POSITIVE MENTAL HEALTH IN YOUNG ADULT FIRE AND EMERGENCY SERVICE PERSONNEL

KEY FINDINGS FACT SHEET - ONLINE SURVEY

DEMOGRAPHICS (N=192*)
*N is the number of participants

- NSW 41.6%
- VIC 21.4%
- SA 14.1%
- QLD 8.3%
- ACT 6.8%
- WA 3.6%
- Other 1%

Volunteer Service
- Fire & Rescue: 81.3%
- SES: 17.7%
- Other: 1%

Volunteering duration
- >5 years: 25%
- 3-5 years: 30%
- 1-2 years: 26%
- <1 year: 8%

Age
- 18-19: 40%
- 20-22: 22%
- 23-25: 18%
- 26-28: 5%

Gender
- Male: 55%
- Female: 45%

Zone
- Metro: 65%
- Regional / Rural: 35%

Mental Wellbeing (MHC-SF)
Almost half of the full sample were living in a bushfire affected area, and 75% of the full sample had an active volunteer role during the 2019/2020 bushfires.

Exposure-Impact-Support (N=192)
- 75% of those with an active role, 84% engaged in fighting fires, with the rest contributing to community support, admin, and wildlife rescue.
- 44% were living in a bushfire affected area.

EXPOSURE-Impact-Support
- Almost 3/4 of the full sample (72%) said the COVID-19 pandemic had a negative impact on their mental health, and 75% indicating considerable impacts on their volunteering role.

Supports accessed following bushfire and following COVID-19 (the % that found it moderately to extremely useful)
- Peer Support: 13.6% (56.1%)
- Online programs: 34.7% (87.3%)
- Employee Assistance Program: 6.8% (27.7%)

Debriefing (formal and informal)
- 70% found it moderately to extremely useful.

Mental Health Skills and Demographics
- Arranged with Mental Health and Wellbeing Outcome
- Associated with Mental Health Outcome

MENTAL HEALTH OUTCOMES (N=138)

Psychological Distress (K6)
- Scores ranged from 6 - 29
- Scores > 19 are indicative of risk for mental illness
- Average score of 14.8

Mental Health Skills
- Engaged Coping Style
- Self-Compassion
- Mindfulness
- Disengaged Coping Style
- Gender (female)
- Mindfulness

Predictors of Mental Health (N=138)

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