

## PSYNOOPSIS 47.1

# – ÊTRE UN PREMIER INTERVENANT OU UN MEMBRE DU PERSONNEL DE LA SÉCURITÉ PUBLIQUE - LES RÉPERCUSSIONS PSYCHOLOGIQUES

## MESSAGE DES RÉDACTEURS EN CHEF INVITÉS

R. Nicholas Carleton, Ph. D., R.D.Psych., FCAHS,  
MCRSC; Kelly Dean Schwartz, Ph. D.

1. Benjet, C., Bromet, E., Karam, E. G., et al. (2016). The epidemiology of traumatic event exposure worldwide: results from the World Mental Health Survey Consortium. *Psychological Medicine*, 46(2), 327-343. <https://doi.org/10.1017/S0033291715001981>
2. Kilpatrick, D. G., Resnick, H. S., Milanak, M. E., et al. (2013). National Estimates of Exposure to Traumatic Events and PTSD Prevalence Using DSM-IV and DSM-5 Criteria. *Journal of Traumatic Stress*, 26(5), 537-547. doi:10.1002/jts.21848
3. Perrin, M., Vandeleur, C. L., Castelao, E., et al. (2014). Determinants of the development of post-traumatic stress disorder, in the general population. *Social Psychiatry and Psychiatric Epidemiology*, 49(3), 447-457. doi:10.1007/s00127-013-0762-3
4. Carleton, R. N., Afifi, T. O., Taillieu, T., et al. (2019). Exposures to Potentially Traumatic Events Among Public Safety Personnel in Canada. *Canadian Journal of Behavioural Science*, 51, 37-52. <https://doi.org/10.1037/cbs0000115>
5. Carleton, R. N., Afifi, T. O., Taillieu, T., et al. (2020). Assessing the Relative Impact of Diverse Stressors Among Public Safety Personnel. *International Journal of Environmental Research and Public Health*, 17, 1234. <https://doi.org/10.3390/ijerph17041234>
6. Carleton, R. N., Afifi, T. O., Turner, S., et al. (2018a). Mental Disorder Symptoms Among Public Safety Personnel. *Canadian Journal of Psychiatry*, 63, 54-64. <https://doi.org/10.1177/0706743717723825>
7. Carleton, R. N., Afifi, T. O., Turner, S., et al. (2018b). Suicidal ideation, plans, and attempts among public safety personnel in Canada. *Canadian Psychology/Psychologie canadienne*, 59, 220-231. <https://doi.org/10.1037/cap0000136>
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9. May, K., Van Hooff, M., Doherty, M., et Iannos, M. (2023). Experiences and perceptions of family members of emergency first responders with post-traumatic stress disorder: A qualitative systematic review. *JBIE Evidence Synthesis*, 21(4), 629-668. doi:10.11124/JBIES-21-00433

## MESSAGE DE LA CHEF DE LA DIRECTION

Lisa Votta-Bleeker, Ph. D.

Pas des références.

## MESSAGE DE LA PRÉSIDENTE

Anita Gupta, Ph. D., R.Psych., C.Psych.

Pas des références.

## LE PERSONNEL DE LA SÉCURITÉ PUBLIQUE ET LA PSYCHOLOGIE AU CANADA – CHEMIN PARCOURU ET DÉFIS À RELEVER

Kyle Handley, D. Psy.

Pas des références.

## SOUTENIR LA SANTÉ MENTALE DES AGENTS ET ANCIENS AGENTS DE LA GENDARMERIE ROYALE DU CANADA PAR UNE MEILLEURE COMPRÉHENSION DE LEUR EXPOSITION AUX TRAUMATISMES

Sarah Lefurgey, B. Sc.; Kate Hill MacEachern, Ph. D.

1. Royal Canadian Mounted Police. (2023). History of the RCMP. <https://www.rcmp-grc.gc.ca/corporate-organisation/history-histoire/index-eng.htm>
2. Royal Canadian Mounted Police (2021). About the RCMP. <https://www.rcmp-grc.gc.ca/en/about-rcmp>
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Determinants of the development of post-traumatic stress disorder, in the general population. *Social Psychiatry and Psychiatric Epidemiology*, 49(3), 447-457. doi:10.1007/s00127-013-0762-3

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9. National Police Federation. (2024). Behind the badge: Revealing escalating mental health injuries among RCMP members. <https://npf-fpn.com/app/uploads/securepdfs/2024/02/NPF-Mental-Health-Report-English.pdf>
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12. Public Health Agency of Canada, Centre for Surveillance and Applied Research. (2024). Suicide Surveillance Indicator Framework. <https://health-infobase.canada.ca/ssif/>

## RELEVER LES DÉFIS DE LA RECHERCHE LONGITUDINALE SUR LE PERSONNEL DE LA SÉCURITÉ PUBLIQUE

Katie L. Andrews, Ph. D.

1. Oliphant R. (2016). *Healthy Minds, Safe Communities: Supporting Our Public Safety Officers through a National Strategy for Operational Stress Injuries*. Standing Committee on Public Safety and National Security.
2. Federal Framework on Posttraumatic Stress Disorder: Recognition, Collaboration, and Support. (2020). Public

Health Agency of Canada. <https://www.canada.ca/en/public-health/services/publications/healthy-living/federal-framework-post-traumatic-stress-disorder.html>

3. Carleton R. N. (2021). Collaborating to support the mental health of public safety personnel: The Canadian Institute for Public Safety Research and Treatment. *Canadian Psychology / Psychologie canadienne*, 62(2), 167-173. doi:10.1037/cap0000267
4. Anderson G. S., Di Nota P. M., Groll D., Carleton R. N. (2020). Peer Support and Crisis-Focused Psychological Interventions Designed to Mitigate Post-Traumatic Stress Injuries among Public Safety and Frontline Healthcare Personnel: A Systematic Review. *International Journal of Environmental Research and Public Health*, 17(20), 7645. doi:10.3390/ijerph17207645
5. Di Nota P. M., Bahji A., Groll D., et al. (2021). Proactive psychological programs designed to mitigate posttraumatic stress injuries among at-risk workers: a systematic review and meta-analysis. *Syst Rev.*, 10(1), 126. doi:10.1186/s13643-021-01677-7
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10. Carleton R. N., McCarron M., Krätzig G. P., et al. (2022). Assessing the impact of the Royal Canadian Mounted Police (RCMP) protocol and Emotional Resilience Skills Training (ERST) among diverse public safety personnel. *BMC Psychol.*, 10(1), 295. doi:10.1186/s40359-022-00989-0
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## **UNE TRAJECTOIRE DIVERSIFIÉE DE SOUTIEN EN SANTÉ PSYCHOLOGIQUE AU TRAVAIL EN MILIEU POLICIER; UN TRAVAIL D'ÉQUIPE REVUE DU CONTINUUM DE PRÉVENTION**

Andrée-Ann Deschênes, Ph. D.; Annie Gendron, Ph. D.; Clémence Emeriau Farges, Ph.D.(c); Marie-France Marin, Ph. D.; R. Nicholas Carleton, Ph. D., R.D.Psych., FCAHS, MCRSC.

1. Office québécois de la langue française. (2023). Grand dictionnaire terminologique. <https://vitrinelinguistique.oqlf.gouv.qc.ca/fiche-gdt/fiche/100290/prevention>
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4. Deschênes, A.-A., Gendron, A., et Marin, M-F., (2023). Exploring Best Practices and intervention for Police Psychological Support after a potentially Traumatic Event. Canadian Association of Chiefs of Police, Canadian Policing Wellness Check event. Ottawa. Canada.
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## **THÉRAPIE COGNITIVO-COMPORTEMENTALE SUR INTERNET ADAPTÉE AU PERSONNEL DE LA SÉCURITÉ PUBLIQUE : MISE EN PLACE D'UNE OPTION ACCESSIBLE POUR LES SOINS MENTAUX**

Heather D. Hadjistavropoulos, Ph. D.; Hugh C. McCall, Ph. D.; Jill A. B. Price, Ph. D.

1. Andersson, G., Carlbring, P., Titov, N., et al. (2019). Internet interventions for adults with anxiety and mood disorders: a narrative umbrella review of recent meta-analyses. *Canadian Journal of Psychiatry*, 64, 465-470.
2. Etzelmueller, A., Vis, C., Karyotaki, E., et al. (2020). Effects of internet-based cognitive behavioral therapy in routine care for adults in treatment for depression and anxiety: Systematic review and meta-analysis. *Journal of Medical Internet Research*, 22(8), Article e18100. <https://doi.org/10.2196/18100>
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8. Beahm, J. D., McCall, H. C., Carleton, R. N., et al. (2021). Insights into internet-delivered cognitive behavioural therapy for public safety personnel: Exploration of client experiences during and after treatment. *Internet Interventions*, 26, 100481. <https://doi.org/10.1016/j.invent.2021.100481>

**APPROCHES THÉRAPEUTIQUES DE GROUPE POUR TRAVAILLER AVEC DES PROFESSIONNELS EXPOSÉS AUX TRAUMATISMES (PEXT) : LUTTER CONTRE LA HONTE ET L'ISOLEMENT CHEZ LES PREMIERS INTERVENANTS ET LES AUTRES MEMBRES DU PERSONNEL DE LA SÉCURITÉ PUBLIQUE TRAUMATISÉS**

Timothy G. Black, Ph. D.

1. Who we are. National Mental Health Service Provider website. <https://woundedwarriors.ca/who-we-are/>.
2. DeCou, C. R., Lynch, S. M., Weber, S., et al. (2023). On the Association Between Trauma-Related Shame and Symptoms of Psychopathology: A Meta-Analysis. *Trauma, Violence, & Abuse*, 24(3), 1193-1201. <https://doi.org/10.1177/15248380211053617>
3. Revranche, M., Hauw, M. E., Kovess-Masfety, V., et Husky, M. M. (2022). Social Support, Social Isolation and Mastery Among Adults Exposed to Traumatic Events. *Journal of Aggression, Maltreatment & Trauma*, 32(3), 285-304. <https://doi.org/10.1080/10926771.2022.2112340>
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6. Herman, J. (2015). *Trauma and Recovery: The Aftermath of Violence – From Domestic Abuse to Political Terror*. Basic Books: New York.

**PARCE QU'ELLES LE MÉRITENT — LES FAMILLES DES PREMIERS INTERVENANTS : LA PRIORITÉ À LA FAMILLE**

Hanna Duffy, Ph. D.; Kelly Dean Schwartz, Ph. D.

1. Carleton, R. N., Afifi, T. O., Turner, S., et al. (2018). Mental disorder symptoms among public safety personnel in Canada. *The Canadian Journal of Psychiatry*, 63(1), 54-64. <https://doi.org/10.1177/0706743717723825>
2. Schwartz, K. D., Duffy, H. A., McElheran, M., et al. (2023). Re: Building Families: Mid-program evaluation of a psychoeducation and support program for spouses in first responder families [Symposium presentation]. Canadian Institute for Military and Veteran Health Research (CIMVHR) Forum, Ottawa, ON, Canada.
3. Carleton, R. N., Afifi, T. O., Turner, S., et al. (2020). Mental health training, attitudes toward support, and screening positive for mental disorders. *Cognitive Behaviour Therapy*, 49(1), 55-73. <https://doi.org/10.1080/16506073.2019.1575900>
4. Casas, J. B., et Benuto, L. T. (2022). Work-related traumatic stress spillover in first responder families: A systematic review of the literature. *Psychological Trauma: Theory, Research, Practice, and Policy*, 14(2), 209-217.
5. Schwartz, K. D., Stelnicki, A., McElheran, M., et al. (2022). Towards a trauma-informed system of care for PSP and their families. Invited paper presented at the Canadian Academy of Health Sciences Forum. Montreal, QC.
6. Ricciardelli, R., Carleton, R. N., Groll, D., et Cramm, H. (2018). Qualitatively unpacking Canadian public safety personnel experiences of trauma and their well-being. *Canadian Journal of Criminology and Criminal Justice*, 60(4), 566-577. <https://doi.org/10.3138/cjccj.2017-0053.r2>
7. Sharp, M. L., Solomon, N., Harrison, V., et al. (2022). The mental health and wellbeing of spouses, partners and children of emergency responders: A systematic review. *PLoS one*, 17(6), e0269659. <https://doi.org/10.1371/journal.pone.0269659>
8. Stelnicki, A. M., Jamshidi, L., Taillieu, T. L., et al. (2022). Mental health and well-being among children of public safety personnel in Canada. *International Journal of Environmental Research and Public Health*, 19(21), 14030. <https://doi.org/10.3390/ijerph192114030>
9. Black, T. G., Linford, C., et Linford, K. (2015). *Wounded Warriors Canada—Couples Overcoming PTSD Every Day (COPE) program*. Wounded Warriors Canada.

10. Schwartz, K. D., Redekop, M., Harris, D., et al. (under review). First responders' and spouses' perception of the impact of operational stress on the family: A qualitative analysis. *Family Relations*.

11. Khan, K. (2022). Intervention perspectives of Public Safety Personnel (PSP) families (Master's thesis, University of Calgary, Calgary, Canada). <https://prism.ucalgary.ca>.

12. Duffy, H., McElheran, M., Stelnicki, A., et Schwartz, K. D. (2024). FD/FR: Functional disconnection and reconnection in public safety personnel families. *Journal of Family Theory & Review*, 16(2), 420-430. <https://doi.org/10.1111/jftr.12555>

## LA FORMATION EN SANTÉ MENTALE POUR LE PERSONNEL DE PREMIÈRE LIGNE : DE LA RÉACTIVITÉ À LA PROACTIVITÉ

Megan McElheran, D. Psy.

1. Statistics Canada (2023). Number of psychologists in Canada, 2008-2021. <https://www.statista.com/statistics/806108/psychologist-number-in-canada/#:~:text=In%202021%2C%20there%20were%20almost,Cana-da%20from%202008%20to%202021>.
2. Carleton, R. N., Afifi, T. O., Turner, S., et al. (2018). Mental disorder symptoms among public safety personnel in Canada. *The Canadian Journal of Psychiatry*, 63(1), 54-64.
3. Ioachim, G., Bolt, N., Redekop, M., et al. (2024). Evaluating the before operational stress program: comparing in-person and virtual delivery. *Frontiers in Psychology*, 15.
4. Stelnicki, A. M., Jamshidi, L., Fletcher, A. J., et Carleton, R. N. (2021). Evaluation of before operational stress: A program to support mental health and proactive psychological protection in public safety personnel. *Frontiers in Psychology*, 12, 511755.
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## FAIRE FACE AUX DÉFIS PSYCHOLOGIQUES DU TRAVAIL AU SEIN DES SERVICES DE SÉCURITÉ PUBLIQUE : CONSTRUIRE DES PARCOURS DE RÉSILIENCE

Katy Kamkar, Ph.D., C.Psych.

1. Carleton, R. N., Afifi, T. O., Turner, S., et al. Mental disorder symptoms among public safety personnel in Canada. *Canadian Journal of Psychiatry*, 63(1), 54-64. <https://doi.org/10.1177/0706743717723825>
2. Baranowsky, A. B., et Gentry, J. E. (2015). *Trauma practice: Tools for stabilization and recovery* (3rd ed.). Hogrefe Publishing.
3. Price, J. A. B., Ogunade, A. O., Fletcher, A. J., et al. (2022). Peer support for public safety personnel in Canada: Towards a typology. *International Journal of Environmental Research and Public Health*, 19(9), 5013. <https://doi.org/10.3390/ijerph19095013>
4. Booker, L. A., Sletten, T. L., Barnes, et al. (2022). The effectiveness of an individualized sleep and shift work education and coaching program to manage shift work disorder in nurses: A randomized controlled trial. *Journal of Clinical Sleep Medicine*, 18(4), 1035-1045. <https://doi.org/10.5664/jcsm.9782>
5. Ellis, J., et Korman, M. B. (2022). Development of an evidence-informed solution to emotional distress in public safety personnel and healthcare workers: The Social Support, Tracking Distress, Education, and Discussion Community (STEADY) program. *Healthcare*, 10(9), 1777. <https://doi.org/10.3390/healthcare10091777>
6. Lansing, A. E., Romero, N. J., Siantz, E., et al. (2023). Building trust: Leadership reflections on community empowerment and engagement in a large urban initiative. *BMC Public Health*, 23, Article 1252. <https://doi.org/10.1186/s12889-023-15860-z>
7. Carleton, R. N., Afifi, T. O., Turner, S., et al. (2018). Mental disorder symptoms among public safety personnel in Canada. *Canadian Journal of Psychiatry*, 63(1), 54-64. <https://doi.org/10.1177/0706743717723825>
8. Beshai, S., Mishra, S., Feeney, J. R., et al. (2022). Resilience in the ranks: Trait mindfulness and self-compassion buffer the deleterious effects of envy on mental health symptoms among public safety personnel. *International Journal of Environmental Research and Public Health*, 19(10), 5926. <https://doi.org/10.3390/ijerph19105926>