

Research Participants Needed

Anchor in the Shifting Tides: An Interpretive Phenomenological Study of Paramedic Resilience and Worldviews

- Are you a paramedic with more than 5 years of experience?
- Have you maintained positive psychological well-being or experienced personal growth, despite the emotional and psychological demands of your work?

Note: For this study, positive psychological well-being is defined as not having experienced any negative effects (for example, time away from work or therapy was required, to recover from situations related to your role as a paramedic), or only experienced short-term temporary negative effects (for example, your distress resolved quickly through use of coping strategies that may have included peer, social, or spiritual support), or may have even experienced personal growth.

If you answered **yes** to both questions listed above, you may be eligible to participate in a research study.

Purpose

The purpose of this research study is to explore the experiences of paramedics who have maintained positive psychological well-being despite the emotional and psychological demands of their work. This study focuses on how narrative identity, spirituality, worldviews, and social connections influence resilience and personal growth.

Participants will be asked to do the following:

- Participate in a one-on-one, virtual (Zoom) recorded interview (approximately 90 minutes) to describe your experience as a paramedic.
- Bring and discuss any artistic expressions of your experience, such as art, poetry, diaries, blogs, etc., that you might have.
- Write a couple of paragraphs describing the life experiences that influenced your decision to pursue a career in paramedicine and submit by email prior to the next step (approximately 30 min.).
- Participate in a follow-up one-on-one, virtual (Zoom) recorded interview (approximately 30 minutes) to validate that transcript and narrative prompt excerpts accurately represent your experiences.

Names and other identifying information will be requested as part of this study, but participant identities will not be disclosed. A consent document is provided as part of the registration form.

Upon completion of both interviews and submission of the written narrative, regardless of whether artifacts are included, Canadian participants will receive a C\$30 Tim Hortons gift card. Participants who withdraw at any time after the first interview, regardless of whether artifacts are included, will receive a C\$15 gift card. American or international participants will receive Amazon gift cards equivalent in value (approximately \$21USD/€20 for full participation or approximately \$10.50USD/€10 for partial participation, but this is subject to change based on exchange rates).

David Wolff, a doctoral candidate in the Department of Community Care and Counseling, School of Behavioral Sciences, at Liberty University, is conducting this study.

For more information or to participate, please scan the QR code, go to <https://forms.office.com/r/DU2BX4wAtJ>, complete the contact and consent form, or contact the researcher at dwolff@liberty.edu or 705-690-1675.

