



The psychological link between Transaction Model of Stress and Coping and blood donation

Stages in Transactional Model of Stress and Coping	Type	Definition/Description	The psychological link to Blood Donation
Appraisal	Primary	Is the situation relevant to me?	<p><i>Is there a possibility that donating blood has a positive or negative impact?</i></p> <p><i>In an emergency, do I know the patient who needs my blood?</i></p> <p><i>Do you want to support your community?</i></p> <p><i>Did you have a previous operation or injury where blood donations saved your life?</i></p> <p><i>Do you want to support the British society in general and help to save lives?</i></p> <p><i>Do I know someone who passed away who needed blood, but none was available?</i></p> <p><i>Am I a healthcare professional who should consider donating blood?</i></p>

	Secondary	<p>This applies if one considers the primary appraisal to be of negative impact.</p> <p><i>Can you cope with the situation?</i></p> <p><i>Are you able to balance the risks and uncertainty with perceived resources e.g. social support and expertise?</i></p>	<p><i>Can you cope with the process of blood donation, which involves consent, initial health checks, and blood collection?</i></p> <p><i>Do you understand the importance of donating blood?</i></p> <p><i>During the consultation, has the healthcare professional explained the procedure and risks?</i></p> <p><i>Did you find your questions answered in the consultation?</i></p> <p><i>Have the responses helped you make a thorough decision to donate blood?</i></p> <p><i>Do you know how your blood will help?</i></p> <p><i>Do you know your blood type?</i></p> <p><i>Is your blood type common, universal, or rare?</i></p> <p><i>Do you have social support e.g. friend, a relative or another person?</i></p> <p><i>What if you pass out or faint?</i></p> <p><i>I am not sure I am eligible to donate blood. Ask?</i></p> <p><i>Am I worried about COVID-19? Can I wear optional masks?</i></p>
Coping	Problem-focused	<p>This stage occurs if you feel negative stress or are overwhelmed.</p> <p><i>How do you hope to deal with the situation itself?</i></p>	<p><i>Do you want to continue with the blood donation process?</i></p> <p><i>What measures am I taking to resolve the problem?</i></p> <p><i>Tips for stress relief?</i></p> <p><i>Preparing by doing exercise and eating iron-containing food?</i></p> <p><i>Have I spoken to the donor professional about this?</i></p>

	<p>Emotional</p> <p>How will you change your perception or feelings towards the situation by lowering stress?</p> <p>Are you in denial?</p> <p>Do you want to avoid the situation?</p> <p>How will you re-frame the meaning of the situation?</p> <p>What change has it had on you emotionally?</p> <p>Will you blame or accept responsibility?</p> <p>How will you control the self-strategies of your thoughts?</p> <p>How will your self-control affect your behaviour?</p>	<p><i>Do you believe negative attitudes towards blood donation can change?</i></p> <p><i>Are your doubts about blood donation influenced by others, culture, or personal concerns?</i></p> <p><i>What steps could help you manage stress related to blood donation?</i></p> <p><i>Need more time?</i></p> <p><i>Read or research more about the subject?</i></p> <p><i>Find out the rarity of the risks involved in blood donations?</i></p> <p><i>Speak with the NHS Blood team donor professional that you spoke with?</i></p> <p><i>Please visit the NHS Blood and Transplant website to learn how you can help.</i></p> <p>https://www.nhsbt.nhs.uk/how-you-can-help/</p> <p><i>Speak to the NHS Blood team via face to face (one-to-one), virtually, telephone or visit their enquiry section on their website:</i></p> <p>https://www.nhsbt.nhs.uk/contact-us/</p> <p><i>Speak to your G.P?</i></p> <p><i>Speak to the NHS Blood support group, especially for blood cancer causes:</i></p> <p>https://www.gloshospitals.nhs.uk/our-services/services-we-offer/clinical-haematology/haematology-support-groups/</p> <p><i>Develop or find your own small focus groups:</i></p> <p>https://www.england.nhs.uk/wp-content/uploads/2016/07/bitesize-guide-focus-groups.pdf</p>
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	Adaptive	<p>Does the coping strategies help with stress in the long-term?</p> <p>Maladaptive: Does the coping strategies only help temporarily and exacerbate in the long-term?</p>	<p><i>Upon reviewing the coping strategies in preparation to donate blood, are they helping in long-term or short term?</i></p> <p><i>What techniques will you change?</i></p>
Reappraisal		<p>In a positive sense of the situation, re-cap on the primary and secondary appraisals and the status.</p>	<p><i>Find relaxation strategies you commonly do or try new.</i></p> <p><i>Reflect and understand you made a big difference in someone's life.</i></p>