



### Police Study\*

As former police officers, we know how stressful police work can be. Unfortunately, there is little research on how officers cope with work-related stress. Our goal is to find out from **you** what coping mechanisms work best, so that we can inform policy makers and officers alike.

### How you can help:

Police officers (all ranks and duty assignments) needed to complete our 20-30 minute survey at:

[www.surveymonkey.com/s/policestudy](http://www.surveymonkey.com/s/policestudy)

**\*This research survey has been approved by The Pennsylvania State University’s Institutional Review Board**

### Police Stress Study:

Examining stress and coping in policing

Police officer volunteers (all ranks and assignments) needed

To complete the survey go to:

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## Police Stress Study: Examining stress and coping in policing

### Police Officer Volunteers Needed



**Dr. Michael Arter of Penn State —Altoona was a police officer in the United States for over 18 years**

**Dr. Kim Ménard of Penn State —Altoona was a police officer in Canada**



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## The facts:

- **90%** of officers are **affected** by one or more **critical incidents** in their careers
- **Critical incidents generate psychological and physical discomfort** that can last for weeks
- PTSD affects approximately **15%** of police officers
- Police officers are **3-8 times more likely to die from suicide than from homicide**
- **30% of police divorce** is related to stressors of the job
- The **link between stress and disease** is well documented
- **Coping styles count** in overcoming work-related stress

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## Questions:

Please do not hesitate to e-mail us with any questions you have regarding our survey or stress in policing more generally. Also, please pass this information along to your fellow officers and encourage them to complete the survey too.

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