

READING LIST

CYCLE 3: WEEKS 7-9

1. Seafarers' well-being in the context of the COVID-19 pandemic: A qualitative study

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Abstract.

BACKGROUND: The public health strategies for prevention of SARS-CoV-2 infection have included closing the national borders and cancelling international flights, which has severely affected free crew changes. This caused prolonged stay on board or at home for seafarers, who should be recognized as 'key' workers regarding their essential role in maintaining the flow of vital goods.

OBJECTIVE: Using a general inductive approach, this qualitative study aims to describe how the COVID-19 pandemic reflects on seafarers' well-being. The study focused on obtaining personal experiences from seafarers on board, and seafarers at home, relating to the current world pandemic.

CONCLUSIONS: Seafarers' well-being is seriously threatened by preventive measures relating to the COVID-19 pandemic. Results are discussed in relation to earlier findings in the area of occupational stress in seafaring. Overall, the data obtained portrays existing underlying occupational structures in the seafaring sector, which are rendered more visible due to the COVID-19 pandemic. In short, seafarers describe their reality as far away from the concept of 'key' or 'essential' workers.

ACCESS THE ARTICLE HERE:

<https://www.researchgate.net/publication/347613308>
[Seafarers' well-being in the context of the COVID-19 pandemic A qualitative study](#)

2. Harnessing the 'Lived Experience': Formalising Peer Support Approaches to Promote Recovery

Bradstreet, Simon. "Harnessing the 'lived experience': formalising peer support approaches to promote recovery." *The Mental Health Review* 11.2 (2006): 33.

Recovery is now commonly cited in mental health policy and planning documents. It signals a new approach to service delivery influenced by the lived experience of recovery, a focus on personal strengths and a more optimistic approach to long-term mental health problems. The concept has been extensively developed in the United States and New Zealand where attempts to translate recovery principles into practice are most advanced.

Peer support is a system of giving and receiving help founded on the key principles of respect, shared responsibility, and a mutual agreement of what is helpful (Mead et al, (2001). It is a model of provision that champions the use of personal knowledge and experience of a particular issue to help and support others who are experiencing that same issue.

ACCESS THE ARTICLE HERE:

<https://www.researchgate.net/publication/281019419>
[Harnessing the 'Lived Experience' Formalising Peer Support Approaches to Promote Recovery](#)