

# 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 T0	AUC T0	Week before T0	Week of T0	Week after 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	AUC T1	Week before T1	Week of T1	Week after T1
Week before T1	-.055	-.141	1	.205	-.003
Week of T1	.301	.361	.205	1	.210
Week after T1	.023	-.177	-.003	.210	1
Time 2					
R&S measures	CAR T2	AUC T2	Week before T2	Week of T2	Week after T2
Week before T2	-.335	-.022	1	.341**	.018
Week of T2	b	b	.341**	1	.184
Week after T2	-.335	.307	.018	.184	1

