

STUDY PROTOCOL: THE RCMP LONGITUDINAL STUDY



What is the RCMP Study?

Like all public safety personnel (PSP), Royal Canadian Mounted Police (RCMP) are often exposed to potentially psychologically traumatic events (PPTe). These frequent exposures and other occupational stressors can contribute to Posttraumatic Stress Injuries (PTSI). An estimated 50% of RCMP screen positive for one or more mental health disorders. Yet there is currently very little research available on how to protect the mental health of members and other PSP. The RCMP Study is designed to assess the impact of skills taught proactively to help protect members from PTSI.

Study design

The RCMP Study is part of the Federal Framework on Posttraumatic Stress Disorder, a landmark national effort to recognize, collaborate with and support those impacted by PTSD. The study will involve two groups of cadets receiving training through the Cadet Training Program (CTP) at the RCMP Depot in Regina, Saskatchewan. One group of 480 cadets will receive the standard training currently in place, and one group of 480 cadets will receive an enhanced training protocol.

Research questions

- Are there associations between PTSI in RCMP officers based on demographic, or other factors?
- Are there individual differences in PTSI among RCMP officers over time?
- Did the self-monitoring tools provided help support positive mental health?
- Did the enhanced training build stronger emotional resilience compared to standard training?
- Did the enhanced training result in fewer or less severe PTSI among participants?

The enhanced training uses a 13-week program referred to as Emotional Resilience Skills Training (ERST), which has been seamlessly integrated into the CTP. Cadets who receive this training are expected

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

to experience better mental health than those who receive the standard training. Participation in the study provides participants with regular assessments and feedback on their mental health, which are expected to enable all study participants to experience better mental health than RCMP officers without such supports.

Assessment - standard and enhanced groups

Formal Assessments	Start and end of training; annually for 5 years	A demographic questionnaire; measurements of symptoms associated with mental health disorders, environmental factors, and individual factors like personality; a structured clinical interview.
Self Assessments	Daily	Brief questionnaires measuring participants' reported mental and physical state, a recording of work hours, sleep quality, social activity etc.
Self Assessments	Monthly	Brief assessment for symptoms of PTSI and for individual factors like personality.
Biometrics	During training, work shifts	Wearable technologies measuring daily heart activity and other health factors.

Researchers hope to demonstrate that regular monitoring can help to benefit RCMP mental health. Researchers also hope to demonstrate that ERST training can be used to improve the mental health of all PSP. The RCMP Study results are expected to benefit the mental health of study participants, RCMP and other public safety personnel by mitigating PTSI among all who serve.

These results will help to continue advancing Canada's first-ever National Action Plan on Post-Traumatic Stress Injuries, including additional investment to support the health and well-being of first responders and other public safety personnel.

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[Read the full study here](#)

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