Acute and Chronic Stress upon Educators in Residential Treatment Centers for Youth: Impact on Seclusion and Restraint

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INTRODUCTION

- Placement in these centers is used when the child's maladjustment problems have delayed their development or when their behavior presents a danger either for themselves or for society.
- It is necessary to use methods to deal with aggressive behavior of youths. The use of restraint and seclusion (R&S) by educators are part of these methods

OBJECTIVES

- 1- The verification of the relation between acute stress and R&S, using cortisol as a measure of acute stress.
- 2- Examine the relations between acute and chronic stress and the use of R&S in a longitudinal manner, using cortisol to measure acute stress and a questionnaire to measure chronic stress

METHODS

- Questionnaire: Trier Inventory for the Assessment of Chronic Stress
- The research team compiled the number of recourses to R&S performed by each participant using data provided by the Youth Centers directly
- We used the saliva collection to calculate the acute stress with two different calculations: CAR and AUC.

RESULTS

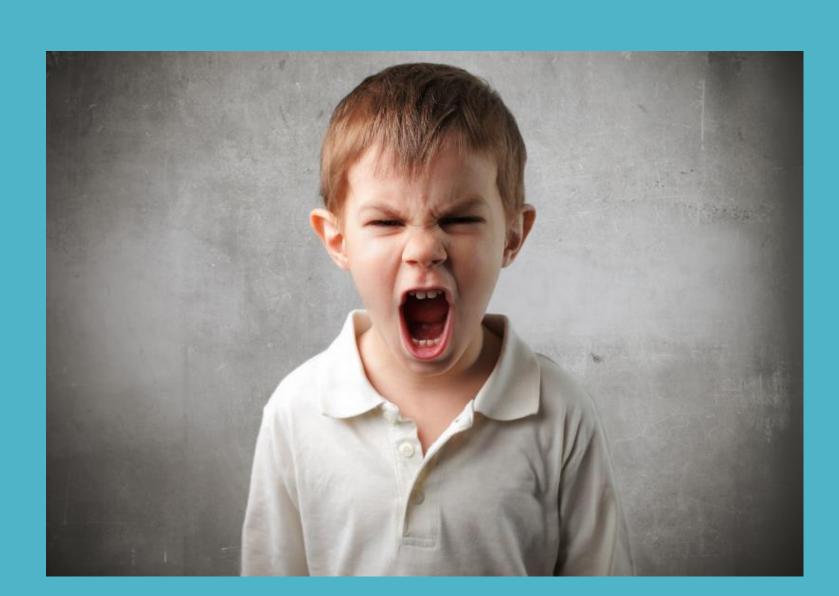
- Correlation analyses between salivary cortisol AUC, CAR and R&S: the use of R&S does not affect acute stress and acute stress does not affect the use of R&S.
- Cross-lagged structural analysis: there is no pattern regarding the relations in a longitudinal model between R&S, acute and chronic stress, neither using CAR nor AUC.

CONCLUSION

No significant results in the correlations or no pattern in the longitudinal analyses conclude that there is an effect between the use of R&S and acute or chronic stress.

There is no significant
relationship between the use of
seclusion and restraint and
educators' stress in residential
treatment centers for youth.





PARTICIPANTS

- 70 educators in residential treatment centers for youths in Montreal, Canada;
- The data were collected from 2015 to 2018;
- Educators for children in residential treatment in 7 different units for children between 6 and 12 years old;
- Each unit has 9 to 12 youths under its supervision;
- The youths were placed in rehabilitation centers by the Youth Protection Act and are coping with severe behavioral disorders such as oppositional disorders, delinquency, and suicidal ideation.

Time 0									
R&S measures	CAR TO AUG		CTO Week befo		ore TO Week of T		0 Week aft		fter T0
Week before T0	.034		.019		1		.330**		.214
Week of T0	245		273		.330**		1		.026
Week after T0	.293		.203		0.214		.026		1
Time 1									
R&S measures	CAR T1 AUG		CT1	Γ1 Week befo		ore T1 Week of T		Week after	
Week before T1	055		141		1		.205		003
Week of T1	.301		.361		.205		1		.210
Week after T1	.023		177		003		.210		1
T' 2									
Time 2									
R&S measures	CAR T	AR T AUC		CT2 Week befo		ore T2 Week of T		Week after T	
Week before T2	335		022		1		.341**		.018
Week of T2	b		b		.341**		1		.184
Week after T2	335		.307		.018		.184		1

