

# Bridging The Gap: From Positive And Coaching Psychology To Public Health

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## WHAT DID WE DO?

During the COVID-19 pandemic, an infection control nurse embarked on a master's thesis in Applied Psychology (Coaching & Positive Psychology) to explore the resilience of redeployed nurses who experienced unprecedented challenges on the frontline. The study sought to understand how the nurses coped, adapted, & maintained their sense of professional & personal identity during a period of adversity.

These important findings were presented at national & international conferences, reaching audiences in both positive psychology and public health. This year, a publication in PLOS One<sup>1</sup>, made this research accessible to a global audience contributing to a broader understanding of nurse resilience during adversity.



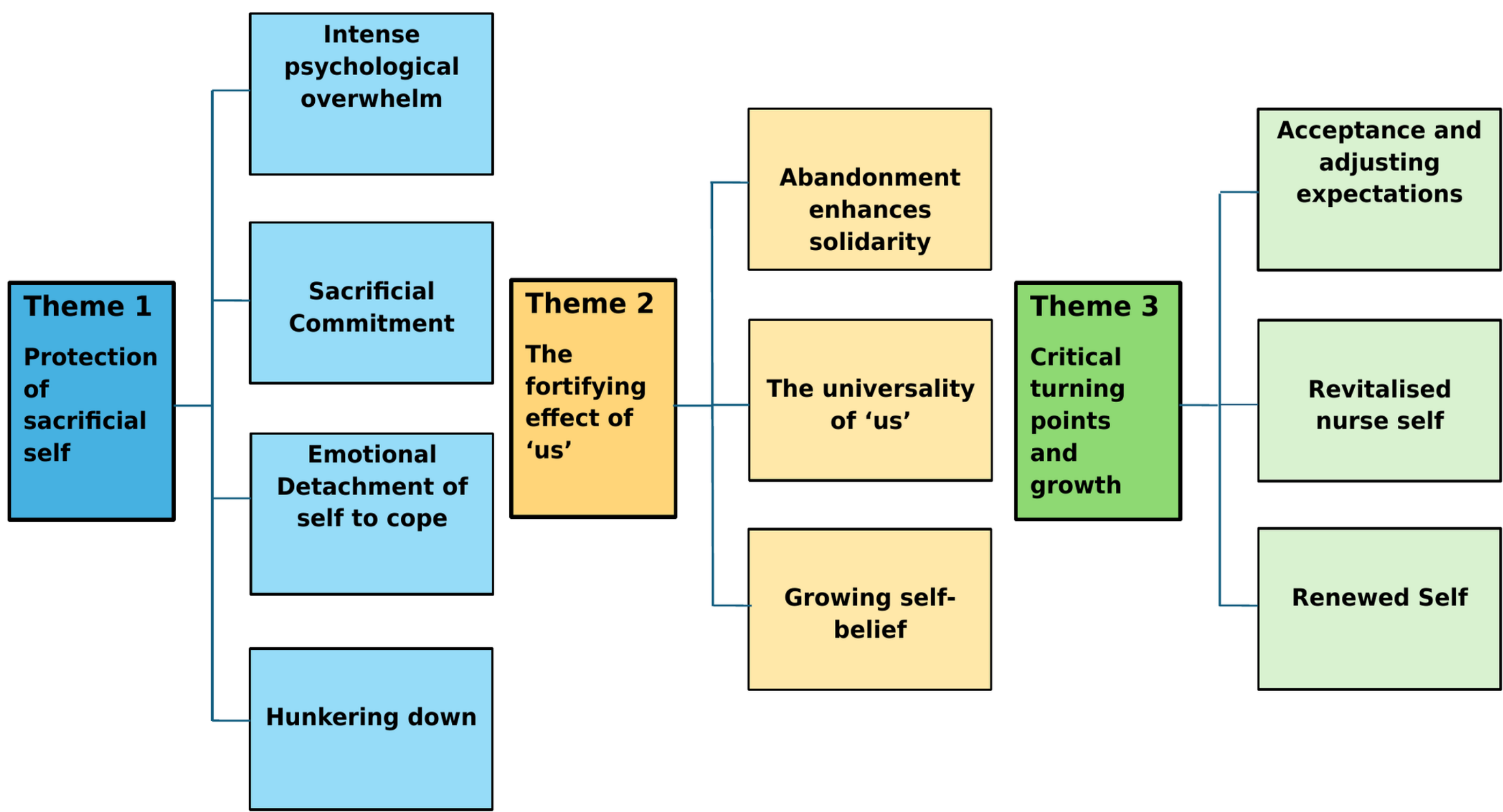
## WHY IS IT IMPORTANT?

The research uncovered powerful stories of strength, adaptability, and growth, revealing not only the emotional & psychological toll, but also the remarkable ways in which these nurses persevered during this existential event.

This master's study gave voice to the redeployed nurses & laid the foundation for a new research endeavour; this time focusing on a different but equally critical group: infection control practitioners<sup>2</sup>, who also faced relentless pressure, often working behind the scenes to safeguard public health and the lives of their patients.

Sinéad Creedon brought together a PhD research team with experts from Applied Psychology (Dr. Anna Trace) & Public Health (Dr. Maura Smiddy & Prof. Ella Arensman) to explore burnout in infection control practitioners in extended crisis events.

We aim to inform better support systems, policy decisions, & workplace practices for Infection Control Practitioners so they can do their job in a much more favourable environment.



Thematic map illustrating three major themes and subthemes

SCAN FOR MORE INFO

