

Risk and Resiliency of RCMP Cadets after Completing the Cadet Training Program



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Why study the risk and resilience of RCMP cadets after completing the Cadet Training Program?

Despite the higher prevalence of mental health disorders among serving Royal Canadian Mounted Police (RCMP) relative to the general population, RCMP cadets at post-training/pre-deployment appear less vulnerable to developing mental health challenges than the general population; accordingly, the higher prevalence of mental health challenges among serving RCMP may at least partially be explained by the nature of police work.

Background

RCMP cadets begin the Cadet Training Program (CTP) with lower putative risk and greater perceived resilience than young adults in the general population. The CTP was expected to strengthen RCMP cadets' mental health by beneficially augmenting putative risk and resilience factors.

The Current Study

The current research draws on data from the larger, 10-year RCMP Study, a part of a Federal Framework on Posttraumatic Stress Disorder (PTSD). Participants were RCMP Cadets ($n=492$) finishing the 26-week CTP and assessments included web-delivered surveys examining several putative risk variables (i.e., anxiety sensitivity, fear of negative evaluation, pain anxiety, illness and injury sensitivity, intolerance of uncertainty, and state anger) and perceived resilience.

Results

RCMP Cadets have lower scores on multiple putative risk variables and higher scores on resilience than young adults in the general population; accordingly, the higher prevalence of mental health challenges among serving RCMP may at least partially be explained by the nature of police work.

The current results also suggest the Cadet Training Program is not detrimental to the mental health of RCMP Cadets, and may be beneficial, as cadets participating in the RCMP Study evidenced lesser mental health risk and greater resiliency after the training.

Conclusions

The results suggest that:

1. RCMP cadets at post-training/pre-deployment appear less vulnerable to developing mental health challenges than the general population;
2. The mental health challenges reported by serving RCMP may at least partially be explained by the nature of police work, rather than inherent risk and resilience factors that exist at pre-deployment; and
3. The Cadet Training Program is not detrimental to the mental health of RCMP Cadets, and may be beneficial, as cadets participating in the RCMP Study evidenced lesser mental health risk and greater resiliency after the training.

Highlights

The RCMP Cadet Training Program increased mental health resilience and decreased putative risk variables among Cadets:

Decreased Putative Risk

Associated with mental health challenges

Increased Resilience

Associated with better mental health

After the CTP

- ↑ Resilience
- ↓ Anxiety sensitivity
- ↓ Fear of negative evaluation
- ↓ Illness and injury sensitivity
- ↓ Intolerance of uncertainty

**The original wording of the study was changed and condensed for the current research infographic.*

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Read the full study here:

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The RCMP Longitudinal PTSD Study



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