

Anderson et al. background research

- ❑ Effectiveness of psychological programs to mitigate PTSD
 - ✓ Modest evidence for time-limited reductions in PTSD following participation in *proactive* holistic programs that promote resilience, stress, and emotion regulation among at-risk workers ([Di Nota et al. 2021](#))
 - ✓ Peer-support & crisis-focused programs varied greatly – difficult to evaluate ([Anderson et al. 2020](#))
- ❑ Personal resilience skill decay in paramedic students ([Vaughan et al. 2020](#))
 - ✓ Online resilience training program: effective strategy for improving *short-term* personal resilience
 - ✓ Skill decay at 6 or 9 months: requires booster training.
- ❑ Assessing relative impact of diverse stressors among PSP ([Carleton et al. 2020](#))
 - ✓ Organizational & operational workplace stress might play a larger role on PSP mental health than PPTTE
 - ✓ Leadership style, organizational engagement, stigma, sleep, social environment are *modifiable stressors*.
- ❑ Coping strategy use among PSP
 - ✓ PSP managed occupational stress using 3 primary approach coping strategies: education, self-reliance, and treatment ([Anderson et al. 2022](#))
 - ✓ Small but non-significant improvements in approach and avoidant coping ([Di Nota et al. 2021](#))
- ❑ MH and social support in PSP ([Vig et al. 2020](#))
 - ✓ Perceptions of greater social support decrease likelihood of positive screening for PTSD & MDD
- ❑ Sleep quality & mental disorder symptoms in Canadian PSP ([Angehrn et al. 2020](#))
 - ✓ Sleep appears to be a potentially important factor for PSP mental health.

Anderson et al. background research (2)

- ❑ Mental disorders and suicidal ideation/plans/attempts in Canadian police ([Di Nota et al. 2020](#))
 - ✓ Positive mental health screens for depression, anxiety (GAD), panic disorder, alcohol abuse and PTSD were associated with increased likelihood for suicidal ideation & plans, but not attempts
 - ✓ Civilian police workers reported a *higher* prevalence of suicide attempts relative to sworn officers
 - ✓ Attempted death by suicide appears strongly associated with positive screens for PTSD
 - ✓ Organizational prevention and treatment programs for sworn & civilian workers need to be tailored to address their unique occupational roles & exposures to trauma, and differences in the incidence of MH disorders
- ❑ Online Resilience Training Programs for Nursing & Paramedic Students
 - ✓ Self-paced online resilience training program on promoting personal resilience and positive coping styles
 - ✓ Nursing students: measures of positive coping and anxiety/depression shifted in the expected direction, but these findings were not statistically significant ([Stoliker et al. 2021](#))
 - ✓ Paramedic students: development of skills to manage workplace trauma can reduce/mitigate the negative impact of exposure to trauma & reduce risk of developing trauma related MH problems ([Anderson et al. 2017](#))
- ❑ Brief screening tools for use with PSP ([Shields et al. 2020](#))
 - ✓ Patient Health Questionnaire-4 (PHQ-4: depression, anxiety), Brief Panic Disorder Screen (PDSS-SR: panic disorder), the Short-Form Posttraumatic Checklist-5 (short-form PCL-5: PTSD), and Alcohol Use Disorders Identification Test-Consumption (AUDIT-C: alcohol use disorder)
- ❑ Family support for PSP ([Cox et al. 2022](#))
 - ✓ Extrafamilial support and resources, including recognition of the roles families fulfill and the need for information and education, are necessary to enhance family resiliency