



Paper in a Day Workshop

Wednesday, September 24, 9:00 a.m. – 5:00 p.m. - Plus Pre- and Post-Meeting Assignments

Maximum: 8 Participants (each group)

Deadline: July 15, 2024

Paper in a Day (PIAD) grew out of a desire to foster collaborations between young researchers from around the world. Many of these researchers will be future leaders in the domain of posttraumatic mental health and the field will benefit from their partnerships and teamwork. PIAD was designed by Eva Alisic to stimulate international connections and the exchange of ideas by working on a tangible outcome: A paper, short communication, or commentary for submission to a peer-reviewed journal. This will be an intensive, productive, and enjoyable day. The aim of the exercise, firstly, is to stimulate international collaboration and exchange among early career researchers, and, secondly, to develop a paper that will be submitted for publication. Previous workshops have led to journal articles, conference contributions, and lasting collaborations. Because PIAD will take place prior to the ISTSS annual meeting, participants will have the opportunity to continue developing relationships and ideas for further collaboration during the conference.

For the current PIAD, we will work on two separate projects described below. Both PIAD projects align with **FAIR data principles**.

- **Project 1** is a research paper examining the relationship between daily sleep quality and daily PTSD and depression symptom severity among emergency medical service (EMS) workers (i.e., ambulance service providers) in the United States. For more information, see Project 1 below.
- **Project 2** is a research paper examining the relationship between contextual factors (e.g., social contact) and daily prolonged grief disorder symptom severity among people who experienced a loss due to traumatic and non-traumatic circumstances in the Netherlands. For more information, see Project 2 below.

Program

Prior to the PIAD workshop, an online meeting will be held with the project leaders and participants to outline the project, discuss each participant's role in the project, and divide tasks. Thereafter, participants will individually prepare for the workshop (e.g., read relevant articles, draft sections of the paper, join subgroup meetings). The PIAD workshop will include plenary

discussions, writing time in subgroups, dataset preparation, etc. Following the workshop, participants will finalize the draft and submit to a peer-reviewed journal.

Commitment

To make the workshop a success, we ask participants to commit to:

- a) Online meetings and preparations in advance of the meeting – dedicate approximately 8 hours prior to the workshop.
- b) Be present for the entire PIAD workshop, to be scheduled before the ISTSS conference. Contribute to the final editing and preparation for paper submission after the workshop.
- d) Continue to work with the team towards publishing the paper, including support through any revisions.

How to Participate

This event is aimed at early career researchers defined as current doctoral students or researchers who have obtained their PhD less than 5 years ago. If you would like to participate, **please [apply here](#) by July 15, 2024**. You will need to provide the following information:

- 1) Your name, early career researcher status, and the institution where you are currently studying/working.
- 2) A statement indicating which project you would like to work on. If applying for **Project 1**, please also include a description of your research interests and how they align with the project, as well as a description of your research experience including a list of any publications you have and your role on those publications. If applying for **Project 2**, please include a description of your ideas or topics that you would like to examine (max 500 words), as well as a description of your research experience including a list of any publications you have and your role on those publications.
- 3) A copy of your CV.
- 4) An acknowledgement that you commit to the required preparation, attendance, and follow-up activities as described above.

There is limited availability (4-8 participants for each project) and we aim for global representation. We will inform you of the application decisions in early August 2024. There is a USD \$20 registration fee for this workshop; coffee/tea and snacks are included. For questions about the registration process, please contact **Tori Swinehart** at info@istss.org.

Please note: The Paper in a Day workshop is exclusive to attendees of the ISTSS 2024 Annual Meeting and the workshop will be held on 24 September 2024.

Project 1

Examining the Between- and Within-Person Relationships Between Sleep Quality and Mental Health (PTSD/Depression) Symptom Severity in Emergency Medical Service Workers

Project leaders: Dr. Bryce Hruska and Dr. Maria Pacella-LaBarbara

Emergency medical service (EMS) workers (also known as ambulance service providers) experience elevated risk for PTSD and depression, necessitating a greater understanding of modifiable risk factors. While a body of evidence indicates that PTSD and depression are associated with disturbed sleep, recent research suggests that the opposite association is also present: Disturbed sleep increases mental health risk (DeViva et al, 2021; Dolan et al., 2023; Straus et al., 2022). Crucially, disrupted sleep is a hallmark of the EMS occupation due to the demanding shift structure accompanying this line of work. However, existing research has not examined the relationship between sleep and mental health symptoms in EMS workers.

Ambulatory assessment is an intensive data collection technique in which respondents provide data one or more times per day over the course of days, weeks, or months. It encompasses a number of different specific methods including ecological momentary assessment, experience sampling, and daily diaries. An important advantage of this technique is that it allows for the consideration of both between- and within-person relationships. Between-person relationships reflect stable characteristics that differentiate individuals from one another. On the other hand, within-person relationships yield insight into the degree to which experiences or behaviors fluctuate within the same person over time. These two different relationships offer complementary information on the relationship between a putative risk factor and target outcome: Between-person relationships indicate *which* individuals are at highest risk (e.g., Workers who routinely experience disrupted sleep may experience mental health risk); within-person relationships offer insight into *when* an individual is at highest risk (e.g., On days when a worker experiences more disrupted sleep than normal, greater mental health risk is experienced; Stange et al., 2019).

Thus, the current project will utilize ambulatory assessment data from an existing project to consider both the between- and within-person relationships between sleep quality and mental health symptom severity (PTSD, depression) in EMS workers.

Questions about the content of the project can be addressed to Dr. Bryce Hruska (bjhruska@syr.edu).

Project 2

Prolonged Grief Disorder Symptoms in Daily Life: Experience Sampling Methodology

Project leaders: Dr. Lonneke Lenferink and Dr. Justina Pociūnaitė

Prolonged Grief Disorder (PGD) has recently been included in the text-revised 5th edition of the Diagnostic and Statistical Manual of Mental Disorders (DSM-5-TR; American Psychiatric Association, 2022). PGD is characterized by intense yearning and longing for the deceased as well as pre-occupations with thoughts and memories of the deceased. In addition, PGD symptoms encompass among others avoidance of reminders of the loss and loneliness. People who experience loss due to traumatic circumstances (e.g., accident, homicide, suicide) have

increased risk for PGD (Buur et al., 2024). PGD has mostly been studied using retrospective measures (e.g., rating symptoms experienced in the past month), which may lead to an overestimation of PGD severity (Lenferink et al., 2022). To overcome this, it may be useful to examine PGD symptoms in daily life, which can be done using experience sampling methodology (ESM). ESM not only reduces the likelihood of recall bias, but also captures how cognitive, behavioral, and affective responses interact over short periods of time. Ultimately, ESM data may revolutionize the way we understand and treat psychotrauma by bringing research and treatment into daily life (van Os et al., 2017).

The current project will analyze and report on existing ESM data on PGD severity in daily life collected among people confronted with non-traumatic and traumatic loss. Bereaved people were asked to monitor their reactions throughout the day for an extended period of time, 5 times a day for two weeks, resulting in up to 70 entries per person. The analysis of ESM data requires additional methodological considerations, as the data collected from the same person are not independent entries, which will be addressed in this workshop using multilevel modelling. Possible research questions that can be answered within the scope of this project are as follows: ‘To what extent do PGD symptoms fluctuate in daily life?’, ‘To what extent does intensity of PGD symptoms differ between PGD symptoms assessed using retrospective measures versus ESM?’, and ‘To what extent is social context related to PGD symptoms in daily life?’

Questions about the content of the project can be addressed to Justina Pociūnaitė (j.pociunaite@utwente.nl).

References:

- Buur, C., Zachariae, R., Komischke-Konnerup, K. B., Marengo, M. M., Schierff, L. H., & O’Connor, M. (2024). Risk factors for prolonged grief symptoms: A systematic review and meta-analysis. *Clinical Psychology Review*, *107*, Article 102375. <https://doi.org/10.1016/j.cpr.2023.102375>
- Lenferink, L. I. M., van Eersel, J. H. W., & Franzen, M. (2022). Is it acceptable and feasible to measure prolonged grief disorder symptoms in daily life using experience sampling methodology? *Comprehensive Psychiatry*, *119*, Article 152351. <https://doi.org/10.1016/j.comppsy.2022.152351>
- van Os, J., Verhagen, S., Marsman, A., Peeters, F., Bak, M., Marcelis, M., Drukker, M., Reininghaus, U., Jacobs, N., Lataster, T., Simons, C., PhD, E.-M. I., Lousberg, R., Gülöksüz, S., Leue, C., Groot, P. C., Viechtbauer, W., & Delespaul, P. (2017). The experience sampling method as an mHealth tool to support self-monitoring, self-insight, and personalized health care in clinical practice. *Depression and Anxiety*, *34*(6), 481–493. <https://doi.org/10.1002/da.22647>