

Supplementary Material

Mental health and Post-Traumatic Stress Disorder in firefighters: an integrated analysis from an action-research study

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1 Supplementary Figures and Tables

1.1 Supplementary Tables

Characteristics	<i>f</i>	Valid %	N
<i>Sociodemographic</i>			
Age (<i>M</i> =35.6, <i>Sd</i> =10.1, <i>Md</i> =36.0, range=19-58)			130
<i>Sex</i>			
Female	37	28.5	130
Male	90	69.2	
Non Disclosed	3	2.3	
<i>Nationality</i>			
Portuguese	130	100.0	130
<i>Education</i>			
Primary (1°, 2°, 3°, 4°)	2	1.5	130
Primary (5°, 6°)	6	4.6	
Primary (7°, 8°, 9°)	26	20.0	
Secondary (10°, 11°, 12°)	58	44.6	
Technical course (not at university)	9	6.9	
Higher education (university)	29	22.3	
<i>Location of employment</i>			
Predominantly urban	7	5.4	130
Predominantly rural	50	38.5	
Mixed urban and rural	73	56.2	
<i>Marital status</i>			
Single	61	46.9	130
Married	46	35.4	
Non-marital Union	19	14.6	
Divorced	4	3.1	

<i>Years together (if married or in non-marital union) (M=13.4, Sd=9.3, Md=12.0, range=1-38)</i>			65
<i>Number of children</i>			130
0	68	52.3	
1	34	26.2	
2	23	17.7	
3	3	2.3	
4	2	1.5	
<i>Age of children</i>			
First (M=13.9, Sd=9.4, Md=12.0, range=0-39)			62
Second (M=12.2, Sd=7.3, Md=12.0, range=1-26)			28
Third (M=8.0, Sd=7.1, Md=6.0, range=1-16)			5
Fourth (M=15.5, Sd=3.5, Md=15.5, range=13-18)			2
<i>Consumption habits</i>			
<i>Alcohol</i>			130
Drinks alcohol	52	40.0	
Does not drink alcohol	75	57.7	
Chose to not respond	3	2.3	
<i>Number of drinks per day</i>			
Beer (M=1.5, Sd=1.1, Md=1.0, range=0-5)			52
Wine (M=0.8, Sd=1.1, Md=0.0, range=0-4)			52
Whiskey (M=0.0, Sd=0.1, Md=0.0, range=0-1)			52
<i>Think they have a drinking problem</i>			130
No	130	100.0	
Yes	0	0.0	
<i>Family thinks they have a drinking problem</i>			130
No	128	98.5	
Yes	2	1.5	
<i>Coffee</i>			130
Drinks coffee	119	91.5	
Does not drink coffee	11	8.5	
<i>Number of coffee cups per day (M=2.9, Sd=1.3, Md=3.0, range=1-8)</i>			119
<i>Smoking</i>			130
Smokes regularly	48	36.9	
Does not smoke regularly	81	62.3	
Chose to not respond	1	0.8	
<i>Number of cigarettes smoked per day (M=11.4, Sd=5.7, Md=10.0, range=2-20)</i>			48
<i>Frequency of medication consumption for anxiety, depression, sleep disorders, etc.</i>			130
Never	102	78.5	
Rarely	14	10.8	
Sometimes	5	3.8	
Regularly	2	1.5	
Daily	7	5.4	
<i>Professional Conditions and Status</i>			
<i>Employment status</i>			130
Unemployed	14	10.8	
Employed	102	78.5	

Student	10	7.7	
Retired	1	0.8	
Other employment status	3	2.3	
<i>Activity sector</i>			130
Primary (agriculture)	1	0.8	
Secondary (service providers)	106	81.5	
Tertiary (industry)	23	17.7	
<i>Firefighting Activity</i>			
<i>Years in service (M=13.9, Sd=9.8, Md=12.0, range=1-40)</i>			130
<i>Work regimen</i>			130
Professional	14	10.8	
Voluntary	82	63.1	
Professional and voluntary	34	26.2	
<i>Firefighting occupation</i>			48
Member of the Permanent Intervention Team (PIT)	11	22.9	
Commander	2	4.2	
Drivers	18	37.5	
Central operator	4	8.3	
Operational assistant	2	4.2	
Other	11	22.9	
<i>Years in specific firefighting occupation (M=13.8, Sd=9.8, Md=12.0, range=1-15)</i>			46
Member of the Permanent Intervention Team (PIT) (M=6.4, Sd=4.7, Md=5.0, range=1-15)			11
Commander (M=2.0, Sd=0.0, Md=2.0, range=2-2)			2
Drivers (M=8.7, Sd=8.2, Md=7.0, range=0-25)			18
Central operator (M=6.0, Sd=6.1, Md=3.0, range=2-13)			3
Operational assistant (M=0.5, Sd=0.7, Md=0.5, range=0-1)			2
Other (M=9.6, Sd=10.6, Md=6.0, range=1-31)			10
<i>Hours worked per week (M=31.8, Sd=21.8, Md=24.0, range=2-84)</i>			130
Member of the Permanent Intervention Team (PIT) (M=59.9, Sd=8.9, Md=60.0, range=50-84)			11
Commander (M=42.5, Sd=3.5, Md=42.5, range=40-45)			2
Drivers (M=51.7, Sd=14.4, Md=50.0, range=10-72)			18
Central operator (M=41.3, Sd=6.3, Md=40.0, range=35-50)			4
Operational Assistant (M=53.5, Sd=2.1, Md=53.5, range=52-55)			2
Other (M=57.4, Sd=8.9, Md=60.0, range=40-70)			11

Supplementary Table 1. *Participants' sociodemographic characteristics, consumption habits, Professional status and Firefighting occupation.*

Variables	1.	2.	3.	4.	5.	6.	7.	8.	9.	10.	11.	12.	13.	14.	15.
1. PSDI	-														
2. Somatization	.59**	-													
3. Obsession-Compulsion	.73**	.62**	-												
4. Interpersonal Sensibility	.69**	.53**	.74**	-											
5. Depression	.74**	.60**	.79**	.81**	-										
6. Anxiety	.65**	.77**	.73**	.67**	.75**	-									
7. Hostility	.59**	.57**	.66**	.64**	.70**	.69**	-								
8. Phobic Anxiety	.50**	.53**	.59**	.63**	.64**	.67**	.57**	-							
9. Paranoid Ideation	.71**	.52**	.66**	.82**	.71**	.68**	.62**	.59**	-						
10. Psychoticism	.66**	.51**	.76**	.79**	.81**	.72**	.72**	.61**	.71**	-					
11. PCL-5 Total	.33**	.26**	.37**	.46**	.33**	.41**	.49**	.23*	.53**	.39**	-				
12. Intrusion Symptoms	.25**	.18*	.24*	.30**	.26**	.26**	.42**	.07	.37**	.24**	.77*	-			
13. Avoidance	.25**	.10	.17	.32**	.17	.21*	.29**	.10	.38**	.20*	.70**	.62**	-		
14. NACM	.26**	.22*	.36**	.45**	.31**	.43*	.42**	.30**	.47**	.43**	.82**	.39**	.39**	-	
15. AAR	.28**	.27*	.36**	.38**	.28**	.38**	.38**	.24*	.46**	.33**	.86**	.45**	.42**	.75**	-

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

Supplementary Table 2. Pearson correlation matrix between BSI and PCL-5 scores for non-PTSD subsample.

Variables	1.	2.	3.	4.	5.	6.	7.	8.	9.	10.	11.	12.	13.	14.	15.
1. PSDI	-														
2. Somatization	.77*	-													
3. Obsession-Compulsion	.87**	.83**	-												
4. Interpersonal Sensibility	.84**	.65*	.85**	-											
5. Depression	.92**	.64*	.82*	.76*	-										
6. Anxiety	.83**	.92**	.93**	.81*	.78*	-									
7. Hostility	.63*	.43	.58*	.58*	.68*	.52	-								
8. Phobic Anxiety	.63*	.75*	.86**	.66*	.61*	.84**	.38	-							
9. Paranoid Ideation	.66*	.71*	.71*	.73*	.53	.73*	.10	.67*	-						
10. Psychoticism	.68*	.52	.70*	.81*	.75*	.67*	.56	.61*	.66*	-					
11. PCL-5 Total	.52	.56	.40	.22	.61*	.47	.71**	.39	.13	.39	-				
12. Intrusion Symptoms	.41	.61*	.43	.32	.31	.50	.61*	.57	.19	.25	.69*	-			
13. Avoidance	.09	-.13	-.26	-.07	.18	-.19	.15	-.47	-.14	.19	.22	-.10	-		
14. NACM	.16	.24	.17	-.05	.39	.19	.50	.14	-.10	.29	.79*	.20	.16	-	
15. AAR	.65*	.54	.57	.36	.66*	.55	.39	.51	.41	.19	.60*	.33	-.27	.38	-

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

Supplementary Table 3. Pearson correlation matrix between BSI and PCL-5 scores for PTSD subsample.