

respond to the unique pace and culturally distinct factors influencing this disaster.

Methods: A non-probability sample of 273 farmers was identified and surveyed in 2007. The survey included standardized assessments of health status: the Brief Patient Health Questionnaire (Brief PHQ), the Short Form (SF)-36 Health Survey, the Psychological Stress Measure, and the Medical Outcomes Study (MOS) Social Support Survey.

Results: Sixty (23.3%, 95% CI 18.1 – 28.4) of the 258 respondents who provided Brief PHQ ratings exceeded the traditional cut-point of 10+ on the scale indicating presence of depression. As many men as women reported depression. An inverse relationship between financial comfort scores and depression was highly significant. Depression was significantly related to poor health status and to a decline in health in the last year. In linear regression, poor financial comfort, poor health status, and a decline in health in the last year were related to higher rates of depression even when age and sex were controlled.

Conclusion: The results support the contention that a major disaster was created for farmers by the BSE outbreak and that it had long-term mental health consequences. These results also highlight the need for disaster management building on resilience and tailored to the unique needs of this population.

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Understanding the Psychological Impacts of Disasters on First Responders and Health Care Professionals in Magway, Myanmar

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Study/Objective: To determine the psychological impacts of disasters on first responders and health care professionals in Magway, Myanmar.

Background: According to the UN Risk Model, Myanmar ranks as the “most at-risk” country for natural disasters. Past events, including Cyclone Komen of 2015, have resulted in progress in disaster management, processes, and law. They have also resulted in recommendations, including strengthening coordination, engaging in disaster response drills, and enhancing communication. While the number of victims and survivors of

disasters have been well recorded by local clinics, a lack of evidence remains surrounding the psychological impacts of disasters on first responders and health care professionals in Myanmar.

Methods: An epidemiological study was conducted in July 2016 using a written survey in the local Burmese Language with 119 items that assessed demographics, type of disaster response, and psychological status. A total of 234 participants, 48 (21%) health care professionals, 45 (19%) firefighters, and 141 (60%) disaster volunteers, completed the survey. 160 were male, 73 were female, and the average age was 33 years. The data were organized using Excel and analyzed using SPSS and the Depression, Anxiety, and Stress Scale.

Results: The psychological health of first responders in Magway was determined as follows: no depression (18%), no anxiety (19%), no stress (48%), mild depression (10%), mild anxiety (4%), mild stress (15%), moderate depression (15%), moderate anxiety (16%), moderate stress (16%), severe depression (22%), severe anxiety (14%), severe stress (16%), extremely severe depression (29%), extremely severe anxiety (48%), and extremely severe stress (5%).

Conclusion: The psychological health status of disaster responders in Magway, Myanmar include high incidences of depression, anxiety, and stress. Further studies are needed to explore the causation and potential interventions to improve the psychological well being of disaster responders in Myanmar.

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Enhancing Community Resilience during Emergencies by Building Organizational Resilience in Routine Times

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Study/Objective: To examine the influence of support groups utilizing an integrative model of coping and resiliency (BASIC-PH) on the resilience of senior decision makers. To help the participants develop coping mechanisms for daily stressors and extreme situations, in order to enhance their personal and organizational resilience.

Background: The impact of resilient organizations on community resilience during emergencies has been established. Organizations provide social, occupational and economic frameworks for community members. Senior decision makers play an essential role in society while being exposed to extreme pressure, loneliness and conflicts. Management of their day-to-day challenges and extreme scenarios can benefit from improving their coping strategies.

Methods: A program was devised to strengthen the preparedness of the participants by developing and enhancing their stress coping skills. The BASIC PH resilience model, which was developed in Israel and has been in use for 35 years in various types of organizations, was applied to four support groups of senior decision makers routinely experiencing high