

An Investigation of Relationships Between Psychologist Candidates' Psychological First Aid Application Self-Efficacy and Their Psychological First Aid Knowledge Level

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Abstract

The purpose of this study was to examine the relationship between the psychological first aid knowledge levels and psychological first aid practice self-efficacy of psychologist candidates and whether these variables differ according to gender. The study was carried out with 55 students studying in the Psychology Undergraduate Program. 42 of the participants were female and 13 were male; their average age is 21.53. The research hypotheses were tested by evaluating the mean scores of the participants on the Psychological First Aid Application Self-Efficacy Scale (Kılıç Bayageldi & Şimşek, 2021) and the Psychological First Aid Achievement Test (Şahin Yoluk, 2023). Result showed that there was not, it was determined that there was no statistically significant relationship between the psychological first aid knowledge levels and psychological first aid practice self-efficacy of the psychologist candidates ($r=-.195$, $p<.05$). According to another finding of the study psychological first aid practice self-efficacy of psychologist candidates does not differ according to gender ($t(53)=-.534$, $p<.05$), while their psychological first aid knowledge levels differ according to gender ($t(53)=3.012$, $p<.05$). Psychological first aid knowledge levels of female participants ($\bar{x}=8.67$) were higher than those of male participants ($\bar{x}=6.69$). As a conclusion, this study revealed that how mental health professional candidates evaluate themselves about Psychological First Aid, which is one of the first steps of crisis intervention in the face of both individual and social traumas.

Keywords: psychological first aid, crisis, intervention, self-efficacy; achievement