

# Criminological Colloquium

The KfN cordially invites you to the following guest lecture:

## **Coping with emotionally challenging research: Findings from the Researcher Wellbeing Project**

Dr. Tina Skinner (University of Bath)

Time: Tuesday, 05<sup>th</sup> March 2024, 18:00 to 19:30

Location: Online

Note: As the title and abstract already suggest, this is an English lecture.

### Subject of the lecture:

Research ethics procedures have substantially improved over the last three decades, but, despite this, researchers' wellbeing is often overlooked. This is particularly concerning when researching topics that may cause emotional distress and secondary trauma for the researcher (e.g. on crime, death or miscarriages of justice). The British Psychological Society (2020) state that the symptoms of secondary trauma are alike to the symptoms of posttraumatic stress 'disorder' felt by a victim-survivor of a direct traumatic event. Secondary trauma can be experienced at any time in a research project, including fieldwork, coding quantitative/qualitative data, reviewing the literature or during policy campaigning. Symptoms of secondary trauma include distressing thoughts, avoidance, limited concentration/sleep, and alterations in mood. The Researcher Wellbeing Project (RWP, Skinner et al, 2023) focused on understanding the potential impacts, including secondary trauma, of researching emotionally challenging topics; and establishing what, if anything, researchers have in place to help them cope and what they would like to be in place. Data was generated through semi-structured interviews and three questionnaires, including coping mechanisms/interventions and the Secondary Trauma Scale. In this presentation Dr Tina Skinner will outline the key findings of the RWP related to: (i) impacts and (ii) coping mechanisms and recommended support/interventions.

At the end of the presentation guidance will be given to help institutions that undertake and fund research on emotionally challenging topics to put plans in place to develop a well-funded strategy focused on prevention of and provision for distress and secondary trauma linked to emotionally challenging research. For institutions that are unable to do this fully, a phased approach will be proposed with Bronze, Silver and Gold level responses that institutions can adopt to support academics.

### Participation requirements:

To take part, you must register using our [online form](#). You will receive the participation link directly after registration, so that this can also be done at very short notice. Participation is free of charge. A certificate of attendance will be issued on request and sent to you by e-mail in the days following the event.