

Alma Mater Studiorum Università di Bologna  
Archivio istituzionale della ricerca

Harnessing distress to boost growth in frontline healthcare workers during COVID-19 pandemic: the protective role of resilience, emotion regulation and social support

This is the final peer-reviewed author's accepted manuscript (postprint) of the following publication:

*Published Version:*

Fino E., Bonfrate I., Fino V., Bocus P., Russo P.M., Mazzetti M. (2023). Harnessing distress to boost growth in frontline healthcare workers during COVID-19 pandemic: the protective role of resilience, emotion regulation and social support. *PSYCHOLOGICAL MEDICINE*, 53(2), 600-602 [10.1017/S0033291721000519].

*Availability:*

This version is available at: <https://hdl.handle.net/11585/907568> since: 2024-08-08

*Published:*

DOI: <http://doi.org/10.1017/S0033291721000519>

*Terms of use:*

Some rights reserved. The terms and conditions for the reuse of this version of the manuscript are specified in the publishing policy. For all terms of use and more information see the publisher's website.

This item was downloaded from IRIS Università di Bologna (<https://cris.unibo.it/>).  
When citing, please refer to the published version.

(Article begins on next page)

# **Harnessing distress to potentiate growth in frontline healthcare workers during COVID-19 pandemic: The protective role of resilience, emotion regulation and social support.**

Edita Fino, PhD,<sup>1\*</sup> Ismaela Bonfrate<sup>2</sup>, Viola Fino, MD<sup>3</sup>, Paolo Bocus, MD<sup>3</sup>, Paolo Maria Russo, PhD<sup>1</sup>, Michela Mazzetti, PhD<sup>1</sup>

<sup>1</sup> Department of Experimental, Diagnostic and Specialty Medicine, Alma Mater Studiorum - University of Bologna, Via Giuseppe Massarenti 9, 40138, Bologna, Italy.

<sup>2</sup> School of Medicine and Surgery, Degree in Nursing Science, Alma Mater Studiorum - University of Bologna, Policlinico S.Orsola-Malpighi, Via Massarenti 9, 40138 Bologna, Italy.

<sup>3</sup> IRCCS Ospedale Sacro Cuore / don Calabria di Negrar, Via Don A. Sempreboni, 5, 37024, Verona, Italy.

*\* Author for correspondence:*

Edita Fino, PhD  
[edita.fino@unibo.it](mailto:edita.fino@unibo.it)

Word count: 1099

Figure: 1

Conflicts of interest: None

Funding: This research received no specific grant from any funding agency, commercial or not-for-profit sectors.

Dear Editor,

The current narrative on psychological wellbeing of frontline healthcare workers (HCWs) during the COVID-19 pandemic has been highly polarized by a predominant focus on distress: most studies have painted a picture of a fragile group with mental health needs that need prioritizing (Dutheil, Mondillon & Navel, 2020; Holmes, et al, 2020; García-Fernández et al., 2020; Romero et al., 2020), while a few others depict HCWs as resilient and endowed with super-hero abilities (Stokes-Parish, Elliott, Rolls, & Massey, 2020; Cui, Wang, Wang, Ping, Wang, Chen, 2020).

Such a one-sided approach is unfortunate and not only reinforces a biased view of frontline HCWs, but it also overlooks robust literature evidencing a positive relationship between stress and growth outcomes in adverse circumstances (Tedeschi, & Calhoun, 2004; Bonano, 2008). Experiencing adversity may trigger a plethora of processes which, while aimed to counteract negative effects of stress may also contribute to leveraging resources that allow the individual to not only maintain, but also exceed previous levels of normal functioning (phenomenon known by the term posttraumatic growth, Tedeschi, & Calhoun, 2004). Paradoxical as it may seem, above-normal level distress may be necessary for growth to occur, besides other intra-and interpersonal level factors, like the ability to see the silver lining (positive reappraisal) and to positively rebound in hardship situations (resilience), which have been associated with psychological wellbeing together with social support (Labrague, 2020; Schubert, Schmidt, & Rosner, 2016; Prati & Pietrantonio, 2009).

Yet, most COVID-19 studies have one-sidedly approached this issue leaving unexplored the relationship between pandemic related distress and posttraumatic growth in frontline HCWs. To close this gap we examined the relationship between posttraumatic stress and posttraumatic growth, while assessing the moderating role of resilience, emotion regulation and social support. We expected that high-level distress would be associated with posttraumatic growth in individuals with high resilience, high emotion regulation skills and high social support.

To test this hypothesis, between 15 to 30 May, 2020 we collected data from HCWs working in worst-hit regions of central-northern Italy using an online questionnaire spread through a

snowball sampling procedure. Posttraumatic stress was measured with the PTSD Checklist for DSM-5 (PCL-5, Weathers, Litz, Keane, Palmieri, Marx & Schnurr, 2013), a 20-items scale assessing PTSD symptoms (Avoid thinking about, talking about or having feelings about the stressful experience). Items were summed to provide a total severity score with a cut-off point 31-33 suggested to discriminate clinically relevant symptoms.

Posttraumatic growth was measured with the Posttraumatic Growth Inventory (PTGI; Tedeschi & Calhoun, 1996) which comprises 21-items evaluating different aspects of growth during adversity, like appreciating new possibilities (I established a new path for my life), social relationships (I have a greater sense of closeness with others), personal strength (I discovered that I'm stronger than I thought I was) and life more generally (I can better appreciate each day). Items were summed into a total score with higher values indicating higher PTG levels.

Resilience was measured with the Connor-Davidson Resilience Scale (CD-RISC\_10, Connor & Davidson, 2003), a 10-item scale based on an operational definition of resilience as the ability to “bounce back after illness or adversity”. Higher total scores indicate higher resilience.

Emotion regulation strategies were assessed with the Emotion Regulation Questionnaire (ERQ, Gross & John, 2003) which comprises 10-items assessing two commonly used strategies to modulate emotion: Cognitive Reappraisal (When I'm faced with a stressful situation, I make myself think about it in a way that helps me stay calm) and Expressive Suppression (When I am feeling negative emotions, I make sure not to express them). Responses were summed to yield two subscales with higher values indicating higher cognitive reappraisal or expressive suppression.

Social support was measured through 4 items adapted from the Multidimensional Scale of Perceived Social Support (MSPSS, Zimet, Dahlem, Zimet, Farley, 1988) assessing perceptions of support from Family (I get all the emotional support I need from my family); Friends (I have friends with whom I can share my joys and sorrows), a Significant Other (I have a special person who is a real source of comfort to me) and Colleagues (I get the emotional help I need from my colleagues at

work). Higher total scores indicate higher levels of support. The study received IRB approval and all participants provided informed consent.

Descriptive statistics and ANOVAs were computed on a total of 202 frontline nurses ( $n=139$ ) and doctors ( $n=63$ ) to characterize the sample and evaluate potential covariates. Female healthcare workers ( $n=155$ ) reported higher levels of posttraumatic stress compared to males ( $p=0.021$ ). No other significant differences emerged (see Supplementary Table 1).

To investigate the relationship between PTSD (independent variable) and PTG (dependent variable) under the influence of resilience, emotion regulation and social support (moderator variables), we performed a series of moderation analysis with 10,000 accelerated bootstrap sampling and bias-corrected confidence intervals, controlling for gender.

The moderating role of resilience was significant as indicated by the model ( $F_{3,198} = 15.591$ ,  $p < 0.0001$ ,  $R^2=0.21$ ) and the PTSD by resilience interaction ( $b = 0.032$ ,  $t(198)=3.11$ ,  $p=0.002$ ). As shown in Figure 1.a, high levels of resilience potentiated growth beyond mean ( $b = 0.479$ ,  $t(198)=5.01$ ,  $p<0.0001$ ) and clinically relevant levels of PTSD ( $b=0.701$ ,  $t(198)=5.30$ ,  $p<0.0001$ ), whereas no significant effects were found at low PTSD levels ( $b = 0.162$ ,  $t(198)=1.33$ ,  $p=0.184$ ).

The same analysis performed with emotion regulation yielded a significant model for cognitive reappraisal ( $F_{3,198} = 9.284$ ,  $p < 0.0001$ ,  $R^2=0.13$ ) as confirmed by the PTSD by cognitive reappraisal interaction ( $b=0.030$ ,  $t(198)=2.85$ ,  $p=0.005$ ). A higher tendency to positively reappraise events was associated with high levels of posttraumatic growth at mean ( $b=0.427$ ,  $t(198)=4.35$ ,  $p<0.0001$ ) and above-normal levels ( $b=0.639$ ,  $t(198)=4.781$ ,  $p<0.0001$ ). but not at low levels of PTSD ( $b = 0.109$ ,  $t(198)=0.81$ ,  $p = 0.401$ ). (Fig.1.b)

Lastly, the moderating role of social support was significant ( $F_{3,198} = 15.338$ ,  $p < 0.0001$ ,  $R^2 = 0.20$ ) as indicated by the interaction with PTSD ( $b = 0.061$ ,  $t(198)=2.76$ ,  $p=0.006$ ). HCWs benefiting from high social support experienced an increase in posttraumatic growth across low ( $b=0.239$ ,  $t(198)=2.02$ ,  $p=0.04$ ), mean ( $b=0.546$ ,  $t(198)=5.36$ ,  $p < 0.0001$ ) and above-normal levels of PTSD ( $b=0.730$ ,  $t(198)=5.16$ ,  $p < 0.0001$ ). (Fig.1.c)

Present findings bridge the currently dichotomous narrative on HCW psychological wellbeing by showing that pandemic related distress and growth are connected in a complex relationship that depends on intra and inter-personal factors. It follows that, in a pandemic context assessing and addressing HCWs mental health needs should be a priority without overlooking existing strengths. Given that above-normal level distress is to be expected it is crucial to find ways of harnessing the potential for growth and sustain HCWs wellbeing through adversity. Support strategies should target not just individual-level factors like resilience, and emotion regulation skills, but social support should be crucially enhanced across social and organizational settings.

## REFERENCES

- Connor, M.K., & Davidson, JRT (2003) Development of a new resilience scale The Connor-Davidson Resilience Scale (CD-RISC). *Depression and Anxiety*, 18:76-82.
- Cui PP, Wang PP, Wang K, Ping Z, Wang P, Chen C. (2020) Post-traumatic growth and influencing factors among frontline nurses fighting against COVID-19. *Occupational and Environmental Medicine*. oemed-2020-106540. doi: 10.1136/oemed-2020-106540.
- Bonanno, G.A. (2008). Loss, trauma, and human resilience: Have we underestimated the human capacity to thrive after extremely aversive events? *Psychological Trauma: Theory, Research, Practice, and Policy*, S(1), 101–113.
- Dutheil, F., Mondillon, L., & Navel, V. (2020). PTSD as the second tsunami of the SARS-Cov-2 pandemic. *Psychological Medicine*, 1-2. doi:10.1017/S0033291720001336
- García-Fernández L, Romero-Ferreiro V, López-Roldán PD, Padilla S, Calero-Sierra I, Monzó-García M, Pérez-Martín J, Rodríguez-Jimenez R (2020). Mental health impact of COVID-19 pandemic on Spanish healthcare workers. *Psychological Medicine* 1–3.  
<https://doi.org/10.1017/S0033291720002019>
- Gross, J.J., & John, O.P. (2003). Individual differences in two emotion regulation processes: Implications for affect, relationships, and well-being. *Journal of Personality and Social Psychology*, 85, 348–362.
- Holmes, E. A., O'Connor, R. C., Perry, V. H., Tracey, I., Wessely, S., Arseneault, L., Ballard, C., Christensen, H., Cohen-Silver, R., Everall, I., Ford, T., John, A., Kabir, T., King, K., Madan, I., Michie, S., Przybylski, A.K., Shafran, R., Sweeney, A., Worthman, C.M., Bullmore, E. (2020). Multidisciplinary research priorities for the COVID-19 pandemic: a call for action for mental health science. *The Lancet. Psychiatry*, 7(6), 547–560.
- Labrague, L.J (2020) Psychological resilience, coping behaviors, and social support among healthcare workers during the COVID-19 pandemic: a systematic review of quantitative studies. *BMJ Yale*. doi: <https://doi.org/10.1101/2020.11.05.20226415>

Prati, G & Pietrantonio, L. (2009) Optimism, Social Support, and Coping Strategies As Factors Contributing to Posttraumatic Growth: A Meta-Analysis, *Journal of Loss and Trauma*, 14:5, 364-388, DOI: 10.1080/15325020902724271

Romero, C. S., Catalá, J., Delgado, C., Ferrer, C., Errando, C., Iftimi, A., Benito, A., De Andres, J., & Otero, M. (2020). COVID-19 Psychological Impact in 3109 Healthcare workers in Spain: The PSIMCOV Group. *Psychological medicine*, 1–14. Advance online publication.

<https://doi.org/10.1017/S0033291720001671>

Schubert CF, Schmidt U, Rosner R. (2016) Posttraumatic Growth in Populations with Posttraumatic Stress Disorder-A Systematic Review on Growth-Related Psychological Constructs and Biological Variables. *Clinical Psychology and Psychotherapy* 23(6):469-486. doi: 10.1002/cpp.1985.

Stokes-Parish, J, Elliott, R, Rolls, K, & Massey, D. (2020) Angels and Heroes: The Unintended Consequence of the Hero Narrative. *Journal of Nursing Scholarship*; 0:0, 1–5. DOI:10.1111/jnu.12591.

Tedeschi, R.G., & Calhoun, L.G. (2004). Posttraumatic growth: Conceptual foundations and empirical evidence. *Psychological Inquiry*, 15, 1–18.

Tedeschi, R.G., & Calhoun, L.G. (1996) The Posttraumatic Growth Inventory: Measuring the positive legacy of trauma. *Journal of Traumatic Stress*, 9, 455-471.

Weathers, F.W., Litz, B.T., Keane, T.M., Palmieri, P.A., Marx, B.P., & Schnurr, P.P. (2013) The PTSD Checklist for *DSM-5* (PCL-5). Scale available from the National Center for PTSD at [www.ptsd.va.gov](http://www.ptsd.va.gov).

Zimet GD, Dahlem NW, Zimet SG, Farley GK. (1988) The Multidimensional Scale of Perceived Social Support. *Journal of Personality Assessment*; 52:30-41.