

# HEALTHY MINDS HEALTHY MOUNTIES



A Longitudinal Study of Operational Stress Injuries (OSIs) for the Royal Canadian Mounted Police



The RCMP Longitudinal  
PTSD Study



University  
of Regina



Royal Canadian  
Mounted Police

Gendarmerie royale  
du Canada



Étude longitudinale  
de la GRC sur le TSPT



Université  
de Regina

# RCMP Study Presenters

[www.rcmpstudy.ca](http://www.rcmpstudy.ca)

- **R. Nicholas Carleton, Ph.D., R.D. Psych.**
  - **Professor of Psychology**
- **Gregory P. Krätzig, Ph.D.**
  - **RCMP, Director Research and Strategic Partnerships**
  - **Technical Authority, RCMP Study**

# RCMP Study Funding

[www.rcmpstudy.ca](http://www.rcmpstudy.ca)

- Funding for the RCMP Study is graciously provided the RCMP, the Government of Canada, and the Ministry of Public Safety and Emergency Preparedness.
- The development, analyses, and distribution of several pending articles has also been generously provided by the Medavie Foundation.

# RCMP Study Rationale

[www.rcmpstudy.ca](http://www.rcmpstudy.ca)

## Current PTSD – Best Data Available

	General Public	RCMP
<b>PTSD</b>	2 %	30 %
<b>Major Depressive Disorder</b>	7 %	32 %
<b>General Anxiety Disorder</b>	3 %	23 %
<b>Panic Disorder</b>	2 %	12 %
<b>Alcohol Use Disorder</b>	7 %	4 %
<b>Any Mental Disorder</b>	10 %	50 %

# RCMP Study Rationale

[www.rcmpstudy.ca](http://www.rcmpstudy.ca)

- National Action Plan on Post-Traumatic Stress Injuries
  - PSPNET at U Regina
  - **RCMP Study at U Regina**
  - CIPSRT-CIHR Consortium at U Regina



# RCMP Study as a Solution

[www.rcmpstudy.ca](http://www.rcmpstudy.ca)

- The RCMP PTSD Study is an initiative in partnership with the University of Regina
- A global first – a multi-year multi-modal applied intervention study investigating PTSD and other PTSI among RCMP as part of an evidence-informed proactive intervention strategy

# RCMP Study as a Solution

[www.rcmpstudy.ca](http://www.rcmpstudy.ca)

- Next step in supporting the mental health of RCMP, as well as all first responders, other public safety personnel, and all uniformed officers
- Prospective studies address substantial critical knowledge gaps

# RCMP Study as a Solution

[www.rcmpstudy.ca](http://www.rcmpstudy.ca)

- Reducing incidence and prevalence of PTSD requires
  - Training
  - Mental health monitoring
  - Proactive mental health activities
  - Mental health care
  - Balance between individual and organizational responsibilities



# RCMP Study as a Solution

[www.rcmpstudy.ca](http://www.rcmpstudy.ca)

- "The RCMP Study is a vital part of our RCMP mental health strategy is to develop more effective programs to address OSIs. Ultimately it will help the RCMP identify what we can do better to help our employees in the future."
  - Brenda Lucki, Commissioner, RCMP
- "This research has tremendous potential and with your help we believe it will help us advance better mental health in the RCMP and among all emergency workers."
  - Jasmin Breton, Chief Learning Officer, RCMP
- "The more than we can do at the NPF to encourage better treatments and better resilience and better care for members, if it takes five years or if it takes a decade, we have to support that."
  - Brian Sauvé, President, National Police Federation

- **Develop a set of tools that help members to identify and manage stress very early on, facilitating earlier access to care and faster recovery**
- **Provide recommendations for better assessment, treatment, and management of PTSD**
- **To help produce the healthiest and most resilient members ever**

# RCMP Study Goals

[www.rcmpstudy.ca](http://www.rcmpstudy.ca)

- Develop, deploy, and assess the impact of a system for ongoing evidence-based assessments
- Evaluate associations between demographic variables and PTSI
- Assess individual differences associated with PTSI longitudinally
- Augment the RCMP cadet training program at Depot with skills that proactively mitigate PTSI
- Assess the difference between the standard program and the new augmented one

# RCMP Study Design

[www.rcmpstudy.ca](http://www.rcmpstudy.ca)

- Overview
  - Team 1 ( $n \sim 480$ )
    - Standard Depot Training
    - Ongoing Monitoring
      - Improved mental health as a function of training and ongoing mental health monitoring
  - Team 2 ( $n \sim 480$ )
    - Starts after Team 1 has left Depot
    - Augmented Depot training
    - Ongoing Monitoring
      - Improved mental health as a function of augmented training and ongoing mental health monitoring

# RCMP Study

## Activities

[www.rcmpstudy.ca](http://www.rcmpstudy.ca)

2 Teams

10 Years

1 Massive change

- Overview
  - Team 1 and Team 2

	Activity
Week 1 (early)	Recruitment and On-Boarding
Weeks 1-2, Day 6	First Full Assessment
Week 5	First Monthly Assessment
Week 24-25	Second Full Assessment
Weeks 76-80	Third Full Assessment
Weeks 128-132	Fourth Full Assessment
Weeks 180-184	Fifth Full Assessment
Weeks 232-236	Sixth Full Assessment
Weeks 284-288	Seventh Full Assessment

# RCMP Study

## Activities

[www.rcmpstudy.ca](http://www.rcmpstudy.ca)

### Ongoing Monitoring



- **Full Assessments**

- **Surveys**

- ~75 Minutes

- **Clinical Assessments**

- Pre-training, post-training, annually on deployment anniversary
    - No diagnoses conveyed
    - Confidential feedback and recommendations provided
    - ~60 Minutes

# RCMP Study

## Activities

[www.rcmpstudy.ca](http://www.rcmpstudy.ca)

**Self-report surveys providing extensive background information and period monitoring**

**A semi-structured Clinical Interview to assess mental health**

- **Monthly Assessments**
  - Self-report screening of symptoms for several common mental health disorders
  - Automated feedback with recommendations
  - ~20 minutes

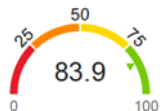
# RCMP Study

## Activities

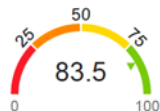
[www.rcmpstudy.ca](http://www.rcmpstudy.ca)

Regular screening and monitoring of symptoms to support proactive changes and early access to care

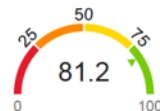
Mood



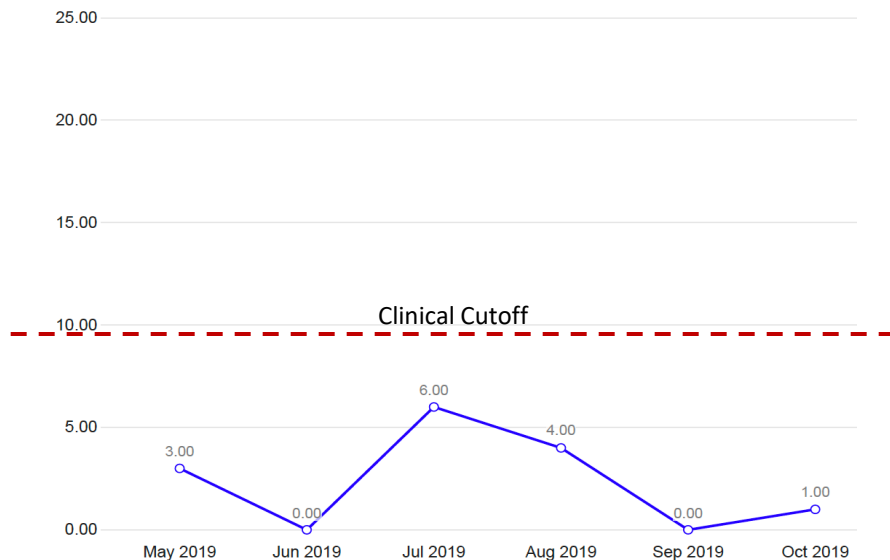
Attitude and Performance



Physical Wellness



● Symptoms of Major Depressive Disorder



# RCMP Study Activities

[www.rcmpstudy.ca](http://www.rcmpstudy.ca)

Participant responses provide data for a series of dashboards, early detection of challenges

Supporting other interventions (e.g., treatments) and the development of proactive individually-tailored interventions



- **Daily Assessments**
  - Self-report reflection on the past 24 hours
    - Mood, Attitude, and Performance
    - Physical Wellness
    - Emotional State
    - Work Hours and Sleep Hours
    - Sleep Quality
    - Eating, Physical Activity, Social Activity
    - Substance Use
    - Exposure to significant events
  - ~ 1 minute

# RCMP Study Activities

www.rcmpstudy.ca

The RCMP Longitudinal PTSD Study

English

**Daily Quick Check-In on the Past 24 Hours**

Today, overall, I was...

Healthy/Reacting/Injured/Ill

Please Drag the Slider for Mood Level

0 10 20 30 40 50 60 70 80 90 100

Injured (26-50) Reacting (51-75) Healthy (76-100)

Mood

Today, overall, I was...

Healthy/Reacting/Injured/Ill

Please Drag the Slider for Attitude and Performance Level

0 10 20 30 40 50 60 70 80 90 100

Injured (26-50) Reacting (51-75) Healthy (76-100)

Attitude and Performance

Today, overall, I was...

Healthy/Reacting/Injured/Ill

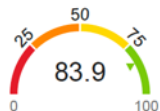
Please Drag the Slider for Physical Symptoms Level

0 10 20 30 40 50 60 70 80 90 100

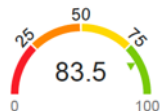
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Physical Symptoms

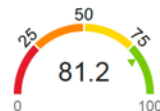
Mood



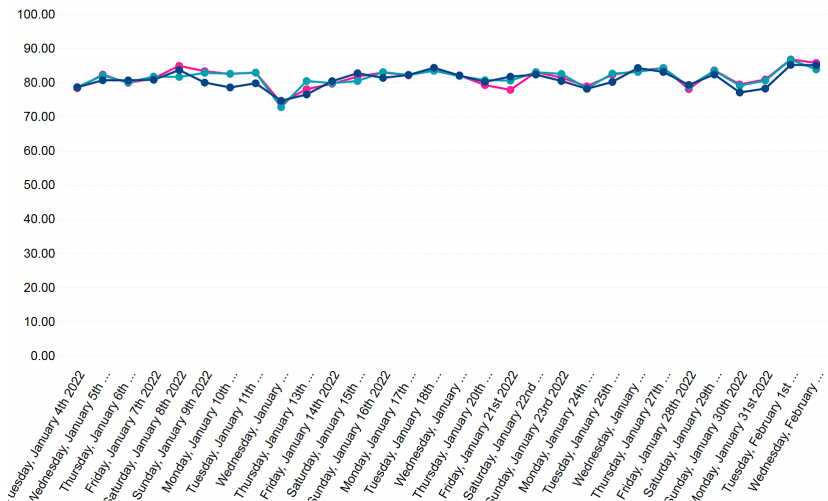
Attitude and Performance



Physical Wellness



● Mood    ● Attitude and Performance    ● Physical Wellness



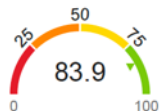
# RCMP Study Activities

[www.rcmpstudy.ca](http://www.rcmpstudy.ca)

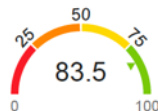
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Supporting other interventions (e.g., behaviour changes) and the development of proactive individually-tailored interventions

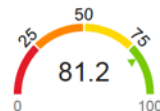
Mood



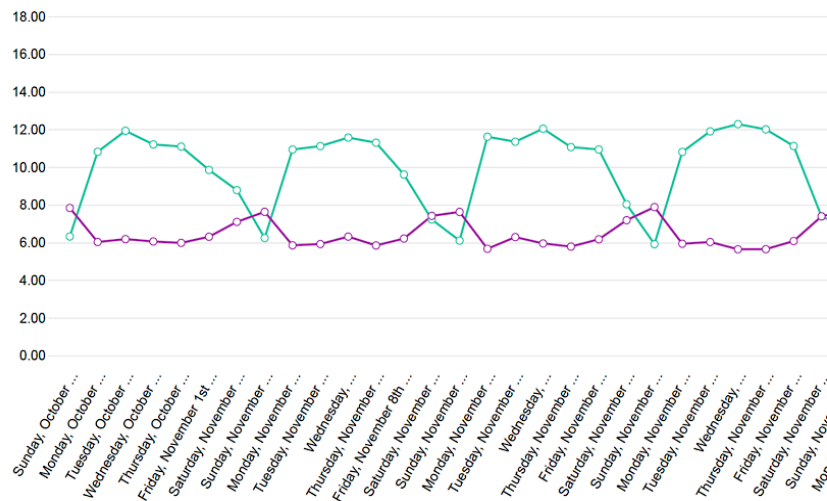
Attitude and Performance



Physical Wellness



- Work Hours
- Sleep



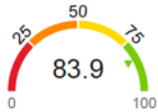
# RCMP Study Activities

[www.rcmpstudy.ca](http://www.rcmpstudy.ca)

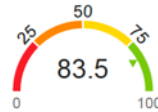
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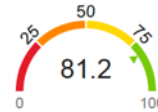
Mood



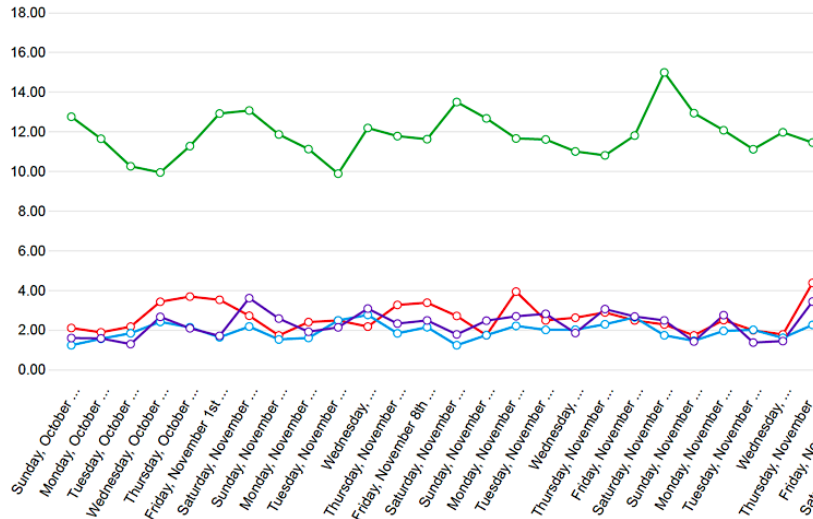
Attitude and Performance



Physical Wellness



- Joyful and Content
- Irritated or Angry
- Anxious or Fearful
- Sad or Depressed



# RCMP Study

## Activities

[www.rcmpstudy.ca](http://www.rcmpstudy.ca)

Participant responses provide data for a series of dashboards, early detection of challenges

Supporting other interventions (e.g., behaviour changes) and the development of proactive individually-tailored interventions

- **Biometric Assessments**



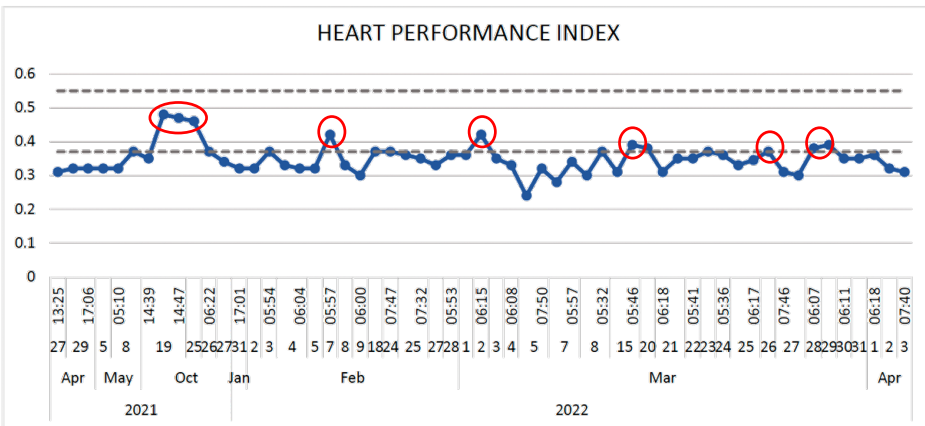
# RCMP Study Activities

[www.rcmpstudy.ca](http://www.rcmpstudy.ca)

Participant responses provide data for an immediate report card and a tailored dashboard that supports early detection of physical and mental challenges

Supporting other interventions (e.g., treatments) and the development of proactive individually-tailored interventions

- Biometric Assessments



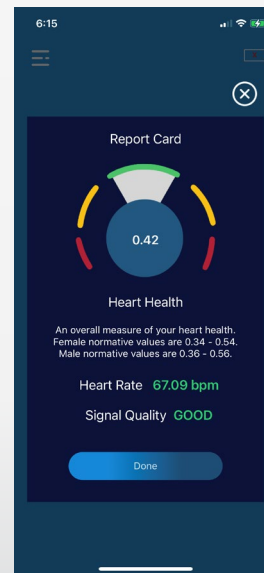
### Is My Heart Healthy Today?

The heart performance index (HPI) measures your heart's overall health. HPI is the leading indicator if you've had a stressful day. Expect changes day-to-day but be mindful of a persistent upward trend over 5 days. If this occurs, consider speaking to a healthcare provider.

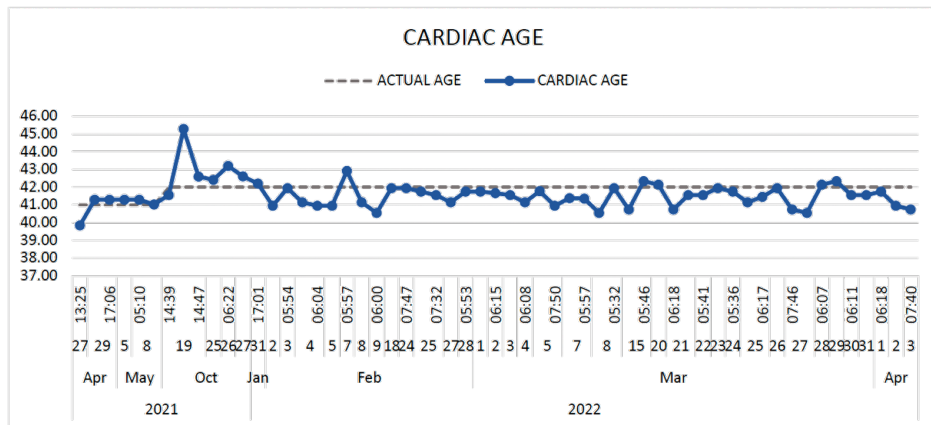
**Consider This:** Compare your diet over the past week to what the Canadian Food Guide recommends, and see where some quick food changes can occur - such as drinking more water. Also, ask yourself "when was the last time I did an activity I enjoy?"

# RCMP Study Activities

[www.rcmpstudy.ca](http://www.rcmpstudy.ca)



- Biometric Assessments



YOUR AVERAGE  
41.58

This chart shows your cardiac age as it lines up with your actual age. Cardiac age results are calculated in comparison with the average population.

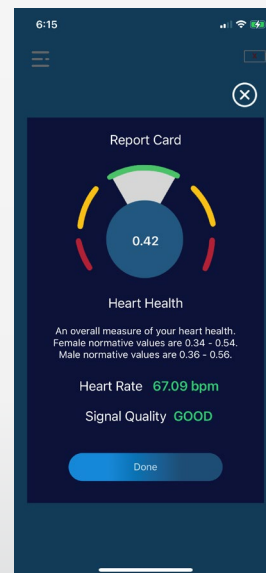
### What's My Cardiac Age Today?

Cardiac age is a simple tool to measure your heart health. Ideally, your cardiac age matches your actual chronological age (or slightly lower). Cardiac age fluctuates daily. For example, last night's stressful work shift can show up as an increase in your cardiac age.

**Consider This:** Improve your diet, your stress levels, your amount of weekly physical activity, and your quality of sleep, and your cardiac age will usually improve. Talking to a healthcare provider, and looking through the Canadian Food Guide are great places to start collecting information to improve your heart health.

# RCMP Study Activities

[www.rcmpstudy.ca](http://www.rcmpstudy.ca)



- **Demonstrated effectiveness of UP with several trials, including randomized controlled trials, in diverse clinical populations with PTSD or other mental health disorders and in several delivery formats (e.g., individual, group, self)**

# RCMP Study ERST

[www.rcmpstudy.ca](http://www.rcmpstudy.ca)

**Emotional Resiliency Skills  
Training – An adaptation of the  
Unified Protocol for the  
Transdiagnostic Treatment of  
Emotional Disorders**



- Preliminary support for using the UP skills as a proactive intervention to mitigate PTSI based on results from a randomized trial with participants reporting elevated non-clinical symptoms of depression and anxiety

# RCMP Study ERST

[www.rcmpstudy.ca](http://www.rcmpstudy.ca)

Emotional Resiliency Skills  
Training – An adaptation of the  
Unified Protocol for the  
Transdiagnostic Treatment of  
Emotional Disorders

- Adaptation took months of collaborative iterative effort
  - Tailored instructor guide, didactic PowerPoints, a cadet workbook
- Delivered in 13 weekly sessions (~ 1 hour each) with assigned reading and practice activities
- Integrated into every other aspect of Depot training

# RCMP Study ERST

[www.rcmpstudy.ca](http://www.rcmpstudy.ca)

Emotional Resiliency Skills  
Training – An adaptation of the  
Unified Protocol for the  
Transdiagnostic Treatment of  
Emotional Disorders

# RCMP Study Current Status

[www.rcmpstudy.ca](http://www.rcmpstudy.ca)  
Where are we at now?

- Completed recruiting Team 1
- Training Depot Trainers
- Revised Depot Training and Team 2 Recruitment Launches April 2022

# RCMP Study Interim Information

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Where are we at now?  
[www.rcmpstudy.ca](http://www.rcmpstudy.ca)

- Team 1
  - Interim analyses are under way
  - Mental health appears generally consistent with the hypotheses
  - Monitoring appears to work
  - Formal results will be submitted for peer review before being made public

# RCMP Study Participant Comments

[www.rcmpstudy.ca](http://www.rcmpstudy.ca)  
What are people saying so far?

- **Cadets**
  - Discussed with family and friends and have their support to participate
  - They know how important mental health is over their career
  - Know that they are more likely to experience a psychological injury versus a physical injury
  - Cadets are encouraging each other to participate
  - “I want to thank the RCMP for taking such an interest in my mental health and mental wellbeing”
- **Members have expressed interest in participating**

# RCMP Study Details

[www.rcmpstudy.ca](http://www.rcmpstudy.ca)

What are people saying so far?

- The Royal Canadian Mounted Police (RCMP) Study: Protocol for a Prospective Investigation of Mental Health Risk and Resiliency Factors. *Health Promotion and Chronic Disease Prevention in Canada: Research, Policy and Practice.*

# RCMP Study Extension Study

[www.rcmpstudy.ca](http://www.rcmpstudy.ca)  
What are we doing next?

- **PSP PTSI Study**
  - A 3-year study extending the RCMP Study protocol to currently ~200 serving firefighters, municipal police, paramedics, public safety communicators, mostly in Saskatchewan
    - Full Assessments
      - Before, immediately after, one year ERST
    - Monthly and Daily Assessments
    - Biometric Assessment
- [www.saskptsistudy.ca](http://www.saskptsistudy.ca)

# RCMP Study Summary

[www.rcmpstudy.ca](http://www.rcmpstudy.ca)

What are people saying so far?

- Overview
  - An applied longitudinal prospective sequential experimental cohort research project to evaluate the impact of tailored assessments and evidence-informed training
  - Past, present, and future RCMP, and all PSP should benefit directly and indirectly
  - The RCMP have become global leaders supporting PSP mental health



# RCMP Study Summary

[www.rcmpstudy.ca](http://www.rcmpstudy.ca)

What are people saying so far?

- Thank You
- Questions