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## 1 Background

Paramedicine poses several challenges for students, including factors that can affect their well-being. Over the past two decades, research has revealed that paramedics and paramedic students are more susceptible to mental disorders than the general population. This implies that course-related factors may play a crucial role in contributing to poor mental health. Despite this, only a few studies have investigated stress-related factors in paramedic students, and none have included students from different cultural backgrounds.

## 2 Objective

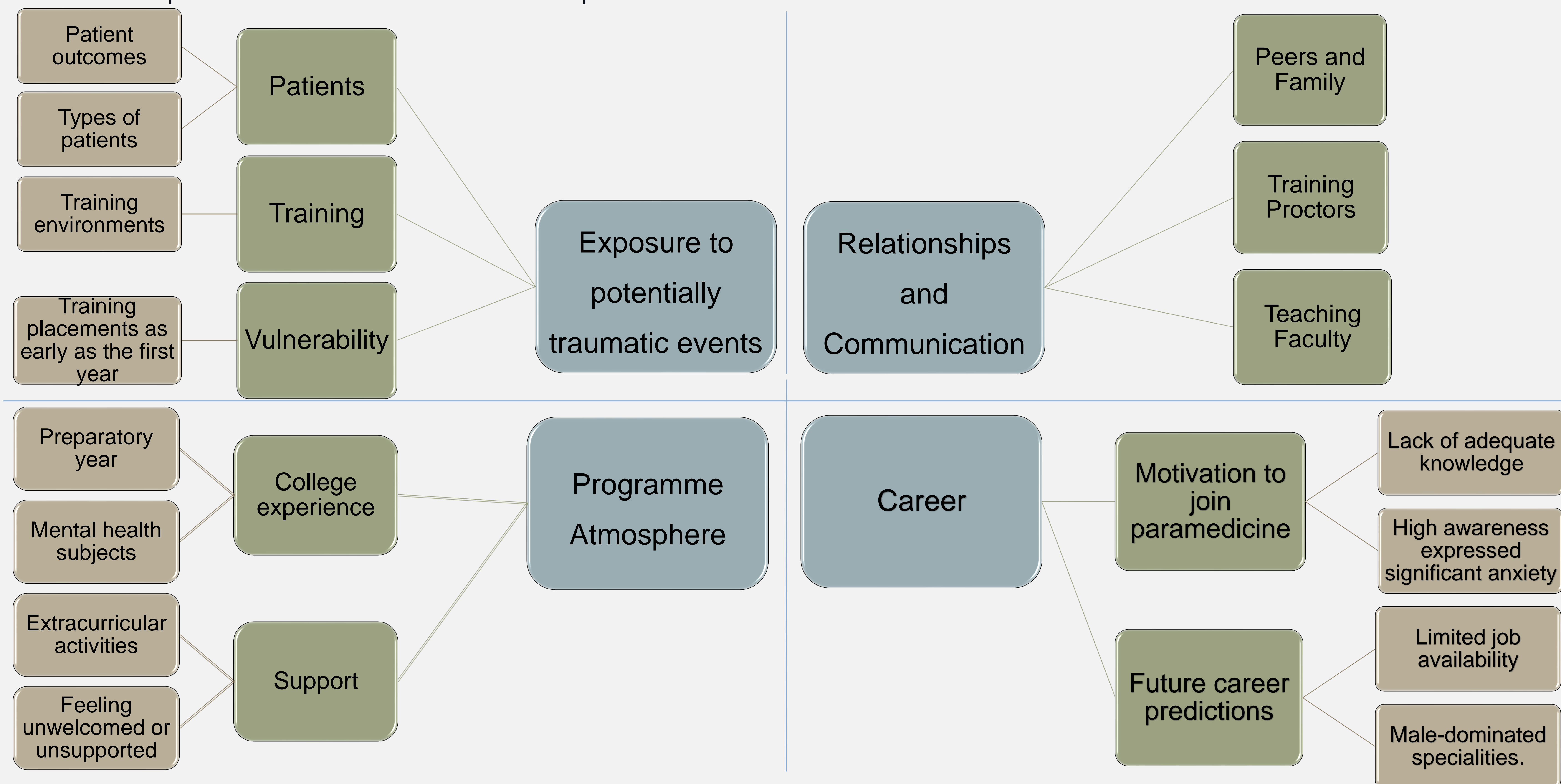
This study had two objectives. The first one was to investigate the training experiences of paramedicine students and other education-related factors that could impact their wellbeing. The second objective was to compare the cultural differences and similarities between Saudi Arabia and the UK to determine whether the students' cultural environment affected factors related to their wellbeing.

## 3 Methodology

This study used a qualitative exploratory research design and involved conducting twenty semi-structured interviews with paramedicine students. The students were from the United Kingdom and the Kingdom of Saudi Arabia, with ten participants from each country. The analytical approach employed in the study was reflexive thematic analysis.

## 4 Results

Through our research, we have identified four key factors that significantly impact the stress levels experienced by paramedic students. Firstly, exposure to potentially traumatic events during their training can be a source of immense stress. This includes responding to emergencies and witnessing distressing incidents, which can leave a long-lasting impact on their mental wellbeing. Secondly, the quality of relationships and communication with peers, instructors, and supervisors can also play a significant role in their stress levels. This encompasses both personal and professional relationships, as well as the level of support they receive from their immediate surroundings. Thirdly, the overall atmosphere of the program, including the academic demands and the level of support provided, can also be a significant stressor for paramedic students. Lastly, the pressure of meeting future career expectations and predictions can also contribute to stress levels, as students feel the weight of responsibility to perform well and succeed in their chosen profession.



## Conclusion

According to the research, it was discovered that two different nations shared common elements that led to stress. The report recommends that better preparation can help to reduce the negative impacts of the possible traumatic events encountered on placements and supportive relationships, especially with proctors, can boost student wellbeing. Universities are able to address both these factors and help foster a positive environment for paramedicine students. As such, these results should help educators and policymakers when identifying and delivering interventions to support paramedic students.

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