of care, encapsulated personal challenges such as facing the mirror, old demons, and burnout and breaking points. Conversely, participants mused on these challenges as opportunities for further healing through opportunities for self-nurturing and gratitude. Implications for treatment of adult survivors of childhood trauma are discussed. For facilitators, the program was seen as offering further personal reflection and a giving forward that was interpreted as altruistic growth” (p. 1021).
Author	Credentials: PhD Position and Institution: School of Psychology, University of New Castle Publication History in Peer-Reviewed Journals: Extensive
Publication	Type of publication: scholarly peer-reviewed journals. Publisher: Journal of Aggression, Maltreatment & Trauma Other: NA
Date and Citation History	Date of publication: June 25 th , 2016 Cited By: 2
Stated Purpose or Research Question	“...this phenomenological interpretative study explored the subjective interpretations of trained peer support facilitators who were previous participants of a novel, residential, peer support program for adult survivors of childhood trauma. It sought their positive and negative insights of the program, in addition to their perceived impact of using trained peers who were former participants. As a poorly researched intervention, peer support facilitators can offer rich insights into their own experience of this dual phenomenon and the dynamics of the program. The program attracts more than 350 survivors a year and is run in three locations around the world (Heal For Life, 2013), but thus far, little research has been conducted into its efficacy” (p. 1025).
Author’s Conclusion	“...it supports a less structured person-centered approach where those who know mirror a focus on healing, respect, and nonjudgment. Importantly it suggests that psychological growth is possible for both participants and facilitators through this peer support trauma program. By offering the opportunity to reduce symptoms and promote psychological growth, for both participant and facilitator, this peer support program is worthy of further research attention” (p. 1037-1038).
Overall Relevance to your EBP Question	Overall Relevance of Article: Moderate Rationale: The article focuses on both people who have experienced childhood trauma as well as facilitators who have helped those in support groups. While the article is helpful because it does give some information about people’s lived experience, the focus is more on how to use the support groups as an intervention.
Overall Quality of Article	Overall Quality of Article: Good Rationale: Reputable journal. Published within the last 5 years

	Overview of Article
Type of article	Overall Type: Primary Research Study Specific Type: Interpretive Phenomenological Analysis
APA Reference	Pollard, L. W. (2018). Social worker experience of fatal child abuse. <i>British Journal of Social Work</i> , 48(7), 1948-1966. doi:10.1093/bjsw/bcx138
Abstract	“This research study used Interpretative Phenomenological Analysis to examine the lived experiences of four social work practitioners who have been directly involved in cases of fatal child abuse. The research examines how the tragedies impacted upon the workers in both their personal and professional capacities and locates those experiences within the relevant organizational context. The study reveals that all the workers were significantly affected in different ways by the tragedies. Although there is some evidence of good practice, there is evidence that the emotional and support needs of the workers were largely ignored by the organizations in which they practiced. The study reveals that, following the children’s deaths, the supervision the social workers received was often inappropriate and inconsistent, and the serious case reviews (SCR) that were undertaken further contributed to the isolation and blame already being experienced by the workers involved. The research examines how such factors as media responses, organizational culture, working practices and the serious case review system combine to provide a means by which systemic failures are minimized and ignored in favour of attributing blame to the actions or inaction of individual social work practitioners” (p. 1948).
Author	Credentials: Dr, M.A, B.A Position and Institution: Senior Professor in Social Work at Sheffield Hallam University in the UK. Publication History in Peer-Reviewed Journals: Limited
Publication	Type of publication: Scholarly peer review Journal Publisher: The Professional Association for Social Work and Social Workers (BASW) Other: NA
Date and Citation History	Date of publication: 2018 Cited By: 0
Stated Purpose or Research Question	“The study aimed to provide a holistic, in-depth account and analysis of the social workers' experiences in relation to: the perceptions of their relationships with and the assessments of the children and families involved in the study; the feelings and emotions associated with hearing about the children's deaths, and how events impacted upon the workers in both the long and short term and in personal and professional contexts; the social workers' perceptions of the support and supervision they and their colleagues received post event; the social workers' experiences of participating in a review or inquiries into the children's deaths” (p 1953-1954).
Author’s Conclusion	“The study reveals that all the workers were significantly affected in different ways by the tragedies. Although there is some evidence of good practice, there is evidence that the emotional and support needs of the workers were largely ignored by the organizations in which they practiced” (p. 1948).
Overall Relevance to your EBP Question	Overall Relevance of Article: Good Rationale: Relevance to how healthcare professionals describe their experience of working in a trauma related field.
Overall Quality of Article	Overall Quality of Article: Moderate Rationale: Moderate, the publisher is the professional association for social work, the author is a senior professor, but the article has not been cited since it has been published and the author has limited publication history.

	Overview of Article
Type of article	Overall Type: Primary Research Study Specific Type: qualitative one-on-one interviews
APA Reference	Purkey, E., Patel, R., Beckett, T., & Mathieu, F. (2018). Primary care experiences of women with a history of childhood trauma and chronic disease: Trauma-informed care approach. <i>Canadian Family Physician, 64</i> (3), 204-211.
Abstract	Objective: To understand the primary care experiences of women who have a history of childhood trauma and chronic disease. Design: Qualitative study using in-depth interviews with directed content analysis. Setting: Family health team in Kingston, Ont. Participants: Twenty-six women. Methods: Letters of invitation were sent to eligible participants followed by a telephone survey. Women with an adverse childhood experience (ACE) score of 4 or higher and with 2 or more chronic conditions were invited to participate in a one-on-one interview. Main findings: Participants were frequent users of health care services. Most had not been asked about ACEs by their family physicians. Most participants believed that their history of ACEs was important to their health and that providers should ask about childhood experiences. When participants discussed their primary care experiences, the following 6 common themes evolved: the importance of continuity of care; challenges with family medicine residents; provider awareness of abuse history; distress due to triggering events; characteristics of clinic staff and space; and engagement in care plans and choice. These discussions revealed that participants' primary care experiences were not always informed by the principles of trauma-informed care. Conclusion: Understanding the effect of ACEs on women's health is important. Incorporating a trauma-informed approach can be beneficial and enhance the experience of patients. Physicians should learn to ask patients about their childhood experiences, as it is important to their health care" (p. 204).
Author	Credentials: MD, MPH, CCFP, FCFP Position and Institution: Assistant Professor, Department of Medicine, Queen's University Publication History in Peer-Reviewed Journals: Extensive
Publication	Type of publication: Scholarly peer-reviewed journal Publisher: Official Publication of the College of Family Physicians of Canada Other: NA
Date and Citation History	Date of publication: 2018 Cited By: 6
Stated Purpose or Research Question	"The objective of this study was to understand the primary care experiences of women with a history of childhood trauma and chronic disease" (p. 206).
Author's Conclusion	"Trauma-informed care should be part of the primary care experience. Despite extensive awareness of the effects of trauma on the lives and health of women, it remains inadequately addressed by mainstream medicine" (p. 210).
Overall Relevance to your EBP Question	Overall Relevance of Article: Good Rationale: The in-depth interviews surfaced six themes, including the importance of continuity of care, medical providers asking about abuse history, and awareness of the distress that can be caused by triggering events during clinic visits. Highlights the importance of implementing trauma-informed care in family practice care settings, instead of only focusing on it in mental health settings.
Overall Quality of Article	Overall Quality of Article: Moderate Rationale: This is a solid beginning research into an area that requires additional research. The study is limited in its generalizability, given the demographic homogeneity. Expanding out the research in the future to explore cultural and gender differences is important.

	Overview of Article
Type of article	Overall Type: Primary Research Study Specific Type: Qualitative interview, thematic analysis
APA Reference	Reeves, E. A., & Humphreys, J. C. (2018). Describing the healthcare experiences and strategies of women survivors of violence. <i>Journal of Clinical Nursing (John Wiley & Sons, Inc.)</i> , 27(5-6), 1170-1182. doi:10.1111/jocn.14152
Abstract	<p>Background: Survivors of traumatic life events are at increased risk for an array of negative health consequences, which can be complicated when distressing healthcare experiences act as a barrier to accessing needed care. Implications for trauma-informed and sensitive practice are well established, but evidence to-date on survivors' healthcare experiences and patient engagement is limited. Design: The purpose of this qualitative descriptive study was to develop knowledge on women survivors' healthcare experiences and strategies. Methods: Fourteen participants completed a demographic questionnaire and one semi-structured interview focused on their exposure to violence, healthcare experiences and strategies for navigating healthcare. Thematic analysis in alignment with qualitative description methods was used to analyze interview transcripts and identify themes. Results: Participants in this study reported a variety of traumatic life experiences, ranging from childhood sexual abuse and intimate partner violence to severe car accidents. Experiencing a multiplicity of trauma sometimes complicated participants' later healthcare experiences. Although participants described ways in which providers helped them attain positive care experiences, they also acknowledged that limitations of the healthcare system could make trauma-informed practices difficult to implement. Participants described strategies they use to prepare for, navigate, and recover after healthcare encounters including selecting providers, bringing support persons to appointments, and engaging in relaxing activities after appointments. Conclusions: Participants emphasized the importance of trusting and equitable provider-patient relationships and described several ways they prepare for, cope with, and care for themselves after difficult healthcare experiences. Descriptive data on the patient engagement behaviors of survivors of violence is a unique contribution of this study to existing research" (p. 1170).</p>
Author	Credentials: RN, BSN Position and Institution: PhD student at Duke University School of Nursing Publication History in Peer-Reviewed Journals: Moderate
Publication	Type of publication: Scholarly peer-reviewed journal Publisher: Wiley Online Library Other: NA
Date and Citation History	Date of publication: 2018 Cited By: 12
Stated Purpose or Research Question	"The purpose of this study was to develop knowledge on women survivors' healthcare experiences and strategies" (p. 1170).
Author's Conclusion	"Participants emphasized the importance of trusting and equitable provider-patient relationships and described several ways they prepare for, cope with and care for themselves after difficult healthcare experiences. Descriptive data on the patient engagement behaviors of survivors of violence is a unique contribution of this study to existing research" (p. 1170).
Overall Relevance to your EBP Question	Overall Relevance of Article: Good Rationale: Describes women's lived healthcare experiences after trauma, described what made their experience positive and touches on trauma-informed practices.
Overall Quality of Article	Overall Quality of Article: Good Rationale: Author has moderate publication history, nursing PhD student at Duke University, second author is a nursing professor at Duke, an elite college and has been cited 12 times.

Overview of Article	
Type of article	Overall Type: Primary Research Study Specific Type: In-depth qualitative interviews, thematic analysis
APA Reference	Sexton, Chris C. (2018). Promoting resilience: Breaking the intergenerational cycle of adverse childhood experiences. <i>Health Education & Behavior, 45</i> (5), 772-780. doi:10.1177/1090198117752785
Abstract	“Adverse childhood experiences (ACEs), including trauma exposure, parent mental health problems, and family dysfunction, put children at risk for disrupted brain development and increased risk for later health problems and mortality. These negative effects may be prevented by resilience promoting environments that include protective caregiving relationships. We sought to understand (1) parents’ experiences of ACEs, (2) the perceived impact on parenting, (3) protective factors that buffer ACEs potential negative impact, and (4) supports and services that can reduce the number and severity of ACEs and promote resilience among children exposed to early adversity. We conducted in-depth qualitative interviews with 11 low-income, urban parents of young children who had experienced ACEs. Interviews were analyzed for emergent themes and shared with parents from the community to ensure relevance and proper interpretation. Themes from these interviews describe the potential intergenerational cycle of ACEs and key factors that can break that cycle, including parent aspirations to make children’s lives better and parent nurturance and support. Parents’ suggestions for intervention are also presented. Our findings illuminate protective factors and family strengths that are important to build upon when developing and implementing interventions to promote resilience among parents and children exposed to early adversity. This study benefits from highly ecologically valid data obtained from low-socioeconomic status, racial/ethnic minority parents through one-on-one in-depth interviews and interpreted with the aid of community stakeholders through a community-based participatory research approach” (p. 772).
Author	Credentials: PhD Position and Institution: Assistant Professor, Rollins School of Public Health at Emory University Publication History in Peer-Reviewed Journals: Extensive
Publication	Type of publication: Scholarly peer-reviewed journal Publisher: Sage publication Other: official publication of the Society for Public Health Education
Date and Citation History	Date of publication: 2018 Cited By: 13
Stated Purpose or Research Question	“The present study used a community-based participatory research (CBPR) approach to actively engage low-income, urban parents affected by ACEs in qualitative research with the aims to better understand (1) parents’ experiences of ACEs, the perceived impact of these experiences on parenting, and protective factors that buffer ACEs potential negative impact and (2) parent recommended supports and services to reduce the number and severity of ACEs and promote resilience among children exposed to early adversity” (p. 773).
Author’s Conclusion	“Data presented here not only describe the burden of ACEs that manifests in an intergenerational cycle but also highlight the parenting practices and familial strengths that can be mobilized to break the cycle. Resilience promoting factors that emerged from these in-depth interviews include: open-communication, expressions of love, and close family relationships” (p.778).
Overall Relevance to your EBP Question	Overall Relevance of Article: Good Rationale: This research article has high ecological validity based on socioeconomic status and race but may not be generalizable across gender. The in-depth interview questions also encouraged a strength-based approach that viewed the participants as a source of wisdom and insight.
Overall Quality of Article	Overall Quality of Article: Good Rationale: The study provided a list of themes and a table of how frequently these themes arose in each interview. The research approach of asking the participants for their ideas of intervention approaches were helpful in surfacing new insights and perspectives.

	Overview of Article
Type of article	Overall Type: Primary Research Study Specific Type: Longitudinal study, qualitative interviews, interpretive phenomenological study
APA Reference	SmithBattle, L. (2018). The past is prologue? The long arc of childhood trauma in a multigenerational study of teen mothering. <i>Social Science & Medicine</i> , 216, 1-9. doi:10.1016/j.socscimed.2018.09.013
Abstract	“The purpose of this interpretive phenomenological study was to describe intergenerational patterns in adverse childhood experiences (ACE) and protective childhood experiences among teen mothers, their parents and children, and to include social disadvantage as a source of ACE. At the seventh wave of a study that has followed teen mothers and families beginning in 1988 for 28 years, 42 family members were re-interviewed in 2016. Adult participants also completed two tools that identify ACE and childhood family strengths. After narrative data were coded inductively, Interpretive Family Profiles were created to facilitate case and cross-case analysis. Of the 9 participating teen mothers at Time 7, 4 reported few ACE and many family strengths; their parents and children reported similar scores. Of the 5 mothers reporting high ACE, children’s scores improved with one exception. Findings suggest that mothers’ aspirations to shield their children from trauma was a fragile endeavor for mothers who faced ongoing trauma and economic hardships. Clinicians may facilitate intergenerational repair by capitalizing on mothers’ aspirations with trauma-informed care and referrals to community resources. Trauma assessment should also include poverty-related ACE and experiences related to stigma and discrimination” (p. 1).
Author	Credentials: RN, PhD Position and Institution: Professor, School of Nursing, St. Louis University Publication History in Peer-Reviewed Journals: Extensive
Publication	Type of publication: Scholarly peer-reviewed journal Publisher: Elsevier Other: NA
Date and Citation History	Date of publication: 2018 Cited By: 2
Stated Purpose or Research Question	“No known studies have examined ACE and CFS over 2–3 generations with family members’ perspectives on how childhood trauma and family strengths shaped their lives. This issue was explored in the seventh wave of a qualitative study that has followed teen mothers and families for 28 years. Six years had elapsed since the sixth wave in 2010. The primary aim of this sub-study was to describe intergenerational patterns in ACE and CFS among teen mothers and their parents and children and to include social disadvantage as a source of ACE” (p. 2).
Author’s Conclusion	“The findings of this study call for including traumas linked to poverty that reverberate across distressed families and neighborhoods. Since mothering can be a transformative experience for teen mothers with high ACE, clinicians are urged to capitalize on their intentions to shield their children from trauma, provide trauma informed care, and eliminate stigmatizing professional practices” (p. 8).
Overall Relevance to your EBP Question	Overall Relevance of Article: Good Rationale: The cumulative research based on the longitudinal qualitative study makes this research particularly relevant. The qualitative interviews of teen mothers who experienced high ACE scores as children, their reflection on the way they were parented, and how they want to parent their own children is important to hear.
Overall Quality of Article	Overall Quality of Article: Good Rationale: This study provides a unique perspective as part of a multigenerational longitudinal study. The emphasis on socioeconomic status as a factor impacting ACE scores is also an important addition to the research literature.

	Overview of Article
Type of article	Overall Type: Primary Research Study Specific Type: Qualitative interviews, thematic content analysis
APA Reference	Truesdale, M., Brown, M., Taggart, L., Bradley, A., Paterson, D., Sirisena, C., ... Karatzias, T. (2019). Trauma-informed care: A qualitative study exploring the views and experiences of professionals in specialist health services for adults with intellectual disabilities. <i>Journal of Applied Research in Intellectual Disabilities</i> , 32(6), 1437-1445. doi:10.1111/jar.12634
Abstract	Background: Trauma and its sequelae is recognized as a major morbidity factor in people with intellectual disabilities, however, a lack of inquiry into how health care professionals address trauma in this adult population exists. Aims: To explore specialist intellectual disability practitioners' perspectives on current health provision and developments to address trauma. Methods: Twenty-five qualitative interviews were conducted with practitioners across 6 health service areas in the UK. Data were analyzed using thematic content analysis. Findings: Seven central themes emerged: (a) unmasked trauma; (b) trauma informed care; (c) person-centered care and support; (d) multi-disciplinary working; (e) reasonable adjustments; (f) barriers to treatment and (g) awareness, training and education. Conclusion: Trauma-informed care and multi-disciplinary working are essential components for future service development. Advances in the evidence-base for effective psychological interventions for PTSD and training and education of health care staff are needed in order to improve service provision amongst this population" (p. 1437).
Author	Credentials: PhD Position and Institution: Professor at Edinburgh Napier University in the School of Health and Social Care Publication History in Peer-Reviewed Journals: Moderate
Publication	Type of publication: Scholarly peer-reviewed journal Publisher: Wiley Online Library Other: British Institute of Learning Disabilities
Date and Citation History	Date of publication: 2019 Cited By: 0
Stated Purpose or Research Question	"To explore specialist intellectual disability practitioners' perspectives on current health provision and developments to address trauma" (p. 1437).
Author's Conclusion	"Trauma-informed care and multi-disciplinary working are essential components for future service development" (p. 1444).
Overall Relevance to your EBP Question	Overall Relevance of Article: Good Rationale: Related to experiences of healthcare professionals and their current view of trauma-informed care
Overall Quality of Article	Overall Quality of Article: Moderate Rationale: Moderate publication history, but no citations this could be because it was published recently. Author's credentials are PhD.

	Overview of Article
Type of article	Overall Type: Review of research study Specific Type: systematic review
APA Reference	Cocker, F., & Joss, N. (2016). Compassion fatigue among healthcare, emergency and community service workers: A systematic review. <i>International Journal of Environmental Research and Public Health</i> , 13(6), 618. doi:10.3390/ijerph13060618
Abstract	“Compassion fatigue (CF) is stress resulting from exposure to a traumatized individual. CF has been described as the convergence of secondary traumatic stress (STS) and cumulative burnout (BO), a state of physical and mental exhaustion caused by a depleted ability to cope with one’s everyday environment. Professionals regularly exposed to the traumatic experiences of the people they service, such as healthcare, emergency and community service workers, are particularly susceptible to developing CF. This can impact standards of patient care, relationships with colleagues, or lead to more serious mental health conditions such as posttraumatic stress disorder (PTSD), anxiety or depression. A systematic review of the effectiveness of interventions to reduce CF in healthcare, emergency and community service workers was conducted. Thirteen relevant studies were identified, the majority of which were conducted on nurses (n = 10). Three included studies focused on community service workers (social workers, disability sector workers), while no studies targeting emergency service workers were identified. Seven studies reported a significant difference post-intervention in BO (n = 4) or STS (n = 3). This review revealed that evidence of the effectiveness of CF interventions in at-risk health and social care professions is relatively recent. Therefore, we recommend more research to determine how best to protect vulnerable workers at work to prevent not only CF, but also the health and economic consequences related to the ensuing, and more disabling, physical and mental health outcomes” (p. 1).
Author	Credentials: PhD Position and Institution: School of Public Health and Preventive Medicine, Monash Centre for Occupational and Environmental Health (MonCOEH), Monash University, Publication History in Peer-Reviewed Journals: Extensive
Publication	Type of publication: scholarly peer-reviewed journals Publisher: International Journal of Environmental Research and Public Health Other: NA
Date and Citation History	Date of publication: June 22 nd , 2016 Cited By: 102
Stated Purpose or Research Question	“Therefore, this systematic review aimed to: (i) identify existing evidence on interventions to reduce CF in healthcare, and emergency and community service professionals; and (ii) determine the most effective workplace-based strategies for reducing CF, directly or via modifying its recognised individual and organisational risk factors and/or promoting Compassion Satisfaction” (p. 3).
Author’s Conclusion	“Results revealed that, despite an awareness of the prevalence of CF in these at-risk workers, there is a lack of information and evidence about effective workplace based strategies to reduce CF in these occupational groups via modifying its recognised individual and organisational risk factors. Therefore, we recommend more research to determine how best to protect vulnerable workers in order to prevent CF, as well as the potentially more significant health and economic consequences related to the subsequent physical and mental health outcomes” (p. 14).
Overall Relevance to your EBP Question	Overall Relevance of Article: Moderate Rationale: The article addresses the effects that being a healthcare worker in the trauma field can cause compassion fatigue and burnout. Although, the article doesn’t address how to help those workers, just that there should be more research done on ways to protect the workers.
Overall Quality of Article	Overall Quality of Article: Good Rationale: Cited in many different studies. Reputable journal. Published within the last 5 years.

Overview of Article	
Type of article	Overall Type: Review of Research Study Specific Type: Meta-synthesis
APA Reference	Van Wesel, F., Boeije, H., Alisic, E., & Drost, S. (2012). I'll be working my way back: A qualitative synthesis on the trauma experience of children. <i>Psychological Trauma: Theory, Research, Practice, and Policy</i> , 4(5), 1-11. doi:10.1037/a0025766
Abstract	"Children who experience some kind of traumatic event, such as losing a sibling, witnessing war, or being the victim of abuse or an accident, all have the need to process this event. Few theories exist about the development of posttraumatic stress disorder, specifically in traumatized children. Therefore, a synthesis of qualitative research is conducted in which the available qualitative studies on the children's perspective on traumatic experiences are integrated. A total of 17 English-language peer-reviewed articles were selected and a thematic synthesis was carried out. The core themes in the findings pertain to three domains: the individual, the family, and the community. We found a qualitative synthesis beneficial for creating a complete picture of children dealing with trauma and for strengthening the emerging theory" (p. 1).
Author	Credentials: PhD Position and Institution: Assistant Professor, Department of Methodology and Statistics, Utrecht University Publication History in Peer-Reviewed Journals: moderate
Publication	Type of publication: Scholarly peer-reviewed journal Publisher: American Psychological Association Other: APA Division 56 (Trauma Psychology)
Date and Citation History	Date of publication: 2012 Cited By: 29
Stated Purpose or Research Question	"The aim of this research is to integrate and interpret the findings of qualitative studies in which the focus was the children's perspective on trauma. Furthermore, we aim to contribute to conceptualizing the scientific field of children who have experienced trauma" (p. 1).
Author's Conclusion	"As fear emerged as the most predominant feeling following trauma, interventions should explicitly address this issue with children. In addition, finding meaning in the child's experiences is very important" (p. 10).
Overall Relevance to your EBP Question	Overall Relevance of Article: Good Rationale: This article provides a meta-synthesis of 17 qualitative research articles that focus on children's experience of trauma. This explicitly focuses on the nature of our EBP question. A limitation is that the research is based on the definition of trauma from the DSM-IV.
Overall Quality of Article	Overall Quality of Article: Good Rationale: The meta-analysis is based on concepts, domains, and frequency among the 17 qualitative research studies and seems like a good way to analyze qualitative research. The researcher has experience with a variety of meta-synthesis research areas.

Overview of Article	
Type of article	Overall Type: Conceptual
APA Reference	Hockaday, M. S. (2017). Trauma leadership strategies to prevent and reduce burnout in urban academic trauma centers. <i>Journal of Trauma Nursing, 24</i> (6), 345-350. doi:10.1097/JTN.0000000000000324
Abstract	“The incidence of burnout syndrome is increasing among all health care disciplines. The core members of the trauma team in high-performing trauma centers are the greatest risk. It is the responsibility of trauma leadership to raise awareness of risk factors, implement standardized assessment tools, and develop strategies to mitigate burnout in employees. The consequences of burnout are devastating to providers’ well-being as well as patient safety. Burnout can lead to increased risk of anxiety, depression, substance abuse, and suicide among team members. The development of burnout in team members can negatively impact patient safety. It can increase the risk of medical errors, health care–acquired infections, and declining patient satisfaction scores. It is essential that professional organizations raise awareness of this health care epidemic and provide resources to leaders to impact change” (p. 341).
Author	Credentials: MSN, ACNP Position and Institution: Indiana University Health Methodist Hospital, Indianapolis Publication History in Peer-Reviewed Journals: limited
Publication	Type of publication: scholarly peer-reviewed journals. Publisher: Journal of Trauma Nursing Other: NA
Date and Citation History	Date of publication: November/December 2017 Cited By: 3
Stated Purpose or Research Question	“On the basis of the aforementioned organizational and environmental factors, every individual in the health care field is at risk for development of burnout, but there is clearly a group of individuals who would benefit from early prioritization for assessment, evaluation, and intervention. This group consists of trauma surgeons, surgical critical care physicians, advanced practice providers, surgical residents, and emergency and critical care trauma nurses” (p. 345).
Author’s Conclusion	“The health care field is becoming increasingly complex with high-acuity patients and increased organizational demands. The urban academic trauma centers are at particular risk because of high acuity, unpredictability, and the general nature of the field. The increase in burnout among providers leads to reduced work productivity, decreased job satisfaction, increased turnover, and increased incidence of harm events to our patients. The role of the trauma leadership team is to be aware of the signs of burnout, provide education to their facilities, and implement standardized tools to assess and evaluate their team members, and provide effective mitigation strategies. The health and well-being of our frontline team members will predict the trauma centers’ viability, success, and safety of our patients” (p. 349).
Overall Relevance to your EBP Question	Overall Relevance of Article: Moderate Rationale: The study focuses on the challenges that health care providers in the healthcare field can experience and how to eliminate that, but it doesn’t really focus in on how the different approaches could be changed. Does a good job looking at the importance of keeping health care providers mentally and physically healthy to protect their patients, but not how they should work with their patients?
Overall Quality of Article	Overall Quality of Article: Good Rationale: Reputable journal. Published within the last 5 years