

What is known about this topic

- Optimal mental health is of paramount importance for healthcare providers.
- Numerous systematic reviews point to the need for interventions to foster resilience in nurses.
- The impact of these interventions remains doubtful in terms of magnitude and lasting duration.

SEARCH STRATEGY

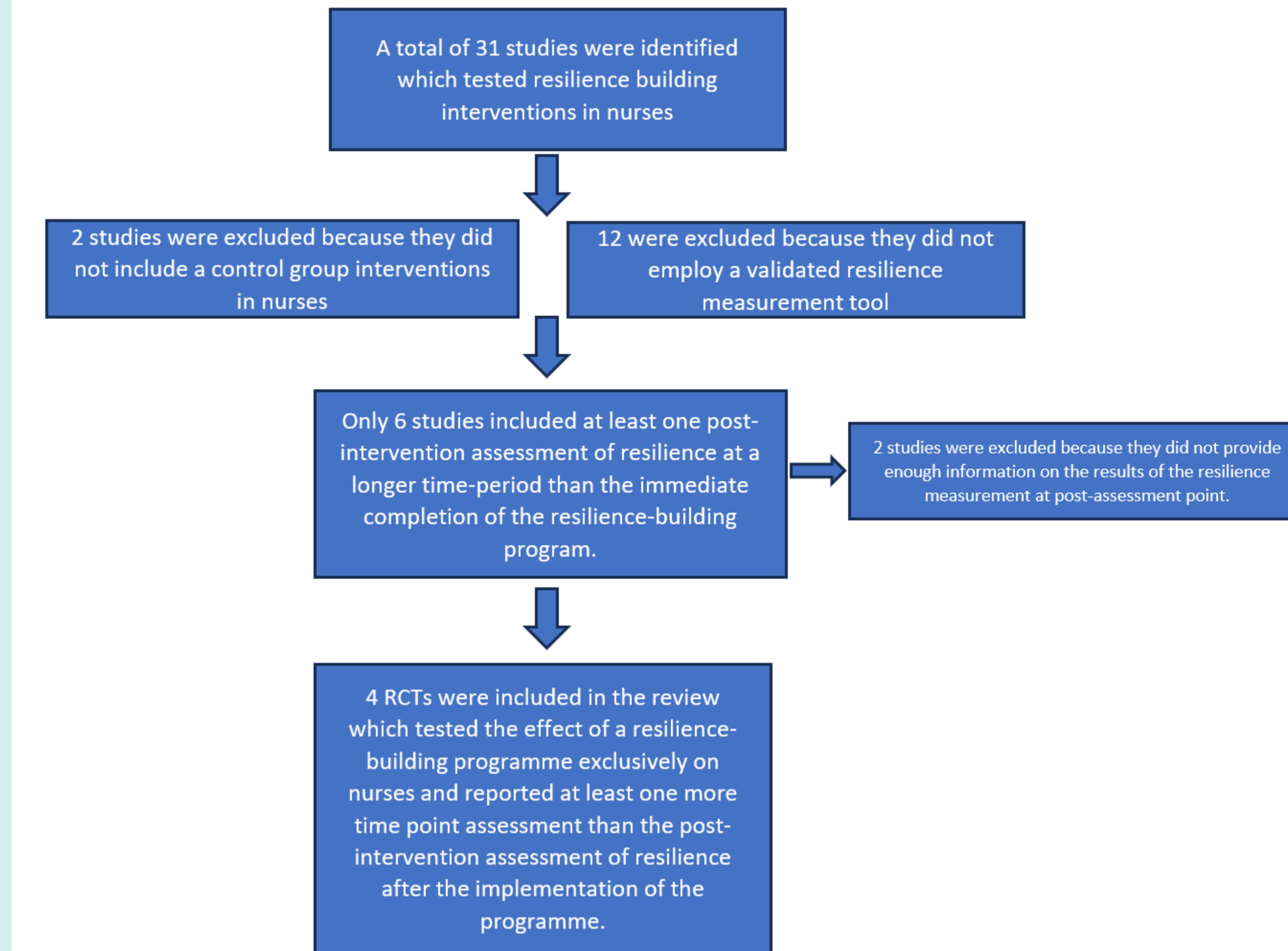
A systematic literature search between August and January of 2022 was conducted.

Key-terms/Databases: “Resilience/Psychological, Adaptation/Psychological, nurses, randomized controlled trial” in the EBSCOhost, MEDLINE ProQuest, Google Scholar, PubMed, and Scopus databases.

Inclusion Criteria: Randomised controlled trials (RCTs), English language, no chronological limitations, including at least two time point post-intervention for the assessment of resilience.

Exclusion Criteria: Studies that exclusively used well-being or mental-health outcomes as the main measure of resilience, use of a non-validated tool for the measure of resilience.

RESULTS



Theoretical Underpinnings and

Aim of the study

- New conceptual approaches suggest that resilience is best viewed as one possible **OUTCOME** of adaptation after acute severe or chronic stress exposure.
- What defines the outcome is the **INTERACTION** between characteristics of the individual and their environment (Kalish 2019).
- the **AIM** of the study was to review which interventions work towards resilience in the long term for nurses.

Risk of bias assessment of the included studies (Cochrane tool)

	Random sequence generation (selection bias)	Allocation concealment (selection bias)	Blinding of participants and personnel (performance bias)	Blinding of outcome assessment (detection bias)	Incomplete outcome data (attrition bias)	Selective reporting (reporting bias)
Chesak 2015	+	?	-	-	-	+
Bernburg 2019	+	?	-	-	+	+
Lin 2019	+	?	-	-	-	+
Grabbe 2020	?	?	-	-	-	+

- = High risk
 + = Low risk
 ? = Unclear risk

DISCUSSION

- We found that even when resilience-building interventions in healthcare professionals result in higher levels of resilience immediately after the end of the intervention, they appear to fail to improve well-being in the long term (similar to Kunzler et al., 2020, 2022).
- Lack of studies with assessments of individual risk for the development of mental disorders before and after serious stress exposure (Vanhove et al., 2016)
- Despite resilience being viewed as a process that unfolds over time (Galatzer-Levy, 2018) studies on nurses do not collect longitudinal data.

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References available upon request