

INTRODUCTION

Burn camps and peer- or foundation-led support groups are widely-utilized resources for patients pediatric burns focused on community recreation.

However, adolescents burned as children may also experience problems with self-esteem, body image, anxiety, depression, or PTSD and there is a gap in programs that merge treatment with community building.

OBJECTIVE

The current psychosocial intensive for adolescent survivors of pediatric burns was created as an evidence-based, assessment-driven therapeutic program led by trained mental health professionals to assist in positive adjustment to life post-burn.

Outcome assessments of effectiveness are presented for review.

DATA SOURCE

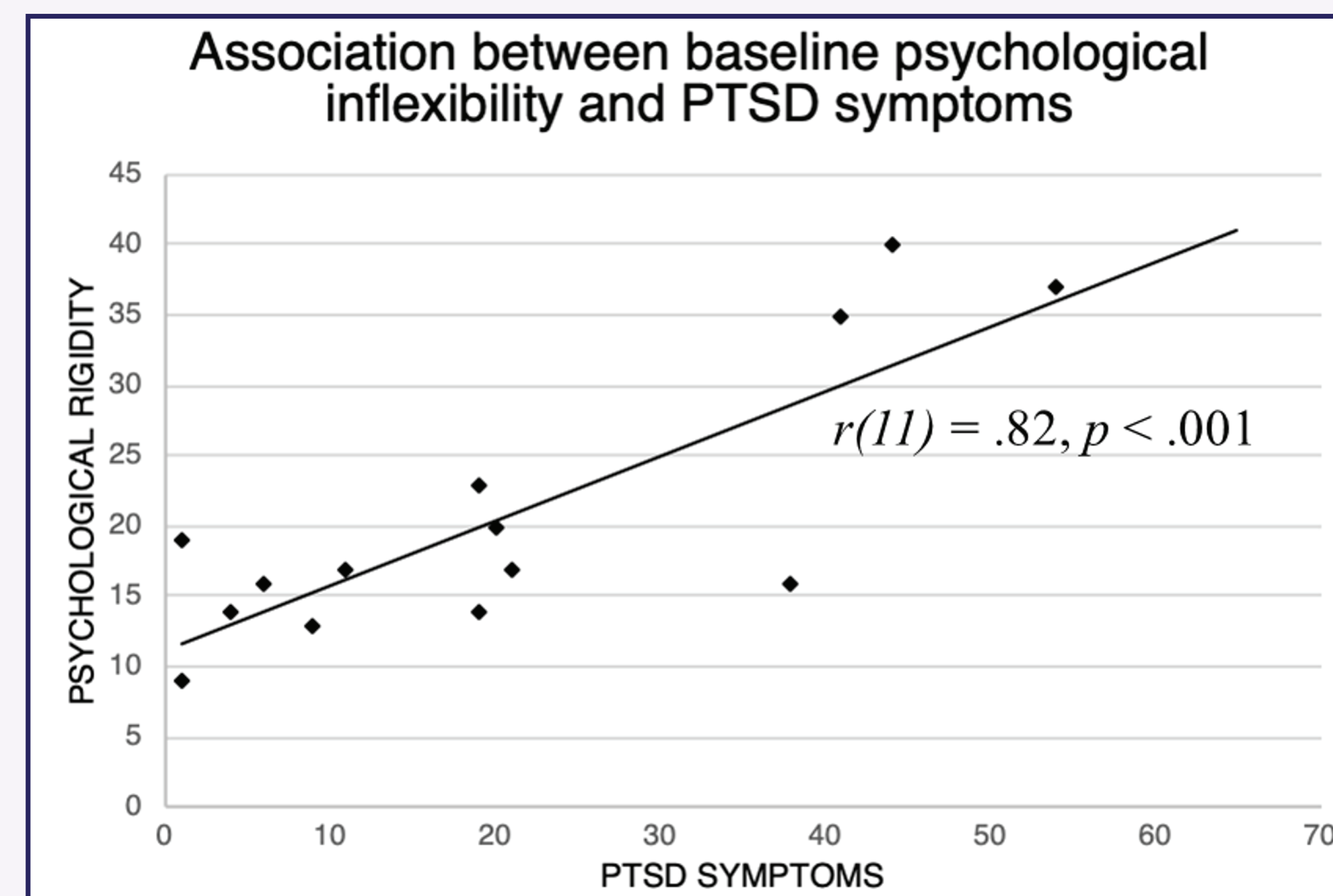
- Fifteen girls ($M_{age} = 16$, $SD = 2.04$; $M_{ageofburn} = 6.64$, $SD = 5.40$) from across the United States and Canada self-selected to attend the six-day residential psychosocial retreat.
- Psychological assessments were administered for clinical utility at the start and end of the program, and guided program structure. Assessments included:
 - Posttraumatic Stress Checklist for DSM-5 (PCL-5)
 - Satisfaction with Appearance Scale (SWAP)
 - Rosenberg Self-Esteem Scale (RSES)
 - Acceptance and Action Questionnaire (AAQ; psychological rigidity)

DESCRIPTIVE DATA

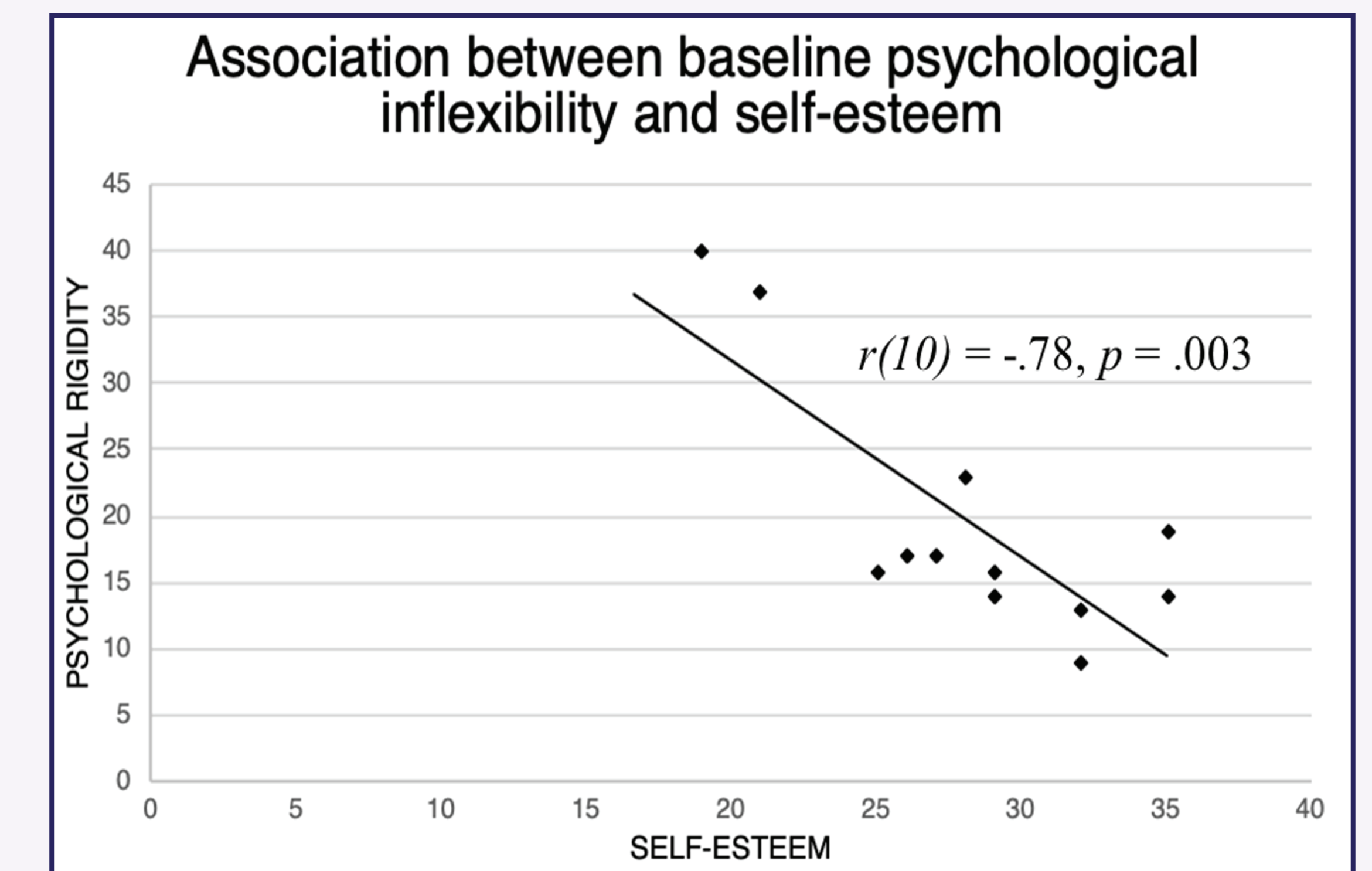
	M	SD	Range
Age Burn Occurred (years)	6.64	5.40	0.8-15
TBSA (%)	42.50%	21.50%	10%-77%
Age During Retreat (years)	16	2.04	12-20
Time Since Burn (years)	9.70	6.01	1-19.92

	Baseline			Follow-Up		
	M	SD	Range	M	SD	Range
PCL-5	23.53	20.2	1-65	22.77	22.57	0-56
SWAP	44.93	11.88	18-63	43.23	19.25	3-63
RSES	27.28	5.76	16-35	29.75	5.67	21-39
AAQ	20.71	9.64	9-40	21.85	15.81	7-49

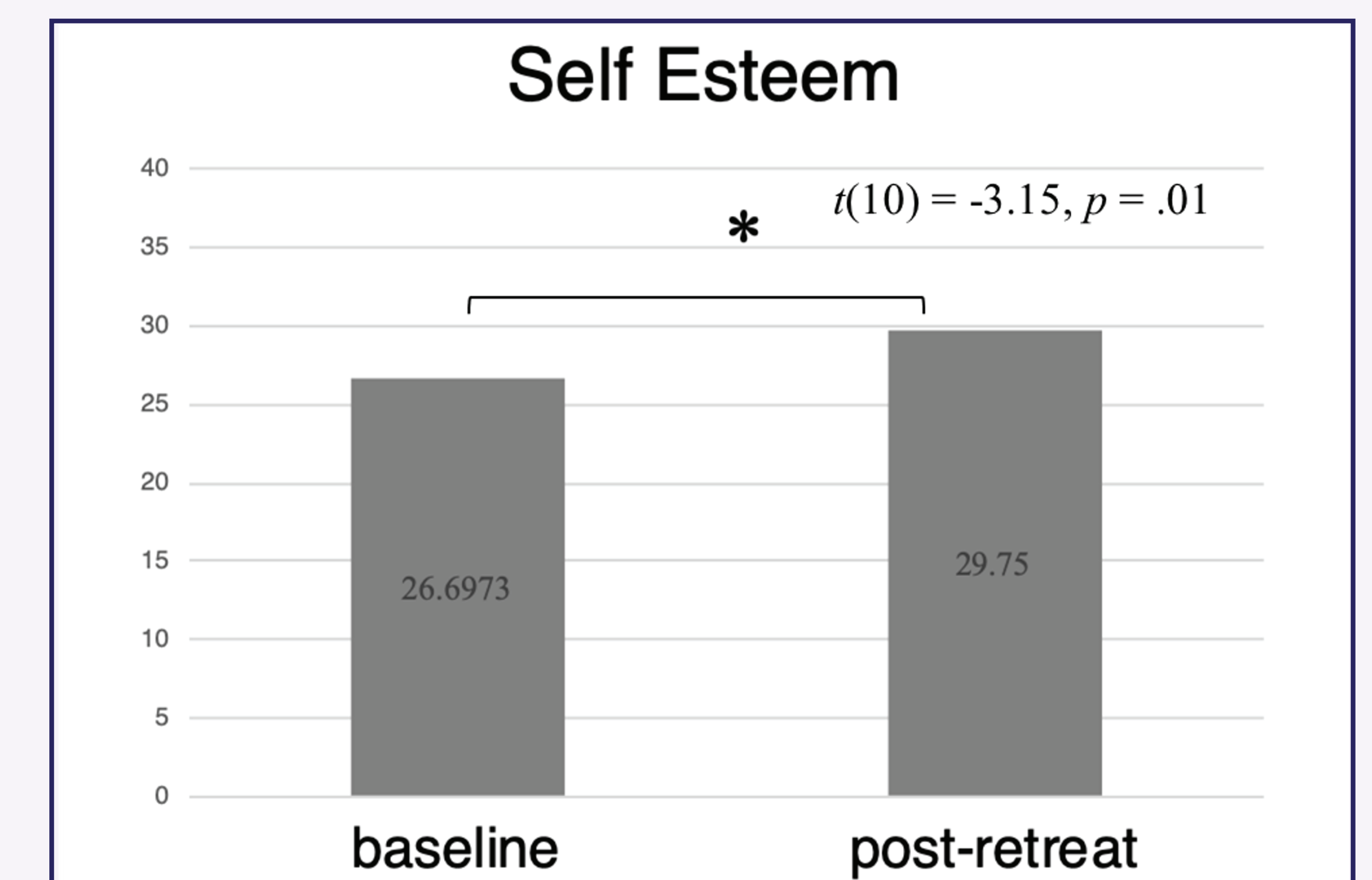
RESULTS



Higher PTSD symptoms are associated with more psychological rigidity



Higher self-esteem ratings are associated with less psychological rigidity



Self-esteem ratings increased after the retreat

CONCLUSIONS

- Overall, attendants endured burn/trauma injury before the age of seven and current symptom profiles replicated prior literature supporting low, subthreshold long-term psychological morbidity
- TBSA, time since burn/trauma and age were not associated with outcome variables.
- A six-day psychosocial intensive for adolescent girls may facilitate growth in self-esteem.
- The use of clinical assessments to inform programming is emphasized.

APPLICABILITY OF RESEARCH TO PRACTICE

Psychosocial intensives that intersperse empirically-supported, assessment-driven therapeutic programming with social connection may be useful in increasing adolescent self-esteem for girls with a history of disfiguring injuries from burns/trauma.