



National Research

Tomsk State University



**Tomsk Research Institute of
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Taking into account psychological traits of the personality in the construction of individual narratives of health protection in extreme jobs

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Providing health protection in extreme jobs



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**Health Psychology
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Providing health protection in extreme jobs

- ❖ specific features of extreme jobs
- ❖ need for complex psychodiagnostics
- ❖ study methodology
- ❖ narrative approach to health protection

Extreme jobs



Extreme jobs

Specific features:

- ❖ stressful events
- ❖ risky tasks
- ❖ long working hours
- ❖ severe climatic conditions
- ❖ ...



Extreme jobs

Specific psychological traits:

- ❖ high resilience
- ❖ readiness for taking risk
- ❖ high responsibility
- ❖ tolerance to heavy workloads

Multilevel skills:

- ❖ forward planning
- ❖ shared leadership
- ❖ team building
- ❖ risk management



Need for complex psychodiagnostics

specialists employed in explosion-and-fire-hazardous chemical production:

- ❖ small teams of specialists
- ❖ shortcomings of conventional statistics-based methods of personnel assessment
- ❖ need for identifying psychological resources and deficiencies

Research project

Study objectives:

- ❖ exploring psychological safety resources in specialists involved in extreme jobs

- ❖ developing a complex psychodiagnostic model:
 - ✓ a package of questionnaires
 - ✓ visualization techniques
 - ✓ case analysis

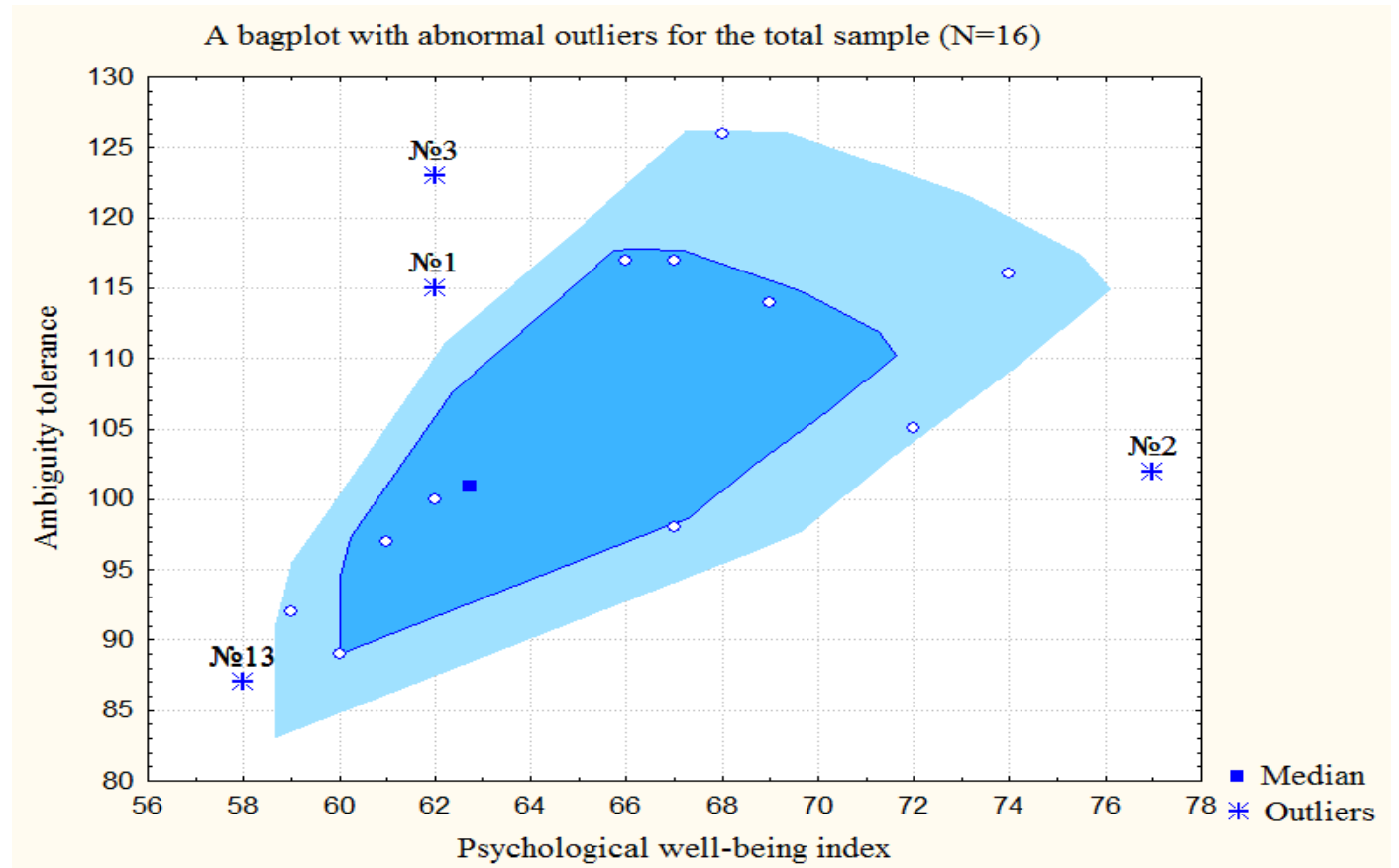
Research project

a package of questionnaires:

- ❖ Self-Organization of Activity Questionnaire (Mandrikova)
- ❖ Ryff's Scales of Psychological Well-Being
- ❖ Maddi's Hardiness Survey
- ❖ McLain's MSTAT-I instrument
- ❖ Health under Extreme Conditions Questionnaire (Volkov & Vodop'yanova)
- ❖ Neuro-Mental Tension Checklist (Nemchin)

Research project

visualization techniques:



Research project

case analysis:

Group 1: 0-1 abnormal outliers

Group 2: 2-5 abnormal outliers

Group 3: 7-8 abnormal outliers

Narrative perspective

Narrative:

- a way of organizing one's personal experience
- a logically coherent story about the events of one's life
- a way of constructing one's self
- a way of maintaining one's integrity

Narrative perspective

autobiographical narrative interviews:

- more user-friendly
- identifying value orientations:
 - health
 - family
- improving conditions of professional activity

Conclusions

a complex psychodiagnostic model:

- **a package of questionnaires**
- **data visualization techniques**
- **case analysis**
- **narrative interviews**

Thank you!

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