

# READING LIST

## CYCLE 2: WEEKS 4-6

### 1. Potentially traumatic experiences of seafarers

Jensen, Hans-Joachim, and Marcus Oldenburg.  
"Potentially traumatic experiences of seafarers." *Journal of occupational medicine and toxicology* 14.1 (2019): 1-6.

The aim of the present study is to assess the extent to which seafarers had been affected by severe mental stress situations and what possible psychological effects they may have. During the voyages of 22 German ships, a psychologically trained investigator interviewed 323 seafarers about severe mental stress or potentially traumatic events on board (participation rate 88.5%). Furthermore, a psychologist conducted semi-standardized interviews in 12 shipping companies and in 8 stations of the German Seafarers' Mission on seafarers' traumatic experiences.

**ACCESS THE ARTICLE HERE:**

<https://occup-med.biomedcentral.com/articles/10.1186/s12995-019-0238-9>

### 2. Trauma, post-trauma, and support in the shipping industry: The experience of Filipino seafarers after pirate attacks.

Abila, Sanley S., and Lijun Tang. "Trauma, post-trauma, and support in the shipping industry: The experience of Filipino seafarers after pirate attacks." *Marine Policy* 46 (2014): 132-136.

This paper focuses on Filipino seafarers who were taken hostage by Somali pirates and explores their experiences and sufferings both during the captivity and after release. It shows that during captivity the victims suffered from various forms of traumatic abuse which scarred them both physically and psychologically. After release, the data suggests that seafarers suffered from symptoms associated with mental health issues such as post-traumatic stress disorder (PTSD) and depression. However, seafarers reported that they received no systematic attention or treatment for psychological problems. The issue reveals a deficiency in the regulatory framework governing seafarers' occupational health and safety in the Philippines.

**ACCESS THE ARTICLE HERE:**

<https://www.sciencedirect.com/science/article/abs/pii/S0308597X14000244>

# READING LIST

## CYCLE 1: WEEK 1-3

The scope of this paper will explore the potential for these three key factors to impact on psychological adjustments that seafarers make during their career working on ships. The author has based the discussion of 'Ships as Total Institutions' on the fact that there exists evidence of the cumulative effect of each of these three factors over time in the career of seafarers. The empirical studies provide the evidence upon which the author concludes that the ship is a 'Total Institution'. This article has been written as the drafting of the author's thesis is at an advanced stage. The intention of this paper is not prescriptive, rather as a catalyst for discussion of seafarers' work environment and occupational health and safety from an additional social theoretical perspectives.

**DOWNLOAD THE ARTICLE HERE:**

<http://cejsh.icm.edu.pl/cejsh/element/bwmeta1.element.cejsh-214af3dd-13ad-4202-82f9-f75129346b48>