

## Annotated Bibliography

### Confinement

Allen, K. (2014, Feb 15). Prolonged isolation takes toll on inmates, studies find: Researching speaking out against harmful health effects of solitary confinement. *Toronto Star*.

- There is a growing body of research pointing to negative physiological, psychological, and neurological effects of isolation.
- Lack of interaction, lack of sunlight, lack of visual stimulation, lack of human touch, and lack of exercise can all change the brain dramatically. Degree depends on if it is brief or extended (days not decades).
- Night-shift work is associated with higher rates of heart disease, diabetes, and ulcers.
- The effects of stress are pronounced, as well. "The longer someone is depressed, the more their hippocampus shrinks, a brain area responsible for memory and space recognition, which can lead to confusion and disorientation.

Morrison, T. (Aug/Sept 1998). Confounded by confinement? Debunking confined spaces myth. *Hazardous Materials Management*. 10(4), 41.

Prolonged isolation takes toll on inmates, studies find; Researchers speaking out against harmful health effects of solitary confinement. (2014, Feb. 15) *The Toronto Star* (Toronto, Ontario), A13.

### COVID-19

Coronavirus - COVID-19; anxiety and work resilience among tertiary university hospital workers during the COVID- 19 outbreak: An online survey. (2020, May 17). Medical Letter on the CDC & FDA Retrieved from <https://login.gbcprx01.georgebrown.ca/login?url=https://search.proquest.com/docview/2402208009?accountid=27351>

Madani, A., Boutebal, S. E., & Bryant, C. R. (2020). The Psychological Impact of Confinement Linked to the Coronavirus Epidemic COVID-19 in Algeria. *International Journal of Environmental Research and Public Health*, 17(10). Retrieved from <https://doi-org.gbcprx01.georgebrown.ca/10.3390/ijerph17103604>

"Quarantine offer comes with a catch." (15, Feb. 2020) *Age* [Melbourne, Australia], *Gale Academic OneFile*, 6. Retrieved from <https://link-gale-com.gbcprx01.georgebrown.ca/apps/doc/A613864184/AONE?u=toro15002&sid=AONE&xid=c78e4e5a>.

- A leading Australian epidemiologist is sent to assist Japanese authorities with the quarantine of a Diamond Princess cruise ship "amid concerns the cruise ship could be incubating the coronavirus..."

- 218 passengers tested positive, those who tested negative given option to disembark and be housed in a Japanese training facility with separate single rooms with shower and toilet.
- “University of NSW infectious disease expert Raina MacIntyre said cruise ships were a weak link in global efforts to contain the spread of the coronavirus as WHO international health regulations were not enforceable and many countries do not have the resources to comply.” “A cruise ship on international waters may slip between the cracks of disease surveillance.
- Australia’s chief medical officer Brendan Murphy said at the moment the cases detected were consistent with everyone having been infected before the quarantine measures were put in place. But if cases were to continue “you’d have to wonder about the quarantine.”

### Family Separation and Communication

Blaisure, K. R., & Arnold-Mann, J. (1992). Return and reunion: A psychoeducational program aboard U.S. navy ships. *Family Relations*, 41(2), 178.

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Oldenburg, M., & Jensen, H. (2019a). Needs and possibilities for ship’s crews at high seas to communicate with their home. *International Journal of Occupational Medicine and Environmental Health*, 805. <https://doi-org.gbcprx01.georgebrown.ca/10.13075/ijomeh.1896.01436>

- Average stay of officers on board vessels is 4 months, for ratings it is 9 months. Half of the ratings and a third of the officers reported that these lengths of stays as too long.
- This should lead to certain adjustments and Information and Communication Technology should be made more readily available on board and ashore.
- “Working in seafaring is associated with special psycho-social stressors (such as long-term separation from families, isolation in multicultural crews, loneliness). Shipboard circumstances are not comparable with working settings ashore, and health promotion in the maritime settings seems to be urgently required.”
- Separation from family and other close-knit social relationships at home is a main stressor for seafarers.
- Internet connection is primarily found in public areas (i.e., the mess room). Can sometimes be available in private areas and cabins, usually for the officers.
- Average cost for telecommunication was \$30 USD/week. Deemed to be too high.
- Internet access on board plays an important role in meeting the social needs of seafarers.
- Seafarers navigating the North Range benefit from more opportunities to use cheaper means of communication than crews navigating worldwide.
- Communication with other seafarers is essential for keeping up their social skills. Separation from home and family often leads to job dissatisfaction.
- Optimal assignment for officers would be 4 months, and for ratings 6 months.
- There is a need to convince shipping companies that the provision of cheap and comfortable methods of telecommunication leads to improved well-being. Greater well-being leads to increased comfort and attention levels reducing errors and accidents.

Oliviero, H. (2020, April 30). Families separated by COVID-19: As hospital visits restricted, many face illness alone: Health care workers get creative, help loved ones stay connected. *Atlanta Journal-Constitution* [Atlanta, GA], p. A1. Retrieved from <https://link-gale-com.gbcprx01.georgebrown.ca/apps/doc/A622396710/STND?u=toro15002&sid=STND&xid=e47f961f>

## Stress

Hege, A., Lemke, M. K., Apostolopoulos, Y., & Sönmez, S. (2019). The impact of work organization, job stress, and sleep on the health behaviors and outcomes of U.S. long-haul truck drivers. *Health Education & Behavior*, *46*(4), 626–636.

Lindley, J. K. (2020). Bounce Forward. *Health*, *34*(6), 98–101.

Mayo, Danessa & Corey, Sarah & Kelly, Leah & Yohannes, Seghel & Youngquist, Alyssa & Staurt, Barbara & Niendam, Tara & Loewy, Rachel. (2017). The role of trauma and stressful life events among individuals at clinical high risk for psychosis: A review. *Frontiers in Psychiatry*. 8. 10.3389/fpsy.2017.00055.

Oldenburg, M., & Jensen, H. (2019b). Stress and strain among merchant seafarers differs across the three voyage episodes of port stay, river passage and sea passage. *PloS One*, *14*(6), e0217904. Retrieved from <https://doi-org.gbcprx01.georgebrown.ca/10.1371/journal.pone.0217904>

- 323 sailors on 22 container ships were surveyed and their heart rate was measured to determine which of the three voyage episodes was the most stressful.
- It was found that sea passage was least stressful (there is generally more time for leisure and sleep), river passage was considered moderately stressful, and port stay produced the highest overall strain (defined as “the effect of their job-related stress”). The most common psychophysical complaints were “fatigue” and “a fast heartbeat.” Triggered by over one fifth of the crewmembers, which indicates “a high level of stress while working on board.”
- “Seafarers are more likely to recover in the sea passage,” this knowledge should be used to offer ship’s crews targeted health measures in particular during sea passage.
- Factors onboard that contribute to stress: noise, vibration, ship’s movements, stays of up to 9 months in a row “represent additional burdens on seafarers that are not found in land-based working environments.”
- Recommend tailor-made health programs and psychosocial interventions when the ships are at sea. Focus on sleep, diet, and training in health issues.

## Recommendations

- Provide ample opportunities for sleep and leisure during sea passage and other less demanding periods.
- Provide adequate and low-cost ICT (Information and Communication Technology) preferably in private cabins, not just in mess rooms and other common areas.
- Tailor-made health programs and psychosocial interventions when the ships are at sea.
- Health promotion programs: Emphasis on sleep, healthy and varied diet, training in health issues, such as relaxation training that can improve sailor's resilience.