Toward a better understanding of the relationship between resilience and posttraumatic growth in New Orleans mental health responders working in a post hurricane Katrina environment

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There is some conceptual ambiguity between Resilience and Posttraumatic growth (PTG) in the professional literature, with some suggesting that PTG is a form of Resilience and others that PTG is a superior construct. This study aimed to provide further clarity by examining the relationship between Resilience and PTG in a group of New Orleans Mental Health Responders (N=219) personally and professionally exposed to Hurricane Katrina. Findings indicate that the correlation between Resilience and PTG is, as expected, positive and statistically significant albeit modest (r=.15, p=.024). When controlling for variables associated with Resilience and PTG respectively, Compassion Satisfaction has the greatest overlap. Primary/Secondary Shared Trauma, Posttraumatic Stress, and Compassion Fatigue exhibit moderately strong relationships to Resilience but rather weak relationships to PTG. Conversely, the two remaining control variables, Life Events and Shared Trauma/Professional Posttraumatic Growth, exhibit stronger relationships to PTG than to Resilience. These findings support the interrelationship of resilience and posttraumatic growth, but suggest that each have specific variables more associated with one than the other.

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Increased fractional amplitude of low-frequency fluctuations in cingulate cortex and postcentral gyrus of remitted patients with panic disorder

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The default brain activities in the treatment of panic disorder (PD) are not studied well. So this longitudinal study was designed to survey the accompanying changes of fractional amplitude of low-frequency fluctuations (fALFF) when panic disorder (PD) patients achieved remission within 6 weeks. Twenty-one patients were enrolled to finish the 6-week treatment of antidepressant with remission. They all received resting-state functional magnetic resonance imaging (RFMRI) scans at baseline and 6th week. In addition, twenty-one healthy controls were scanned twice within 6 weeks to exclude the inter-scan bias. The RFMRI images were analyzed by REST toolbox (resting-state functional MRI data analysis toolbox) to obtain the fALFF data of patients and controls at baseline and 6th week. The treatment-related effects and group-related effects were derived from the ANCOVA test of patients (at baseline and remitted status) and group differences between patients and controls. The treatment-related effects showed that increased fALFF in right middle cingulate cortex and left postcentral gyrus after remission in PD patients. The improvements of panic severity also correlated positively with the increases in fALFF of the right middle cingulate cortex. The residual fALFF group-related differences between remitted PD patients and controls were found in the occipital lobe and thalamus. The remission of PD would accompany with the increases in fALFF of cingulate-postcentral gyrus. The residual occipito-thalamic differences would still exist even after remission.

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