



**The RCMP Longitudinal
PTSD Study**

CALL FOR MEMBER PARTICIPATION



On behalf of the RCMP, the University of Regina is conducting a study of RCMP cadets before and after they graduate Depot training and through their first five years on duty to investigate PTSD and other Operational Stress Injuries (OSIs), among RCMP officers.

We are seeking volunteers for this innovative, important, and unique study which has the potential to advance the way mental health is monitored, assessed, and treated, benefiting all Members of the RCMP.

RCMP Members and Mental Health Injuries:

RCMP Members and all police are exposed to potentially psychologically traumatic events as part of their front-line work. These exposures put Members at risk of developing symptoms related to mental disorders.

Post-traumatic stress disorder (PTSD) and other Operational Stress Injuries cause suffering and can lead to disability and even loss of life.

A recent academic study found that half of RCMP officer participants reported experiencing potentially problematic symptoms and about a third reported symptoms consistent with PTSD. Only 10% of the general population typically report problematic symptoms. Between 2014 and 2019, there was a 69% increase in RCMP Members seeking mental health supports.

Participant Commitments:

If you choose to participate in this important study, you will be asked to:

- Complete a 75-minute online survey when you join
- Participate in a 60-minute interview with a trained psychologist
- The survey and interview will be repeated just before you deploy and then annually
- Complete a daily one-minute update on your smartphone (we provide the app and an optional smartphone)
- Wear an Apple watch or other biometric device to track physiological data

Why Is This Important?

This is the largest study of its kind, and will help identify signs of trauma. It will also contribute to more effective training, support and related services for RCMP Members before these conditions become more serious or impact their quality of life.

More information about the study can be found at: <https://www.rcmpstudy.ca>

Please contact rcmpstudy@uregina.ca if you wish to participate. Thank you in advance.