

טראומה משנית ובריאות

בזמני משבר

Secondary Traumatic Stress & Health During Times of Crisis

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כנס מכון הלאומי

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Trauma and Health

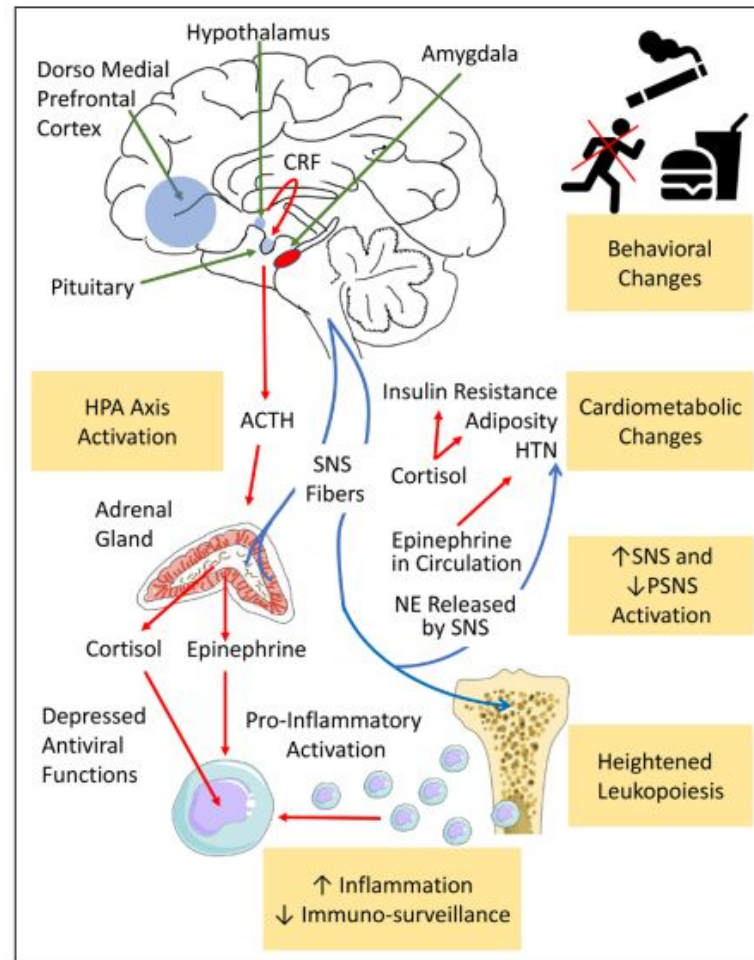


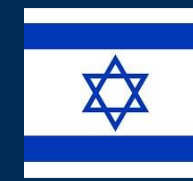
Figure 3. Physiological consequences of stress.

Chronic stress triggers several disease-promoting physiological changes, including hypothalamic-pituitary-adrenal (HPA) axis activation, behavioral and cardiometabolic changes, increased sympathetic nervous system (SNS) and decreased parasympathetic nervous system (PSNS) activity, heightened leukopoiesis, and immune dysregulation. ACTH indicates adrenocorticotropic hormone; CRF, corticotropin-releasing factor; HTN, hypertension; and NE, norepinephrine.

Source: Osborne et al. *Circ Cardiovasc Imaging*. 2020

- Primary Trauma
- Secondary Trauma

Secondary Traumatic Stress & Health



Objective: To assess the association between exposure to secondary trauma on October 7th & First 2 Weeks of War and health outcomes in the general Israeli adult population

Health Changes Since Oct 7th: Worse Physical Health, Worse Mental Health, Worse Sleep

Methods

Study Sample

- Internet panel survey of general Israeli population across Israel
- March-April 2024
- 1,139 men and women ages 18+
- March-April 2024
- Equally sampled across 3 age groups (18-34; 35-49, 50+)
- 3 geographic regions

Outcomes:

17% Worse Physical Health

34% Worse Mental Health

50% Worse Sleep

	n=1139	n(%)
Sex		
Male		573 (50.3)
Female		565 (49.6)
Ethnic/Religious		
Jewish non-Haredi		931 (81.7)
Druze		14 (1.2)
Jewish Haredi		104 (9.1)
Muslim/Christian/Other		90 (7.9)
Household Income		
<17,000 NIS		690 (61.6)
>=17,000 NIS		382 (34.1)
Refused		48 (4.3)
Direct/ Indirect Trauma		
Direct Violent		105 (9.2)
Indirect Violent		426 (37.5)
Displacement		102 (9.0)
Seek Shelter Frequently		195 (17.3)

Secondary Traumatic Stress

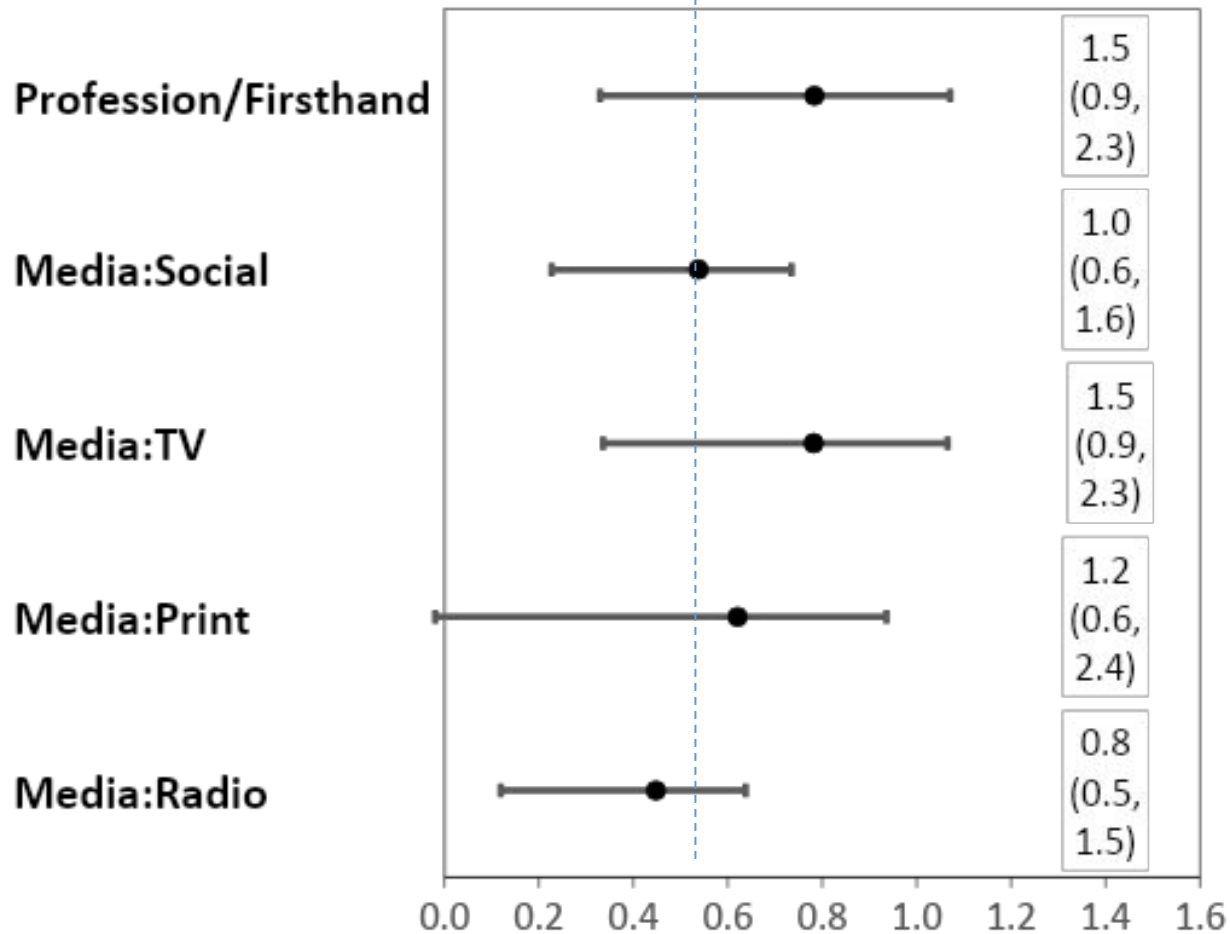
Source	High levels of exposure + graphic content, first 2 weeks of war	n(%)
Profession	>=5 hrs/day	48 (4.2%)
Firsthand Accounts	>=22 times	165 (14.5%)
Media		410 (36.0%)
Internet	>=6 hrs/day	181 (15.9%)
Social Media	>=6 hrs/day	187 (16.4%)
Television	>=8 hrs/day	195 (17.1%)
Newspaper	>=3 hrs/day	62 (5.4%)
Radio	>=4 hrs/day	132 (11.6%)

“Prof/First”
189 (16.6%)

“Social/New”
239 (21.0%)

Odds Ratio of Worse Physical Health Since Oct 7th

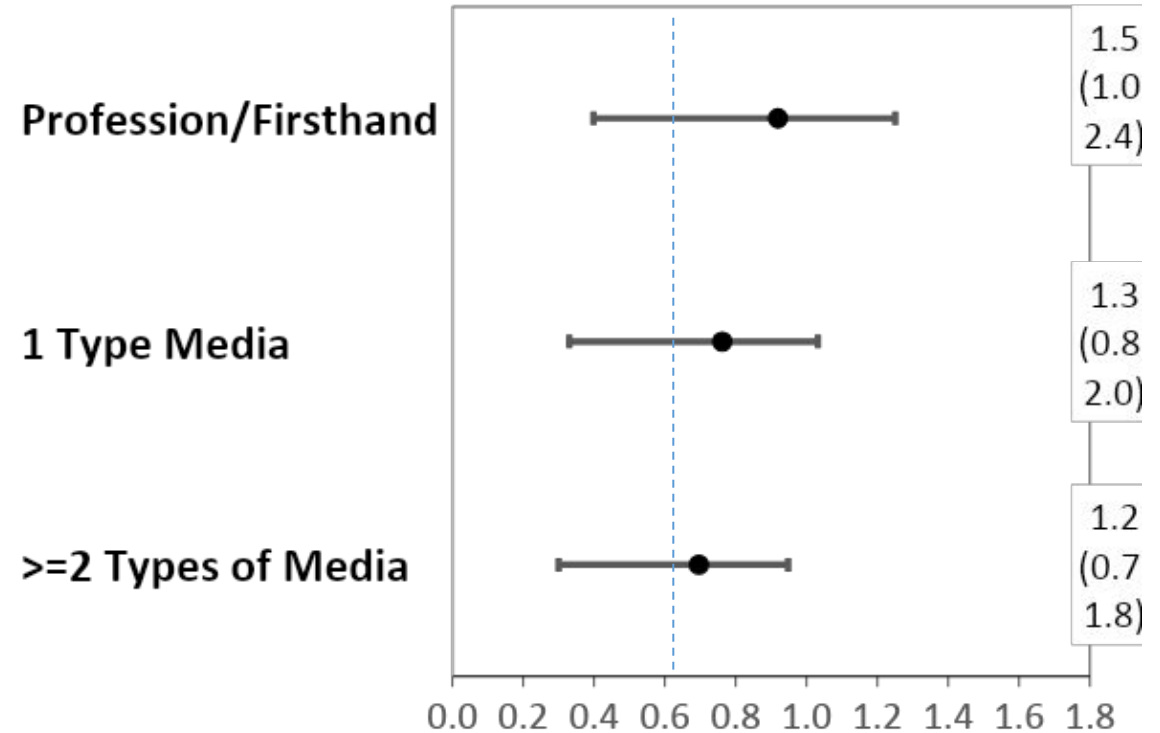
By Media Type



Age 50+: OR: 5.8; p<0.001

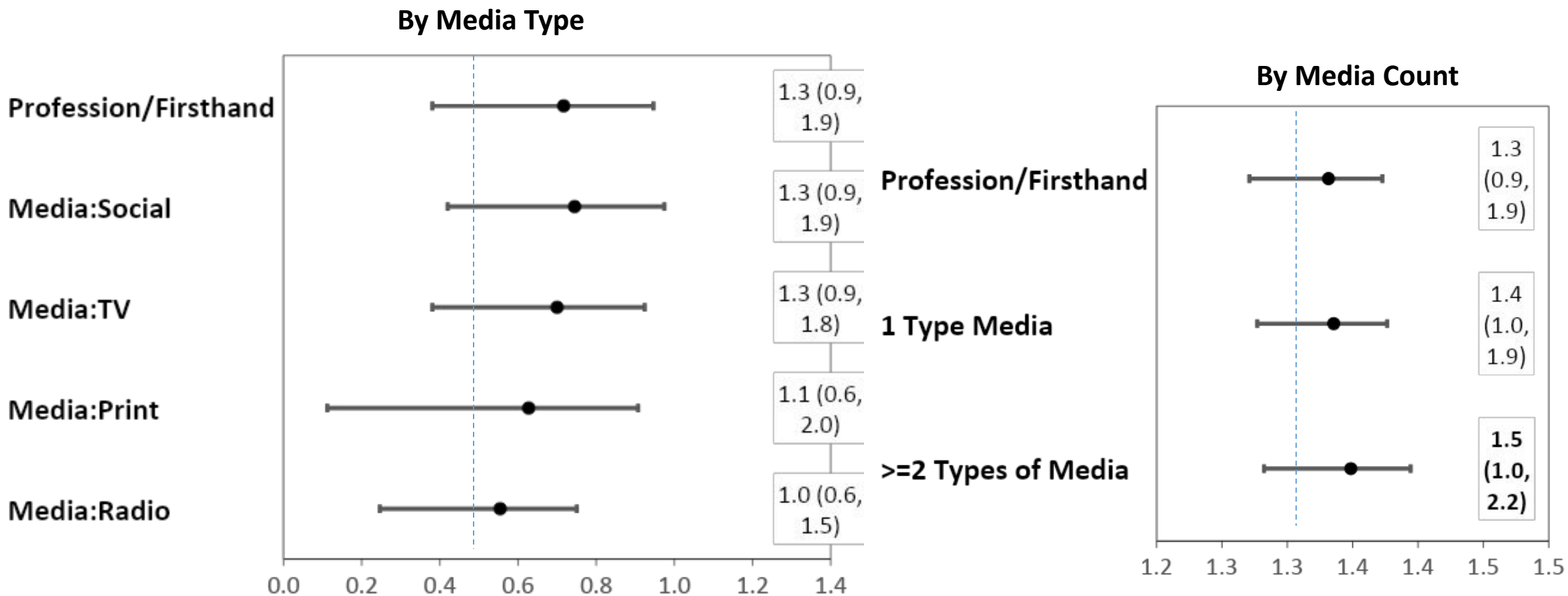


By Media Count



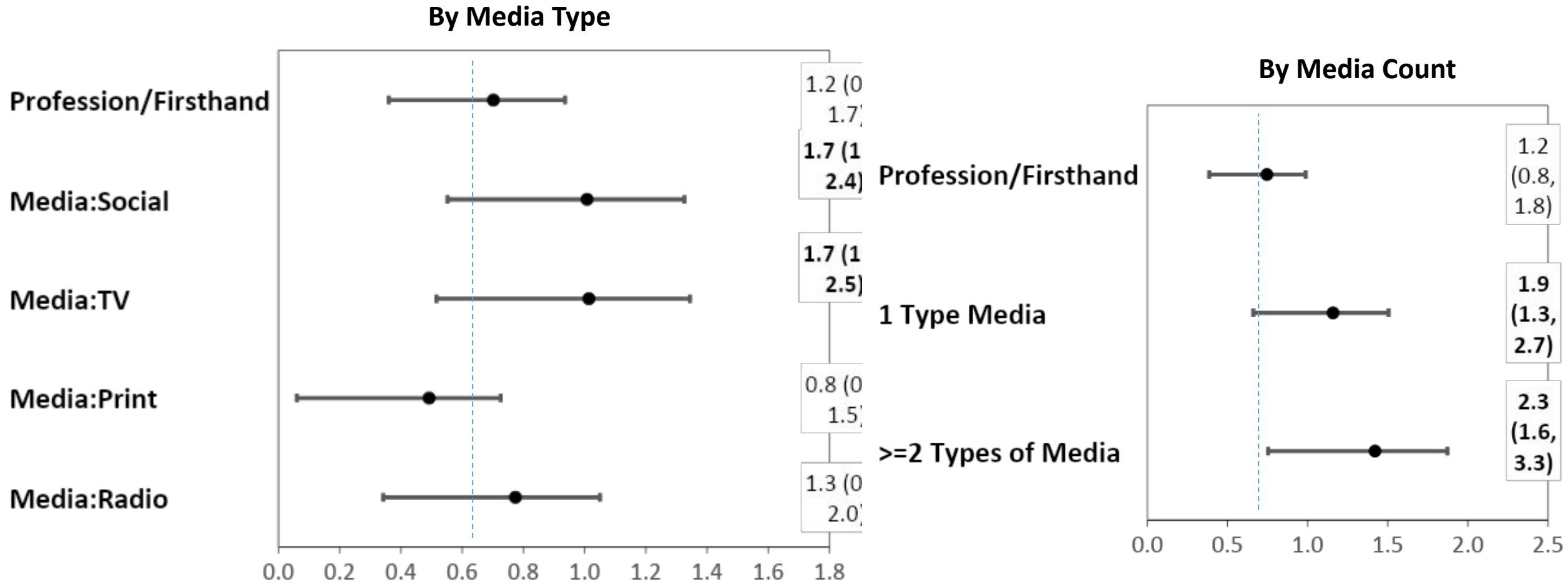
Models adjusted for: age, sex, immigration, ethnicity/religion, employment, education, income, peripheral geography, household size, marital status, chronic conditions, social support, social integration, resilience, volunteering, previous trauma, direct/indirect trauma

Odds Ratio of Worse Mental Health Since Oct 7th



Models adjusted for: age, sex, immigration, ethnicity/religion, employment, education, income, peripheral geography, household size, marital status, chronic conditions, social support, social integration, resilience, volunteering, previous trauma, direct/indirect trauma

Odds Ratio of Worse Sleep Since Oct 7th



Models adjusted for: age, sex, immigration, ethnicity/religion, employment, education, income, peripheral geography, household size, marital status, chronic conditions, social support, social integration, resilience, volunteering, previous trauma, direct/indirect trauma

Conclusions and Policy Implications

- Secondary traumatic stress (STS) and health outcomes
 - **Professional/Firsthand**: Suggestion of Worse Physical Health
 - **Media-Induced**:
 - Worse Mental Health: ≥ 2 types of media
 - Worse Sleep: new media (social and internet) and TV; ≥ 2 types of media

□ Not evidence of causality



- Re-visit professional training guidelines
- Coping mechanisms/awareness and media-induced trauma
- Guidelines for media exposure for all ages
- Sleep as important indicator of STS

Future Research

- “Chronic” secondary traumatic stress (beyond first 2 weeks)
- Longer term effects on health changes, PTSD
- Coping mechanisms
- Additional data regarding media type
- Younger age groups

Thank you

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Collaboration:

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ResWell Multi-National Resilience & Wellbeing Research Collaboration, *Tel Aviv University*

Exposure to Secondary Traumatic Stress and Changes in Health Since Oct 7 (unadjusted)

