

Monthly Mental Health Monitoring During the Cadet Training Program

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Why study the effectiveness of monthly mental health self-monitoring in RCMP cadets during training?

Current research suggests that Royal Canadian Mounted Police (RCMP) cadet mental health when starting the Cadet Training Program (CTP) appears comparable to, or better, than the general public. At pre-deployment (i.e., upon completion of the CTP and immediately before active-duty deployment), the same Cadets evidenced improved mental health relative to their pre-training assessments, and better mental health than serving RCMP, but the mechanisms associated with the improvements in mental health are still being investigated.

Background

The self-monitoring tools provided to RCMP Study participants during the Cadet Training Program (CTP) were expected to support participant mental health both directly and indirectly. However, there is still no evidence on which techniques and modalities are most effective, despite longstanding efforts to provide evidence-based mental health support for public safety personnel (PSP).

The current study

The current research draws on data from the larger, 10-year RCMP Study, which is a part of a Federal Framework on Posttraumatic Stress Disorder (PTSD). The current study was designed to assess for associations between self-report mental health disorder symptom change scores and the frequency of completing monthly mental health self-monitoring surveys among RCMP Cadets during training ($n=355$).

Results

The current study results supported the hypothesis that regular mental health self-monitoring would be inversely associated with changes in mental health disorder symptoms during the CTP from pre-training to pre-deployment. Cadets who completed more monthly self-report mental health symptom surveys evidenced greater decreases from pre-training to pre-deployment in their self-reported mental health disorder symptoms of GAD, PTSD, and MDD, but not AUD or PD.

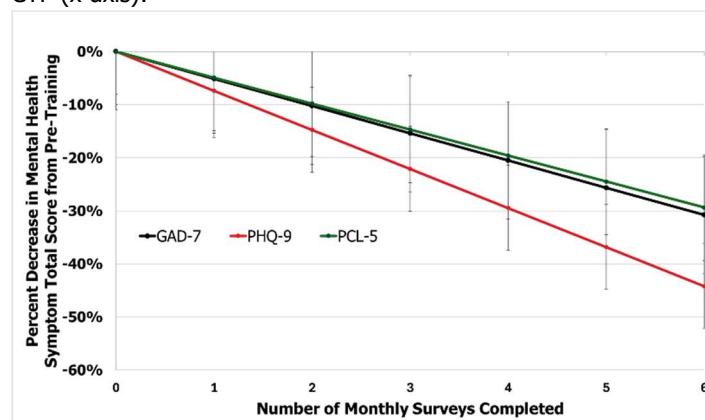
Conclusions

The results suggest that:

1. Cadet mental health improved during the CTP, due at least in part to active participation in the RCMP Study and engagement with self-monitoring tools;
2. Cadets who engaged with monthly self-self-monitoring tools evidenced greater decreases from pre-training to pre-deployment in their self-reported mental health disorder symptoms of GAD, PTSD, and MDD; and,
3. Monthly self-monitoring offers a readily accessible, seemingly transdiagnostic, evidence-based tool for helping to improve the mental health of RCMP cadets, which could be extended to improvements in the mental health of all RCMP members and other PSP.

Highlights

Reductions in mental health disorder symptom severity from pre-training (y-axis) for each monthly survey completed during the CTP (x-axis):



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

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Read the full study here:

Teckchandani, T. A., Shields, R. E., Andrews, K. L., Nisbet, J., Afifi, T. O., Asmundson, G. J. G., Maguire, K. Q., Jamshidi, L., Neary, J. P., Krätzig, G. P., Sauer-Zavala, S., Lix, L. M., Stewart, S. H., & Carleton, R. N. (2025). Monthly mental health self-monitoring and positive changes in mental health disorder symptoms scores among Royal Canadian Mounted Police cadets. *International Journal of Cognitive Behavioral Therapy*. <https://doi.org/10.1007/s41811-025-00231-w>.



The RCMP Longitudinal
PTSD Study



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