

MENTAL HEALTH OF CADETS STARTING RCMP TRAINING

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Why study cadet mental health?

The high numbers of serving Royal Canadian Mounted Police members with mental health disorders has often been attributed to insufficient mental health screening of recruits. Yet, the mental health of cadets prior to training has been unknown. We addressed the knowledge gap by assessing the mental health of cadets starting the Cadet Training Program.

The RCMP Study

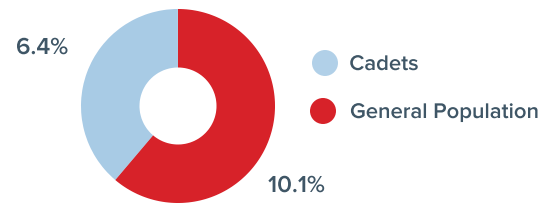
This report is part of a larger RCMP Study designed to develop, deploy, and assess the impact of skills taught to proactively mitigate Posttraumatic Stress Injuries (PTSI). Participants were RCMP Cadets starting the 26-week CTP and included: web-delivered surveys assessing self-reported mental health symptoms, and clinical interviews assessing current and past mental health.

Results

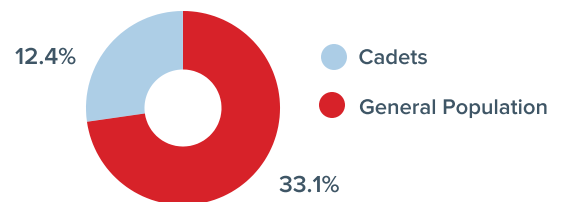
The data indicate that Cadets have as good or better mental health than the general public and excellent mental health relative to serving RCMP members. This contrasts earlier notions that the high mental disorder prevalence among serving RCMP members is the result of insufficient screening of recruits. Instead, the data suggests the substantial impact of RCMP service on mental health.

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

The RCMP Study is funded by support from the RCMP, the Government of Canada, and the Ministry of Public Safety and Emergency Preparedness. L. M. Lix is supported by a Tier I Canada Research Chair in Methods for Electronic Health Data Quality. T. O. Afifi is supported by a Tier I Canada Research Chair in Childhood Adversity and Resilience. S. H. Stewart is supported by a Tier I Canada Research Chair in Addictions and Mental Health. The development, analyses, and distribution of the current article was made possible by a generous and much-appreciated grant from the Medavie Foundation.



Based on clinical interviews, participants were less likely to screen positively for any CURRENT mental disorder compared to current rates among the general population.



Based on clinical interviews, participants were less likely to screen positively for PAST mental disorder compared to rates for the general population.

Based on previously published data about serving RCMP, cadets were less likely to screen positively for:

	Cadets %	RCMP %
Posttraumatic Stress Disorder	2.7	30.0
Major Depressive Disorder	6.6	31.7
Generalized Anxiety Disorder	11.0	23.3
Social Anxiety Disorder	13.6	18.7
Panic Disorder	1.6	12.0



Find the full study here:

Carleton, R. N., Jamshidi, L., Maguire, K. Q., Lix, L. M., Stewart, S. H., Afifi, T. O., Sareen, J., Andrews, K. L., Jones, N. A., Nisbet, J., Sauer-Zavala, S., Neary, J. P., Brunet, A., Krätzig, G. P., Fletcher, A. J., Teckchandani, T. A., Keane, T. M., and Asmundson, G. J. G. (in press). Mental Health of Royal Canadian Mounted Police at the Start of the Cadet Training Program. Canadian Journal of Psychiatry/La Revue canadienne de psychiatrie.

