University of Regina

Canadian Police Association
Association canadienne des policiers

Assessing Posttraumatic Stress Injuries Among Canadian Police and Fire Fighters (i.e., Fire, Rescue, and Emergency Medical Services)

Public safety personnel (e.g., border services agents, correctional workers, firefighters, paramedics, municipal and provincial police, Royal Canadian Mounted Police, and public safety communicators) face potentially psychologically traumatic events such as accidents, assaults, and natural disasters that can be difficult to manage or cope with and can be associated with mental health disorders. Additionally, there have been several new societal challenges, including the COVID-19 pandemic, mass casualty events, public calls for pervasive organizational changes, and natural disasters that can reasonably be expected to have negatively impacted the mental health of public safety personnel.

With the support of the Canadian Association of Chiefs of Police, the Canadian Police Association, the International Association of Fire Fighters, the Ministry of Solicitor General, and Wounded Warriors Canada, we have designed a survey to share your experiences in **an anonymous Canada-wide assessment of wellbeing in police and fire fighters (i.e., fire, rescue, and emergency medical services)**.

The survey will ask you to reflect on your own mental health and work-related experiences which may be challenging at times but will add your anonymous voice to those of your peers across the country. **Your experiences in your role are important to us**; as such, we invite and encourage your participation. Your collective voice will contribute to a better understanding and fostering of mental health among your colleagues. We sincerely hope you choose to participate in full, helping us to support your mental health and that of your peers. The estimated time required to complete all sections of the survey ranges from 60 to 120 minutes.

The survey link is provided below and will take you directly to a secure website that will:

1) Provide you with instructions on how you can participate anonymously.
2) Ask for your consent.
3) Provide you with a very important randomly generated unique login code will allow you to leave and return to the survey at any time if you wish to do so. **Please do not lose your code**.
4) Direct you to the survey entry page.

Link to the survey: https://ureginacan.qualtrics.com/jfe/form/SV_40hovS0KTMH248m

We sincerely hope you choose to participate, thereby supporting yourself and your peers, and allowing us to provide evidence that can inform appropriate resources for supporting the mental health of Canadian police and fire fighters (i.e., fire, rescue, and emergency medical services).

The current research project was approved by the University of Regina Research Ethics Board (File #1210; Approval date: May 7, 2025). If you have any questions about the survey before or during participation, please feel free to ask by contacting the research team at katie.andrews@uregina.ca or nick.carleton@uregina.ca or by telephone at 306-337-2473 (out of town participants may call collect), or if required the Research Ethics Board by email at research.ethics@uregina.ca. Please note: if you choose to contact the researchers, you are revealing that you may be a participant or that you may be intending to be a participant in the study. The researchers will not be able to link your survey responses to you in any way.

If you **already have an access code** and are looking to return to the survey. You can access the survey with this link:
https://ureginacan.qualtrics.com/jfe/form/SV_3aaK5ukdBkfLJJA

If you **have already started the survey and are looking to withdraw**, please use the link below. You will need to have their **access code** for your information to be removed:
https://ureginacan.qualtrics.com/jfe/form/SV_dgLt196ONvNJNf8