

Study Descriptive Reality The Psychological Pressure Of Emergency Paramedics

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Abstract:

This study aims to describe the reality of psychological pressure experienced by emergency paramedics, highlighting its sources, manifestations, and potential effects on professional performance and well-being. Emergency paramedics are exposed to continuous high-stress situations due to the nature of their work, which involves dealing with critical injuries, life-threatening emergencies, time pressure, and direct contact with patients and their families under emotionally charged circumstances. These conditions make them one of the most vulnerable professional groups to psychological pressure, stress, and burnout. The study adopts a descriptive research methodology, relying on documented facts, scientific references, and findings from previous studies related to psychological pressure, occupational stress, and emergency medical services. Through reviewing and analyzing relevant literature, the research describes the current reality of psychological pressure among emergency paramedics without intervention or experimentation. The study focuses on identifying common psychological stressors such as workload intensity, shift work, exposure to traumatic events, lack of recovery time, and organizational challenges. Findings from previous studies indicate that prolonged psychological pressure can negatively affect paramedics' mental health, leading to anxiety, emotional exhaustion, reduced job satisfaction, and decreased quality of emergency care. The descriptive approach allows for a clear and systematic understanding of these pressures and their consequences within emergency settings. The study contributes to providing a comprehensive picture of the psychological pressures faced by emergency paramedics and emphasizes the importance of recognizing these challenges. It also highlights the need for institutional support, psychological assistance programs, and preventive strategies to reduce stress and enhance paramedics' resilience and professional effectiveness. This research serves as a foundational reference for future analytical or applied studies aimed at improving the psychological well-being of emergency medical personnel.

Keywords: Psychological Pressure, Emergency Paramedics, Occupational Stress, Emergency Medical Services, Mental Health.

- introduction

The paramedic profession is a vital one, bearing the responsibility of saving lives and providing immediate medical care in the most difficult circumstances. Paramedics work in a constantly stressful environment facing critical situations that require quick decisions under immense pressure and direct interaction with human pain and suffering. Furthermore, the nature of this profession involves frequent exposure to horrific accidents, disasters, and serious injuries. This makes emergency medical personnel particularly vulnerable

to psychological stress and occupational strain. This affects not only their mental and physical health, but can also be reflected in the quality of care they provide to patients. Therefore, studying this reality is of utmost importance to ensure the sustainability and effectiveness of this essential service. The study aims to explore and analyze the reality of the psychological stress experienced by emergency paramedics⁵

- the pressure Psychological in environment the job ambulance

is a complex and multifaceted phenomenon stemming primarily from the volatile and demanding nature of the job. Paramedics are constantly exposed to acute and unexpected situations that require an immediate and decisive response, and in most cases these situations are often accompanied by painful scenes and real human suffering, such as serious injuries and sudden deaths. Childhood accidents and this repeated and direct exposure to trauma create what is known as secondary traumatic stress, where the rescuer absorbs part of the pain of the victims and the injured, leading to emotional and cognitive depletion that accumulates over time. His ability to maintain psychological and professional balance is threatened, and the pressures associated with the emergency situation itself are compounded by structural and organizational pressures that exacerbate the problem. These pressures include long and irregular working hours. The shifts, which are known as rotations, disrupt the biological rhythm and sleep, and affect the paramedic's social and family life. The internal environment of the ambulance may also be a source of stress, as paramedics often work with a lack of resources, outdated or insufficient equipment, along with a feeling of inadequate administrative support or poor appreciation for their efforts and sacrifices. This discrepancy between the large work requirements and the available resources creates a state of chronic professional frustration for the paramedic, which is sometimes called job burnout^{6,7}

Consequently, the repercussions of this high psychological pressure in the emergency work environment appear on the paramedics themselves on several levels. On a physical level, they may suffer from insomnia, chronic headaches, and high blood pressure, or a weakened immune system. On a psychological and behavioral level, the effects manifest as increased anxiety, irritability, and social withdrawal. The development of symptoms of post-traumatic stress disorder. In severe cases, or resorting to unhealthy coping mechanisms such as increased tobacco or alcohol consumption, these symptoms not only affect the paramedic's quality of life but can also impair their ability to make sound decisions during critical interventions, thus threatening patient safety. Therefore, dealing with psychological stress in the ambulance work environment requires a comprehensive approach that focuses on intervention at three levels: individual intervention through the provision of psychological support, counseling, and stress management programs; organizational intervention by improving work schedules, providing sufficient resources, and ensuring a supportive and appreciative work culture; and preventive intervention by training paramedics on psychological resilience and sound coping skills before and during service. Recognizing that psychological stress is not an individual failure but rather a result of an exceptional work environment is the key to ensuring the health and continuity of this vital workforce on which society depends^{9,3}

- Challenges Psychology that He faces it paramedics Emergency

face a range of complex psychological challenges stemming from the profession, and one of the most prominent of these challenges is the continuous and repeated exposure to traumatic and painful events where. Seeing severe injuries and dealing with sudden deaths, especially those of children, leaves no time for the paramedic to address emotional trauma. However, he is forced to move directly to the next stage and this accumulation of traumas can lead to the development of post-traumatic stress disorder symptoms. Where the paramedic suffers from intrusive memories. Or nightmares or hypervigilance and anxiety. This hinders his daily life and ability to relax, and the emotional burden and moral strain are also among the challenges. Related to the responsibility of saving lives, the paramedic feels immense pressure to achieve perfect results in every case. If they fail to save a patient, even if the circumstances are beyond their control, they may suffer from feelings of guilt, self-blame, and helplessness, in addition to the challenge resulting from empathic stress. This is emotional exhaustion, which occurs as a result of repeatedly investing

emotionally in the suffering of others without having enough time to replenish emotional energy. This stress leads to emotional numbness And difficulty in feeling empathy for new cases as time goes on^{1,12}

In addition, on a professional and organizational level , the most prominent Challenges such as job burnout It is a state of physical, emotional, and mental exhaustion accompanied by feelings of pessimism and diminished personal achievement. This burnout often results from an imbalance between work demands and available resources. Paramedics work long hours and exhausting shifts without sufficient management support and may feel unappreciated or that their efforts are not adequately recognized by the organization ,or the public. This lack of appreciation and support increases their sense of professional isolation exacerbating the impact of internal and external pressures. The psychological challenge represents the most significant challenge in the social and professional stigma associated with seeking psychological help where Many paramedics are afraid to seek counseling or psychological treatment for fear of being seen as weak or unqualified to continue their work in the emergency field. This stigma leads them to suppress their feelings and deal with their stress in unhealthy ways, which exacerbates chronic psychological symptoms and increases the risk of developing problems such as chronic anxiety or depression, or resorting to negative coping mechanisms. The lack of a culture that supports mental health as an essential part of professional performance remains a major challenge to the paramedic's psychological well-being^{10,12}

- Factors Compressor Accompanying For work in Emergency

The stressors associated with the work of emergency paramedics are multi-faceted, with the most prominent being the stresses related to emergency situations Paramedics face shocking scenes on a daily basis , including serious injuries . Cases of severe bleeding , sudden deathsand dealing with victims of disasters and mass casualty incidents It is considered This direct and constant exposure to death and human suffering generates profound emotional and cognitive stress, especially when the situation requires making fateful decisions in mere seconds . The intense time pressure and fear of making fatal mistakes also represent a burden. A great deal of stress accompanies every task, as well as organizational and procedural pressures that increase professional exhaustion, as ambulance work is characterized by long and irregular working hours that depend on the system of shifts and rotations, including night shifts and weekends which leads to a disruption in the sleep pattern and the balance of personal and professional life In addition to that, sometimes there is a feeling of a lack of resources, whether advanced medical equipment or a sufficient number of personnel, which forces the paramedic to work under pressure to accomplish multiple tasks with limited resources . Also, complex administrative procedures and bureaucracy may also constitute an obstacle and additional pressure in an environment that requires speed and ease^{10,3}

constitutes a third source of stress for the paramedic. Often, paramedics work in harsh environmental conditions such as extreme heat or extreme cold, or in dangerous and unsafe areas such as crowded accident sites or places that may witness violence. In addition, the paramedic sometimes faces negative interaction with the public or the families of the injured including unfair criticism or exposure to verbal and physical violence by people in a state of panic or anger. This lack of appreciation or exposure to mistreatment exacerbates their feelings of professional frustration. Internal professional pressures related to the paramedic's career path and continuous development also stand out. This includes the pressure of the constant need to train and keep up with the latest medical technologies and procedures with little time allocated for this. The challenge related to the relationship with colleagues and management may also be a source of stress , especially if there are internal conflicts or a lack of support among team members, or poor communication with hospitals and other healthcare providers. The feeling of isolation or lack of social support within the work environment makes the paramedic more susceptible to job burnout and mental illnesses^{8,3}

- Antiquities Psychology For work Field on paramedics Emergency

Continuous and intensive fieldwork in an emergency environment leaves deep and multifaceted psychological effects on paramedics , which The most prominent of these is the risk of developing trauma-

related disorders where Repeated exposure to death, serious injuries , and critical moments requiring life-saving intervention under immense pressure This leads to an accumulation of traumatic stress , and this accumulation significantly increases the likelihood of developing symptoms of post-traumatic stress disorder The paramedic may experience flashbacks of traumatic events , hypervigilance, or an attempt to avoid anything that reminds them of the trauma. These symptoms are not limited to the work period but extend to affect their personal lives and family and social relationships. Therefore, burnout syndrome is also a common psychological effect among emergency medical personnel Emotional stress, where job burnout stems from the continuous depletion of emotional energy resulting from dealing with successive emergencies, long working hours, and a feeling of unappreciated or inadequate resources, manifests in three main dimensions : extreme emotional exhaustion, emotional numbness, or detachment from .situations Feeling of low personal achievement This burnout leads to the paramedic losing his passion for the job and a sharp drop in motivation and performance levels, which may lead him to consider leaving the profession^{8,3}

affects the overall mental health of paramedics, increasing rates of anxiety and depression. The stressful environment and unpredictable situations contribute to raising levels of chronic anxiety as the paramedic remains in a constant state of alert even outside of working hours. Guilt towards cases he was unable to save or frustration with organizational challenges also contribute to this feeling. It also contributes to the emergence of depressive symptoms such as persistent sadness , loss of interest in usual activities, sleep disturbances, and loss of appetite Unfortunately , these disturbances may drive some to resort to negative ,and dangerous coping mechanisms such as increased alcohol or other substance abuse. Furthermore engaging in the challenging field work environment impacts the personal and social relationships of paramedics A paramedic may find it difficult to communicate with family members or friends about what they face at work due to the confidential nature of the situations. The shocking and indescribable experience leads to feelings of social isolation Mood changes resulting from psychological stress, such as irritability or withdrawal, can also occur. This leads to tension in his relationships in some cases . Extreme stress can lead to a decline in self-image and self-esteem, especially when he feels professionally unsuccessful or powerless in the face of the scale of human suffering he constantly witnesses^{4,6}

- pressures Daily in profession ambulance Emergency

.stem primarily from the constant and sudden demand for rapid response The paramedic never knows the nature or severity of the next call, creating a state of hypervigilance and expected anxiety throughout the shift, as field work requires an immediate transition from a state of relative calm to the highest levels of concentration and physical and mental exertion. This often takes place in challenging traffic and environmental conditions, and this extreme and constant contrast between calm and chaos strains the nervous system and depletes the paramedic's mental and physical energy reserves daily. Furthermore, the ,pressure of dealing with a disorganized and changing work environment Unlike a hospital environment paramedics work in emergency and unfamiliar environments where they are often the first responders facing chaos at the scene of an accident. This includes dealing with frightened or angry members of the public or anxious family members, and working in confined, unsafe , or unlit spaces. Daily pressure also includes procedural burdens. This involves the need for accurate and rapid documentation of all details of the case after the completion of the medical intervention, which consumes valuable time and reduces the short rest periods available between calls^{5,2}

widespread daily pressures also include challenges related to scheduling and internal workflow where Paramedics suffer from working long and exhausting shifts that can last 12 or 24 hours. Which regularly disrupts the natural sleep pattern and leads to chronic physical fatigue In addition, the lack of unexpected rest periods is a daily stress, as they can be called to any case at any moment, preventing them from having a proper meal or sufficient mental rest. This accumulated fatigue reduces their ability to cope psychologically and increases the probability of daily errors. This is in addition to the essential daily stress in the emotional and moral burden carried by the paramedic. Almost every workday brings with it the

vision of human suffering and dealing with cases that may not have a positive outcome. This imposes emotional pressures through the need to maintain professionalism and emotional calm in front of the patient and the public, while inside they are dealing with the psychological stress of painful scenes or a case that their efforts did not succeed in saving. This separation between internal emotion and professional requirements creates daily tension that leads to chronic psychological depletion in the long term^{5,6}

- the condition Psychology paramedics Emergency during performance the job

The psychological state of emergency paramedics during field work is characterized by a state of high alert and hypervigilance. Upon receiving the emergency call, the paramedic enters a state of intense focus. The paramedic must quickly assess the situation and surrounding environment, identify risks, and recall complex medical procedures under time pressure. This situation demands intensive activation of executive cognitive functions such as rapid decision-making and immediate problem-solving, while maintaining a calm and controlled appearance in front of the patient and the public. Therefore, the paramedic is in a state of constant internal tension and physiological stress due to the release of stress hormones such as adrenaline and cortisol. This leads to an increased heart rate and heightened senses, in addition to the factor of emotional and professional detachment. To maintain the ability to function effectively in the face of pain suffering, and death, medics develop a defense mechanism of temporarily separating their personal feelings from the demands of the situation. This separation is essential to ensure that medical judgments are based on logic and training, not emotion. This emotional detachment does not mean the absence of stress, but it poses a psychological challenge in itself as the paramedic must suppress his natural emotional reactions to the shocking scenes, leading to an internal accumulation of emotional tension whose treatment is postponed until after the mission is over^{3,2}

.Often, the paramedic's psychological state is severely affected by the factors of control and responsibility. The paramedic feels an immense responsibility towards the patient's life, while simultaneously facing clear limitations in controlling events, especially in chaotic field environments or when injuries are very severe. This discrepancy between the feeling of absolute responsibility for rescue and the inability to fully control external factors or the severity of the injury creates a state of anxiety and over-performance in an attempt to compensate. If their efforts are unsuccessful, these feelings turn into professional frustration and guilt, a psychological burden that the paramedic carries with them even after the case is over. Just as after the mission is complete, the paramedic's psychological state does not return to normal immediately, as they go through a period of stress relief. This is when the body and mind begin to process what happened. This stage may involve mixed feelings of relief upon successful completion of the mission or frustration and sadness upon failure. The rescuer may also experience mental rumination. He relives the details of the situation repeatedly in an attempt to assess performance or determine what could have been done better. Moving quickly to another task without enough time to relieve stress and process emotions prevents a return to a balanced psychological state and contributes to the gradual accumulation of chronic stress^{8,12}

- Balance Psychological and professional paramedics Emergency

Achieving psychological and professional balance for emergency medical personnel is a difficult challenge due to the urgent and demanding nature of their profession, as this balance involves the ability to consciously separate work demands from personal life. The paramedic needs to develop mechanisms that allow him to disconnect from work while on duty, i.e., to stop dwelling on the traumatic details of cases or administrative pressures once the shift is over. This requires establishing clear psychological boundaries where time and space are allocated for rest socializing, and recreational activities that help replenish the emotional and cognitive energy depleted daily in the field. Organizational support is therefore a crucial factor in achieving career balance. A paramedic cannot achieve this balance alone; it requires institutional intervention to ensure a healthy work environment. This includes establishing fairer work schedules that allow for adequate rest periods between long and exhausting shifts, providing regular and confidential mental health support programs, and offering specialized psychological counseling services to address trauma. When the organization appreciates the paramedic's efforts and provides him with material and

,moral support, his feelings of job burnout decrease and his sense of control over his feelings, emotions and life in general increases^{9,10}

On an individual level , psychological and professional balance depends on adopting effective self-care strategies and psychological resilience The paramedic must prioritize activities that nourish their physical and mental health, such as regular exercise, a balanced diet, and ensuring quality sleep. Especially after night shifts, building strong social support networks outside of work, whether with family, friends, or trusted colleagues, helps in sharing feelings and pressures in a healthy way, preventing isolation and reducing the accumulation of psychological stress Therefore, psychological and professional balance does not mean the absence of stress , but rather managing this stress effectively to ensure continuity It is about being able to identify the early signs of burnout or emotional stress and seek professional help without fear of stigma. A paramedic who achieves balance can be more effective and empathetic in performing their job because they have enough emotional stock to offer. The success of paramedics in maintaining this balance is reflected positively in the quality of emergency medical care provided to the community¹¹

- Support Psychological in Institutions ambulance

Psychological support in emergency services is a key element in ensuring the sustainability and effectiveness of staff and should be integrated into the organizational structure of the work, not just a passing initiative where This support begins with the creation of formal programs for managing critical incident stress Where debriefing or review sessions are provided Organized after major traumatic incidents or impactful deaths , these sessions aim to help paramedics process traumatic events in a safe and supportive environment and prevent acute stress from developing into chronic psychological disorders such as post-traumatic stress disorder (PTSD) Emergency medical services should also include confidential counseling and psychological therapy services available 24/7 This element is important because it removes .the fear barrier of stigma or professional repercussions that might prevent a paramedic from seeking help These services should also be provided by occupational mental health professionals who have a deep understanding of the nature of emergency work and the associated traumatic stress. Support should also extend to educational programs and workshops that focus on developing coping skills, psychological resilience, and chronic stress management techniques such as mindfulness to enable the paramedic to deal proactively with daily stressors^{9,6}

.In addition, institutions should promote a culture of peer support and supportive leadership Providing emotional and moral support to colleagues by trained paramedics is highly effective because it breaks down barriers of isolation and encourages open communication. Administrative leadership also plays a vital role leaders must demonstrate empathy, openly acknowledge the pressures paramedics face, and work to ; improve working conditions, such as reducing stressful shifts and providing adequate resources. This sends a clear message that the mental health of paramedics is a priority for the organization. Institutional .psychological support focuses on ongoing monitoring and assessment of psychological risks where Periodic and confidential surveys and studies should be conducted to assess levels of job burnout and .psychological stress among paramedics to identify at-risk individuals before their condition worsens Effective psychological support also includes clear procedures for dealing with mental health-related sick leave in a supportive and non-discriminatory manner. The ultimate goal is to create a work environment that recognizes that maintaining the mental well-being of the paramedic is not just a luxury but a basic operational requirement that ensures the continuity and quality of service^{9,7}

Methodology

The study uses the descriptive methodology, which is based on collecting information from scientific references, official reports, and previous studies. This approach aims to describe and analyze the existing reality of psychological pressure among emergency paramedics as it occurs in practice, without manipulating variables, in order to provide an objective and accurate depiction of the phenomenon.

- Results Recommendations

Results

- The results showed that a large proportion of emergency medical personnel suffer from high to moderate levels of chronic occupational stress compared to workers in other non-field healthcare sectors
- The results showed that a significant percentage of paramedics exhibit early or advanced symptoms of post-traumatic stress disorder. As a result of repeated and direct exposure to horrific accidents and sudden deaths
- The study explained that the pressures associated with the nature of emergency situations Dealing with cases of child deaths or failing to save a life is the most psychologically impactful. For paramedics, this is followed by pressures of responsibility and quick decision-making
- The study explained that long and irregular working hours and shifts Insufficient rest periods and a lack of resources or logistical support are major daily stressors that contribute to the exacerbation of chronic stress
- The study explained that there is a link between high psychological stress and increased rates of chronic anxiety, sleep disorders, insomnia, and the development of depression among paramedics
- The study found a negative correlation between high levels of job burnout and quality of field performance, as well as high rates of absenteeism And considering leaving the profession
- ,The results showed difficulty in achieving psychological and professional balance. For paramedics this is due to the exhausting nature of the work and the lack of clear boundaries between work and private life
- The study emphasized the need to provide confidential institutional psychological support programs. It is specialized, as most paramedics reported that they do not receive support. My mental state is sufficient or official after exposure to major accidents and disasters

Recommendations

- should be established that are available around the clock and supervised by specialists with experience in occupational trauma stress in the ambulance sector
- Organized debriefing sessions should be conducted After major traumatic events or significant deaths, to ensure immediate treatment of the trauma and prevent it from turning into a chronic disorder
- should be trained to provide initial emotional support to their colleagues, breaking down the stigma barrier and providing a reliable internal support channel
- need to be reviewed to ensure adequate and regular rest periods and to reduce long and intensive or 24-hour shifts. To minimize emotional and physical exhaustion as much as possible 12
- It must be ensured that paramedics are provided with modern and appropriate medical equipment and supplies, and that there are a sufficient number of personnel in the teams to reduce individual operational pressure
- should be included in curricula and daily practice Stress management Mindfulness .
- It is essential to educate paramedics on the importance of maintaining psychological and .professional balance and to encourage the adoption of healthy lifestyles such as regular exercise And good sleep
- must be put in place to protect paramedics from verbal and physical violence from the public and the families of the injured, and to provide immediate legal and psychological support in the event of an attack

Summary

The study aimed to identify level the pressure Psychological that He suffers From him paramedics Emergency in body Al-Hilal red Saudi Analysis Factors Professional and environmental that Contributes in to lift levels tension during performance Tasks Fieldwork

And I have shown results the study that rate large from paramedics They suffer from levels High to Medium from the pressure Psychological especially Those Those They work in cities The density Population High or in points ambulance Nearby from Roads The rapid and it has become clear that more sources the pressure Commonality is represented in density Reports and difficulty some Cases Medical Psychology and scenes Accidents bloody frequent and that to side loss Support Psychological institutional and absence Programs Guidance Professional Regular as Confirmed Results that to rise levels tension Reflected negatively on accuracy Taking decision Field and speed The response from summons development Programs training and support myself Periodic and the study concluded To the recommendations Which calls to Integration Programs health Psychology Professional within structure body Al-Hilal red and activation Support My colleagues and supervision Psychological Continuous To ensure safety staff Quality Services ambulance the introduction For the community

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