



Integrative Reviews of Post-Disaster Psychological Interventions in Taiwan: Reflections from Four Major Disasters in Two Decades

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Where is Taiwan?

- 2.358 millions of people in 36,197 km²
- Center of Eastern Asia
- Nature disaster risks for typhoon, earthquake, flood, landslide, Tsunami
- Manmade disaster risks for explosion, infectious disease, nuclear radiation
- Potential risk of complex disaster is **HIGH**
- Had experienced many disasters

South Asia



Chronology of Disasters in Taiwan, 1999-2018



1999, 921 Earthquake, 2,415 dead, 11,305 injured



2003, SARS Outbreak, 52 dead, 383 infected



2009, Morakot typhoon, 681 dead, 33 injured



2014, Kaohsiung Gas pipe Explosion, 32 dead, 321 injured



2015, Formosa Waterpark Dust Explosion, 15 dead, 484 injured



2016, Tainan Earthquake, 117 death, 551 injured



2018, Hualian Earthquake, 17 dead, 291 injured

The one that was forgotten!

- Fire fighter
 - ✓ Accountability & reliability issues
 - ✓ Public's distrust on the professionals
- Military rescuer
 - ✓ Failure to rescue with PTSD development
- Nurses/doctors
 - ✓ Burnout and Burden from post-disaster care
- Children who lose classmates/family
 - ✓ School role in post-disaster psychological recovery
- Domestic violence/ Material abuse
 - ✓ Higher prevalence in those who leave their homeland

Media Literacy in Recovery Phase

- Response phase draws major public attention
 - ✓ broadcast popularity consideration????
- Effect of social media
 - ✓ Real V.S. Fake
 - ✓ Hype V.S. Inspire
- Most information resources rely on social media
- Lack of media-literacy
 - ✓ Less attention to & involvement in psychological interventions
- Vital role of administrative organization in information clarification/verification



Medical V.S. Non-Medical

- Story of support booth in 921 earthquake, 1999
- Religious support for more than Buddhist / Taoism/Christine & Catholic
 - ✓ Muslim and others-foreign workers/immigrants
- Stereotype of professionalism
 - ✓ Medical: Professional: Disease
 - ✓ Religious: Non-Professional: Support
 - ✓ Cultural consideration
- Stigma and labeling of using “medical” service
- Community counseling for psychological service

Theories used in Post-disaster

➤ Coping theory

- ✓ Positive Personality → better psychological recovery for burn victims
- ✓ Psychological distress is commonly seen in burn victims
- ✓ Resourcefulness play an important role in coping

➤ Conservation of Resources

- ✓ Resources availability is related to PTSD development
- ✓ Post-disaster factors have more effect on recovery
- ✓ Multifaceted resources contributed to psychological recovery

The Use of Art in Disaster Recovery

- Art therapy
 - ✓ Gardening, painting, music, pottery, theatre
- Stage theater for self-reflection
- Disaster aesthetic
 - ✓ Salvation of disaster
 - ✓ Power of soul
- Role play for people in disaster strike community
 - ✓ Paper windmill theatre- Children & their family
- Theater workshop for transforming trauma and memory
- Folk activities for psychological stress relief
- Expressive art therapy for women who experienced disaster



Insight from the review

- Post-disaster psychological interventions are often been neglected!
 - ✓ Lack of awareness of the society and health administration
 - ✓ Less report of the media
 - ✓ Less awareness & participation of health care provider
 - ✓ Stereotype of the public on psychological interventions
 - ✓ More attention needed on frontline workers
 - ✓ Urgent need of religious/folk support
 - ✓ Psychological profile of each disaster for longitudinal follow up
 - ✓ School and community are the center of psychological intervention



Thanks for Listening
Welcome to share your thoughts with me

Welcome to Taiwan
See you in Taipei, 2022



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