

7th Annual Congress on **MENTAL HEALTH**

September 08, 2021 | Webinar

The Mediating role of Social support in negative Life Events and Alternative Trauma during COVID-19 and the difference of Alternative Trauma between the the General Public and Epidemic Medical Staff**Zi-Jin Ke***BS Hong Zhang, PhD P.R.China*

Statement of the Problem: This study aims to explore mediating role of social support between vicarious trauma and life events during the period of COVID-19 and compare the difference between the general public and anti-epidemic medical staff. Theoretical Orientation: 505 general public and 116 anti-epidemic medical staff were tested by vicarious trauma questionnaire, social support rating scale and life events scale. Findings: Women have higher alternative trauma scores ($P < 0.05$) and higher scores in utilization of support than men ($P < 0.05$). Alternative trauma of the general population is positively associated with negative life events ($r = 0.35$, $P < 0.001$), is negatively with social support ($r = -0.32$, $P < 0.001$). Social support is negatively with negative life events ($r = -0.27$, $P < 0.001$) and plays a 18.75% mediation role between negative life events and alternative trauma. Alternative trauma for anti-epidemic medical personnel is positively associated with negative life events ($r = 0.47$, $P < 0.001$) and is negatively associated with social support ($r = -0.21$, $P < 0.05$). Medical staff have less scores of alternative trauma ($P < 0.05$) than the general population ($P < 0.001$). The effect of social support on the general masses and anti-epidemic medical personnel is according to the main effect model ($P < 0.001$). Conclusion & Significance □ Negative life events have a general impact on the general public and anti-epidemic medical staff. When stressful events such as COVID-19 outbreak, individuals greatly affected by negative life events have stronger alternative trauma responses. Social support can alleviate the alternative trauma of the general public and anti-epidemic medical workers. The mechanism of social support of both groups is in line with the main effect model, which means social support has a generally beneficial effect on mental health, regardless of the degree of negative life events that individuals suffer from. Compared with the general people, anti-epidemic medical personnel have a lower degree of alternative trauma.

550793462@qq.com