

**Objective:** The purpose of this study was to investigate the positive and negative psychological adaptations due to of secondary traumatic stress and the role of resilience among paramedics and Emergency Medical Technicians.

**Methods:** Pre-hospital Emergency Medical Service (EMS) providers from multiple ambulance dispatch centers at a Regional Health System anonymously completed four validated questionnaires: Secondary Traumatic Stress, Posttraumatic Growth, Resilience, and Changes in Outlook. Relationships between these constructs, perceived level of symptoms, and demographics were explored.

**Results:** Data from 53 EMS providers were analyzed. Overall, a moderate degree of resilience, secondary traumatic stress, and negative change in outlook were observed with a higher than average positive change in outlook. Resilience was significantly ( $p < 0.001$ ) inversely related to secondary traumatic stress and negative change in outlook. EMS working part time demonstrated a significantly higher ( $p = 0.005$ ) level of resilience compared to those working full time. Likewise, post-traumatic growth was significantly ( $p = 0.03$ ) higher in EMT's while resilience was significantly ( $p = 0.02$ ) higher in paramedics. Additionally, resilience and growth scores among those who expressed interest on receiving coping training was significantly higher ( $p < 0.02$ ) than respondents who were not interested to receive similar training. No significant differences ( $p > 0.05$ ) were detected between years of experience for any attributes analyzed.

**Conclusions:** The findings demonstrated significant correlations between secondary traumatic stress, resilience, growth, and changes in outlook in EMT's and paramedics.