

Online psychological treatment for insomnia, nightmares and PTSD in bushfire survivors

Presenter: Fadia Isaac

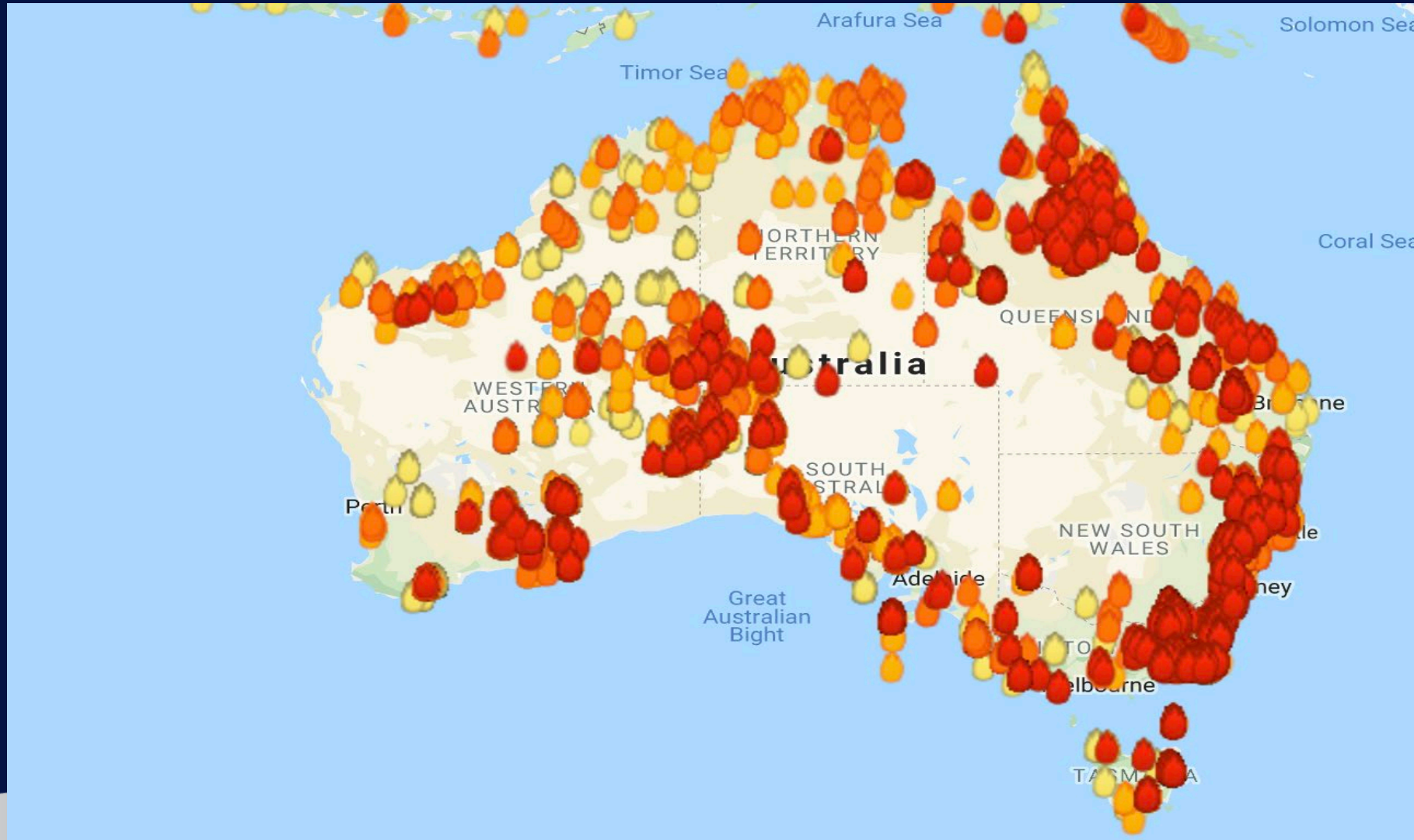
Supervisory team: Prof Gerard Kennedy, Dr Samia R Toukhsati,
Prof Britt Klein, Dr Mirella DiBenedetto

**Federation University Australia
acknowledges the Traditional
Custodians of the land where we gather
today and pays respects to elders past,
present and emerging**



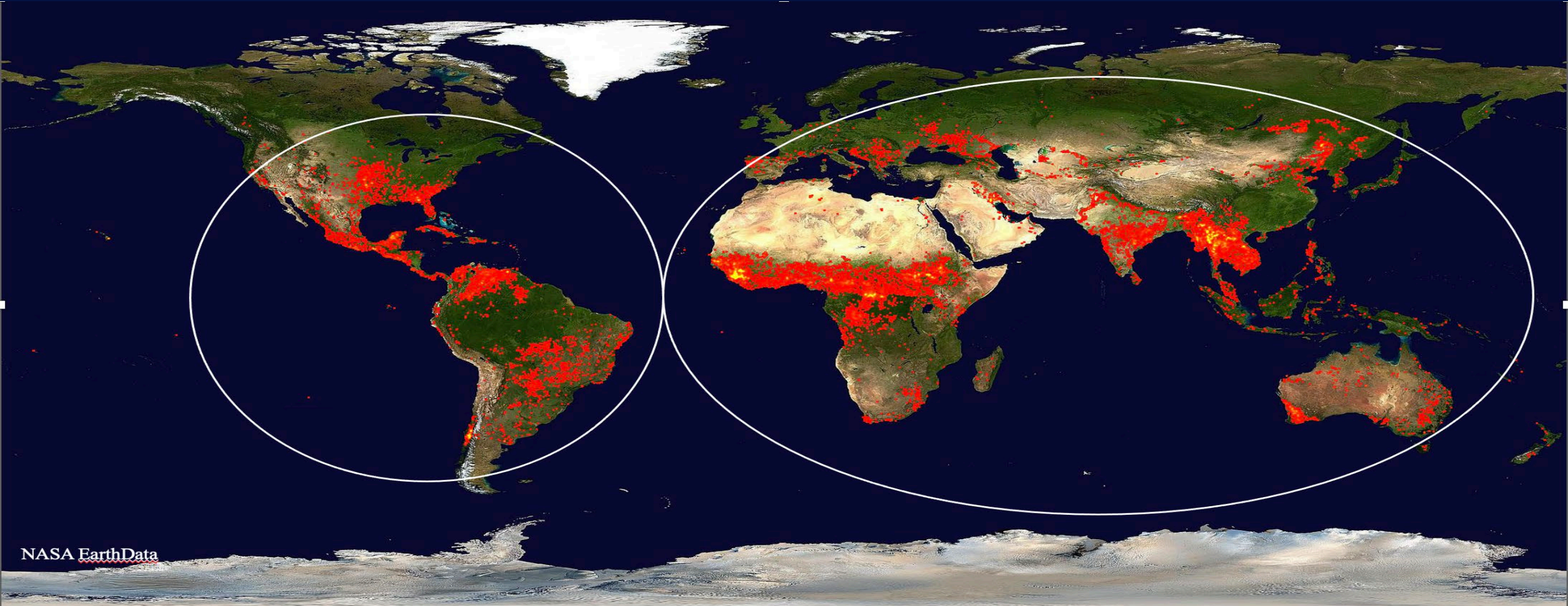
Bushfires

- Over 20 million hectares of land
- Destroyed 3000 homes
- Death of 33 people



(Agyapong et al., 2019; Berry et al., 2010; Bowman et al., 2017; Time, 2020)

Global crisis



Consequences of bushfires

- Financial & human hardship
- Depression & Anxiety
- Sleep disorders
- Post-traumatic stress disorder (PTSD)
- Suicidal ideation



(Guha-Sapir et al., 2015; Lowe et al., 2019; McRae & Sharples, 2015; Willis, 2020; Williams, 2013; UNEP, 2020; STEP INC, 2019; The conversation, 2023)

Prevalence

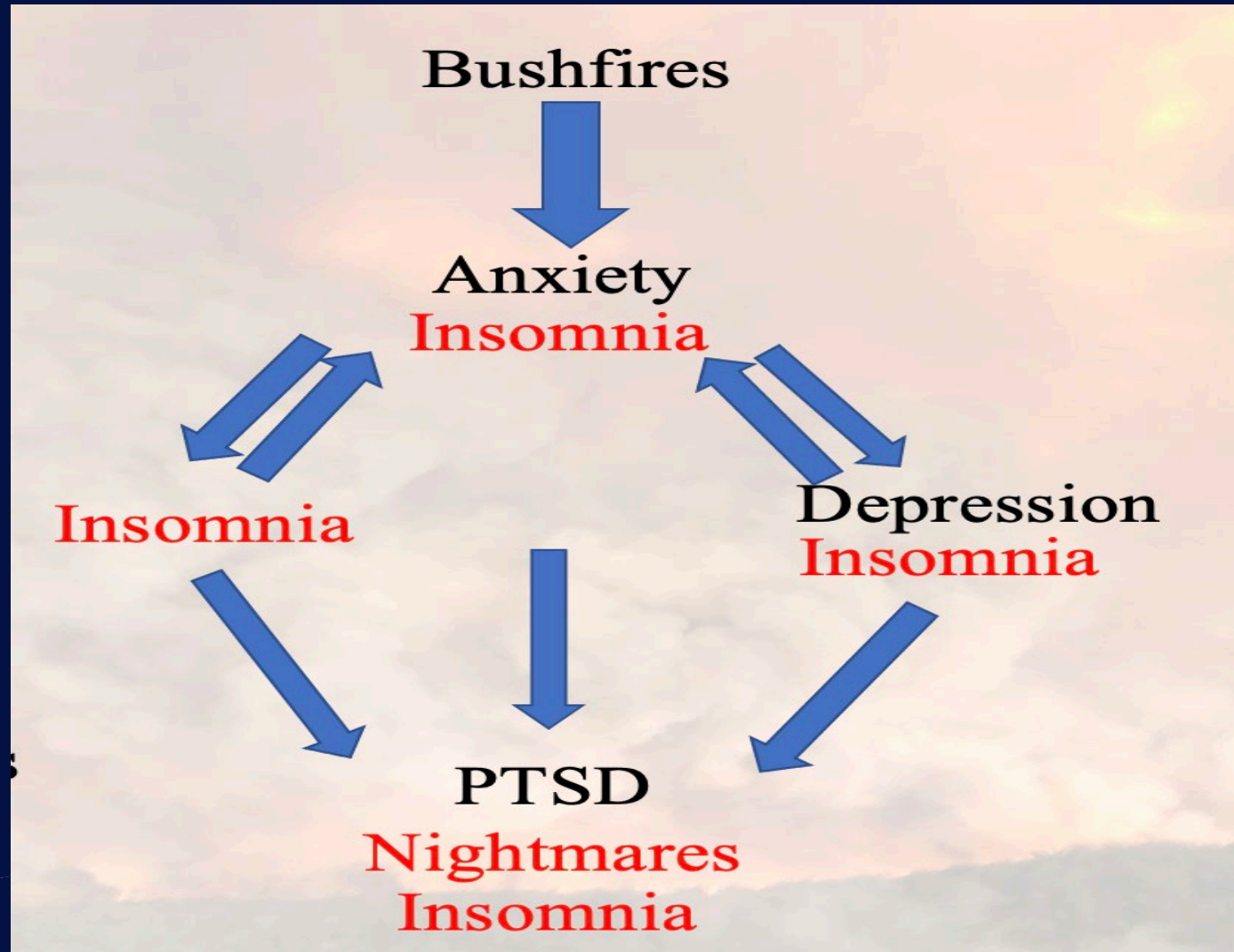
International Study (N= 126)

- 49% insomnia
- 29% nightmares
- 78% PTSD



(Geology.com ; Isaac et al., 2022)

- Sleep difficulties are underlying issues
- Usually overlooked and under-treated
- Shortage psychologists particularly in rural locations



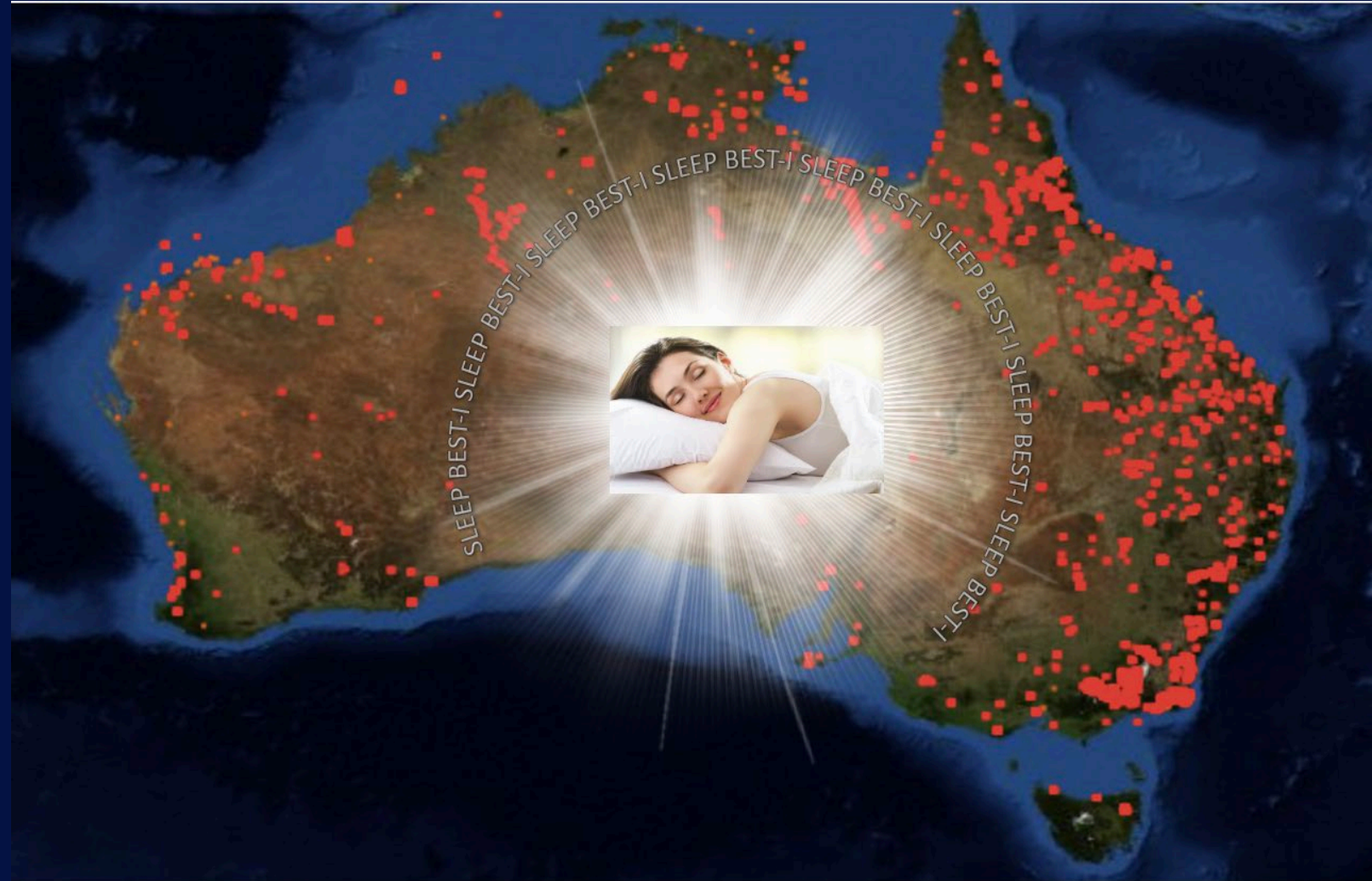
(APS, 2011; Isaac et al., 2022; SleepScore, 2018; Weber & Wetter, 2022)

Sleep Best-i



Sleep Best-i

- (1) Psychoeducation about sleep
 - (2) Sleep scheduling
 - (3) Cognitive restructuring
 - (4) Trauma, PTSD and flashbacks
 - (5) Nightmares
 - (6) Relapse prevention
- + **Mindfulness techniques**



Sleep Best-i

- Psychoeducation
- Sleep scheduling



Sleep Best-i

- Trauma, PTSD and flashbacks



Slow Breathing

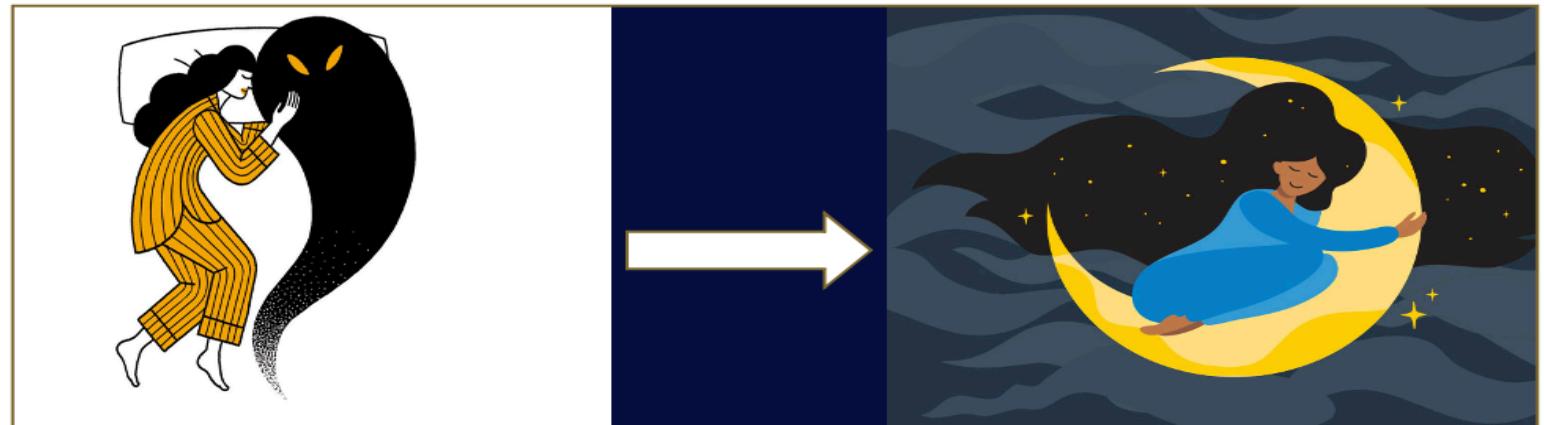


SYMPTOMS OF PTSD

<p>Reliving</p> <ul style="list-style-type: none"> Flashbacks Nightmares Haunting memories 	<p>Hyperarousal</p> <ul style="list-style-type: none"> Sleeping difficulties Easily scared Concentration difficulties Sweating, pain, trembling
<p>Mood and function</p> <ul style="list-style-type: none"> Memory problems Feeling detached Emotionally numb Guilty Suspicious Sad Irritable Anxious 	<p>Avoidance</p> <ul style="list-style-type: none"> Avoiding reminders of trauma Avoiding emotions Avoiding thoughts

Sleep Best-i

- Nightmares
- Relapse prevention



What to do when you wake up from a nightmare



Sight



Grounding



Smell



taste

Sleep Best-i

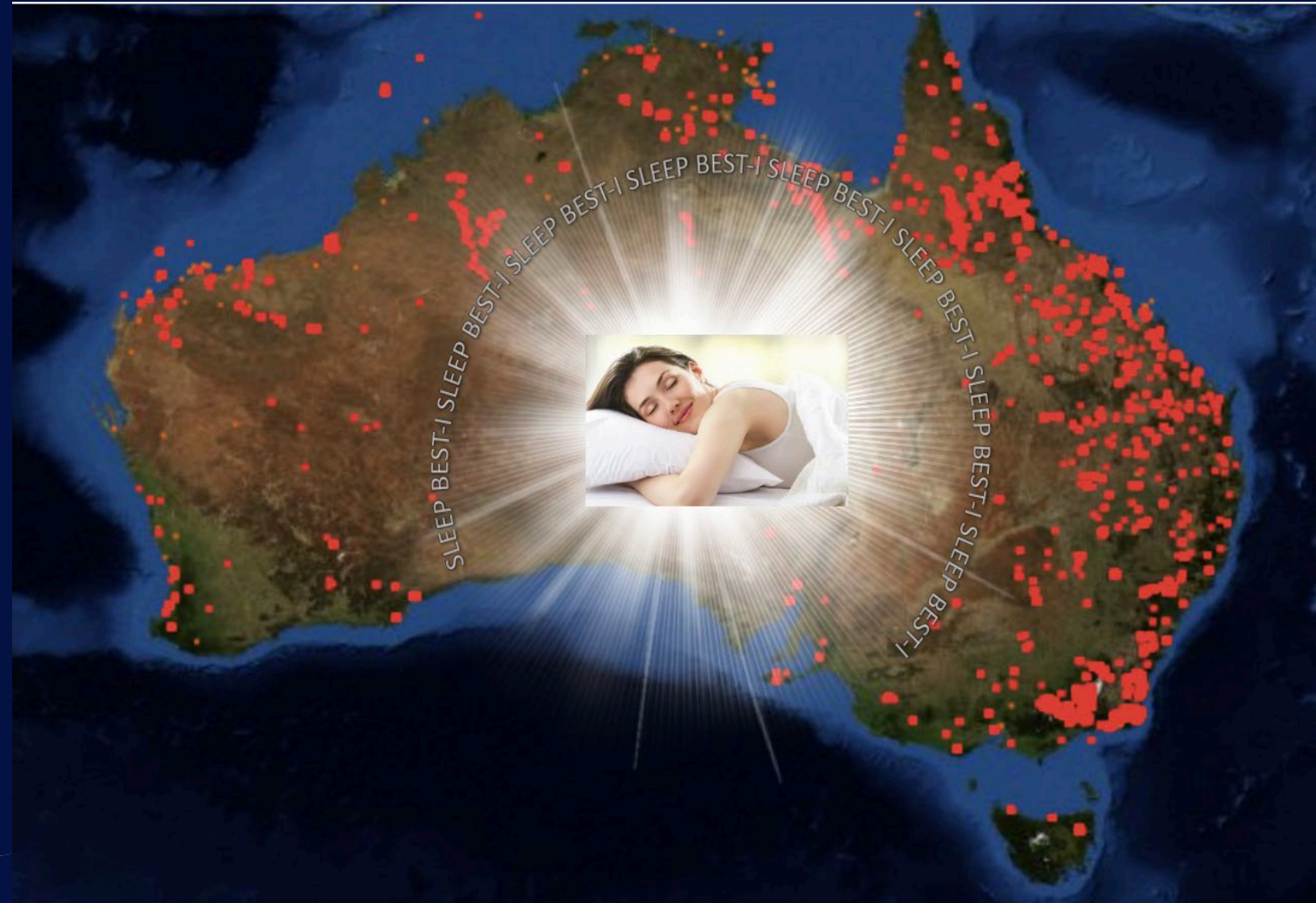
Clinical trial of Sleep Best-i is currently underway





Significance of Sleep Best-i

- Benefits to thousands of bushfire survivors
- Economical
- Increasing self-governance
- Reducing the burden of sleep disturbances



Thank you

<https://sleepwellcopy1.healthzone.org.au/>

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