



BACKGROUND

Social support and self-efficacy are important resources in dealing with various types of demanding and challenging situations, including work-related stressors and traumatic events (Bandura & Benight, 2004, Kaniasty & Norris, 1996, Luszczynska & Cieslak, 2005). In this study we test the role of social support and self-efficacy **in the context of secondary traumatic stress and posttraumatic growth** in group of professionals working with people suffering from trauma.

Although social support and self-efficacy independently play an important role in predicting health-related outcomes, the relationship between these two resources needs to be more deeply investigated. For example, **social support may enable self-efficacy** and in that way indirectly influence health and well-being (see enabling hypothesis; Schwarzer & Knoll, 2007).

WHAT WE TESTED?

Study aimed at testing:

- (1) Whether social support and self-efficacy mediate the impact of secondary traumatic stress on posttraumatic growth,
- (2) If social support's effect on posttraumatic growth is mediated by self-efficacy beliefs and whether this effect is moderated by secondary traumatic stress.

METHOD

Inclusion criteria

- Indirect exposure to trauma through work (being employed as a first responder, social worker, fire fighter, nurse or paramedic)
- Working with trauma victims ≥ 1 year
- Age ≥ 18 years

Participants

- $N = 192$
- Mean age: 35 ($SD = 8,02$)
- Mean work experience: 13 years ($SD = 9,35$)

Measures

- *Multidimensional Scale of Perceived Social Support* (Zimet et al., 1988): 12 items, scale from 1 to 7, $\alpha = .96$.
- *Secondary Trauma Self-Efficacy Scale*: developed from a trauma self-efficacy measure (Benight et al., 2004), 9 items, $\alpha = .92$.
- *Secondary Traumatic Stress Scale* (Bride et al., 2004): 17 items, $\alpha = .91$.
- *Posttraumatic Growth Inventory – Short Form* (Cann et al., 2010): 10 items, $\alpha = .92$

Procedures

- Internet survey
- 3 month gap between Time 1 and Time 2 assessments

RESULTS

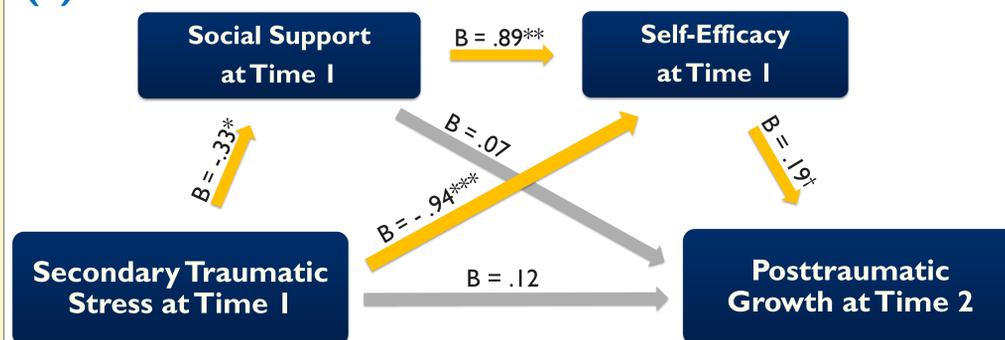
Table 1.
Descriptive Statistics

Variable	M	SD	1	2	3
1. Social Support	4.94	1.55	-		
2. Self-Efficacy	5.21	0.97	.25**	-	
3. Secondary Traumatic Stress	2.34	0.68	-.17**	-.65**	-
4. Posttraumatic Growth	3.00	0.99	.13	.15*	-.05

Note. * $p < .05$, ** $p < .01$.

RESULTS

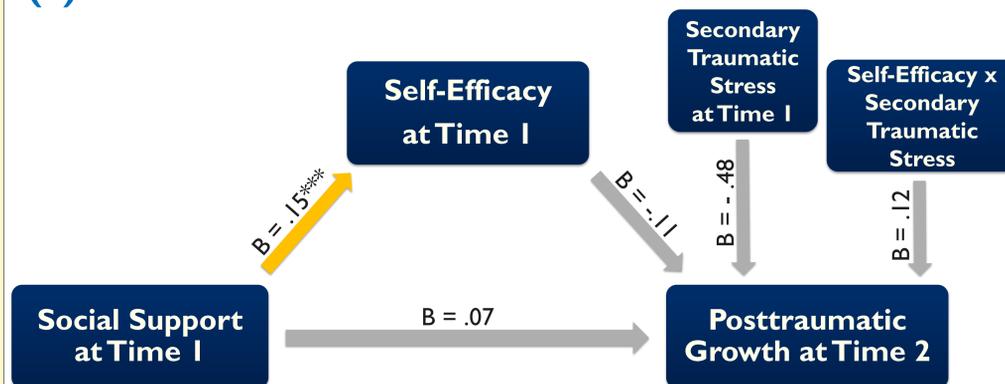
(1)



Note. * $p < .05$, ** $p < .01$, *** $p < .001$, † $p < .06$

Figure 1. Results of multiple mediation analysis: The effect of secondary traumatic stress on posttraumatic growth is mediated by social support and then by self-efficacy. There is also a significant indirect effect of secondary traumatic stress on posttraumatic growth through self-efficacy.

(2)



Note. * $p < .05$, ** $p < .01$, *** $p < .001$

Figure 2. Results of moderated mediation analysis: The effect of social support on posttraumatic growth is mediated by self-efficacy. However, this indirect effect occurs only at moderate and high levels of secondary traumatic stress (see Figure 3).

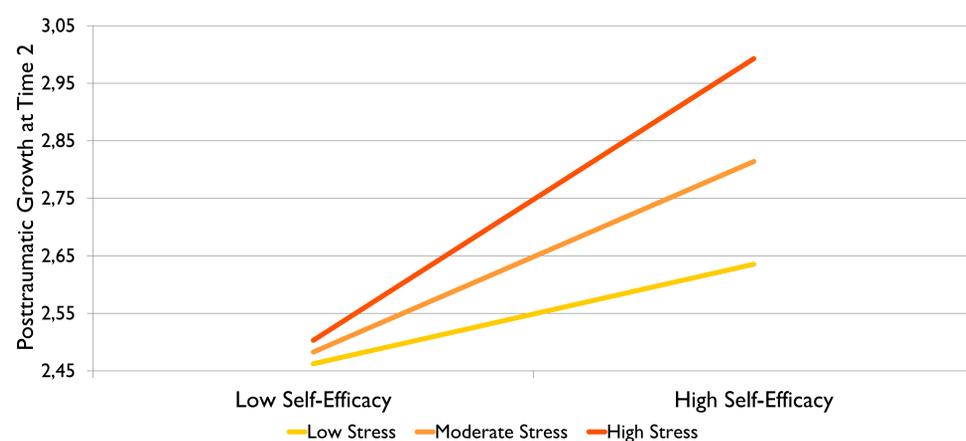


Figure 3. The effect of the mediator (self-efficacy at time 1) on posttraumatic growth at time 2 is moderated by secondary traumatic stress at time 1.

Table 2.

Bootstrapped Indirect Effect of Self-Efficacy at Time 1 on Posttraumatic Growth at Time 2 for Different Levels of Secondary Traumatic Stress.

Secondary traumatic stress at time 1	B	SE	95% LL BCA	95% UL BCA
- 1 SD	.01	.02	-.023	.058
Mean	.03	.02	.001	.068
+ 1 SD	.04	.02	.009	.094

Note. BCA = bias corrected and accelerated confidence interval; LL = lower level; UL = upper level.

CONCLUSIONS

- Social support and self-efficacy mediate the effects of secondary traumatic stress on posttraumatic growth.
- There is a facilitating effect of perceived social support on self-efficacy.
- The indirect effect of perceived social support on posttraumatic growth is mediated by self-efficacy only when secondary traumatic stress is moderate or high.