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Impact of psychosocial interventions on professional and psychological burnout among police officers: a mixed-methods systematic review

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ADMINISTRATIVE INFORMATION

Support - None.

Review Stage at time of this submission - Completed but not published.

Conflicts of interest - None declared.

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Amendments - This protocol was registered with the International Platform of Registered Systematic Review and Meta-Analysis Protocols (INPLASY) on 26 March 2024 and was last updated on 26 March 2024.

INTRODUCTION

Review question / Objective Recognizing the substantial and direct influence of police officers' well-being on society due to their involvement in diverse public spheres, the following research question arose: "What is the effect of psychological interventions in mitigating professional and psychological distress in police officers?". Additionally, to enhance insights and incorporate qualitative data, a supplementary question was formulated: "What psychosocial interventions have been developed to mitigate professional and psychological distress among police officers?"

Condition being studied Within the quantitative approach, the target population (P) consisted of police officers. The intervention (I) under scrutiny included studies investigating psychosocial

interventions. The outcome (O) was focused on assessing the impact of these interventions on professional and psychological burnout among police officers. Deliberately, a specific comparison (C) was not established to enhance the research's sensitivity.

Within the qualitative approach, the population (P) also included police officers. The phenomenon of interest (C) focused on understanding the perception of police officers regarding psychosocial interventions. Finally, the context (Co) involved the analysis of studies discussing psychosocial interventions in the context of professional and psychological burnout among police officers.

METHODS

Participant or population Police officers.

Intervention Under scrutiny included studies investigating psychosocial interventions.

Comparator Was not established to enhance the research's sensitivity.

Study designs to be included Original studies.

Eligibility criteria The JBI's Mixed Methods Systematic Review (MMSR) focuses on the integrated analysis of both quantitative and qualitative data. The PICO (Patient, Intervention, Conduct, Outcome) strategy was employed for quantitative studies, and the PICo (Population, Phenomena of Interest, Context) approach was used for qualitative studies, following the JBI's guidelines (JBI, 2021). This systematic review followed methodological guidelines based on mnemonics PICO for quantitative studies and PICo for qualitative studies. Within the quantitative approach, the target population (P) consisted of police officers. The intervention (I) under scrutiny included studies investigating psychosocial interventions. The outcome (O) was focused on assessing the impact of these interventions on professional and psychological burnout among police officers. Deliberately, a specific comparison (C) was not established to enhance the research's sensitivity. Within the qualitative approach, the population (P) also included police officers. The phenomenon of interest (C) focused on understanding the perception of police officers regarding psychosocial interventions. Finally, the context (Co) involved the analysis of studies discussing psychosocial interventions in the context of professional and psychological burnout among police officers (Aromataris and Munn, 2020). As information sources, the search included all original studies published up to May 27, 2023 (the day before the Search), with no language restrictions. Moreover, content from theses, dissertations and grey literature was also explored. The inclusion criteria comprised original studies on psychosocial interventions targeting professional and psychological burnout among police officers, with the sample consisting exclusively of active-duty career police officers actively involved in the main activity and career police officers. The quantitative component of the review considered studies investigating the impact of psychosocial interventions on the professional and psychological distress of police officers. Simultaneously, the qualitative component concentrated on studies that describe police officers' perceptions of the progression of these interventions. The exclusion criteria for this review were carefully defined and included studies with mixed population samples, such as those involving

both active and retired police officers or combining police officers with other professionals, like first responders or public safety personnel. Studies focusing on temporary police officers, veterans, and/or retirees were also excluded. Pharmacological interventions, secondary studies (reviews), and studies lacking access to the full text were excluded. Moreover, mixed-method studies that did not allow for extraction, either in their quantitative or qualitative components, were also excluded.

Information sources PubMed, SCOPUS, Web of Science, Embase, SciELO, Cinahal, PsycInfo and BVS.

Main outcome(s) The systematic review highlights the need to adopt a comprehensive, long-term approach to address the complexities of mental health in the context of police officers' work. The evidence points to the effectiveness of integrated and sustained strategies, which encompass mental readiness training, mindfulness, physical activity, trauma-focused therapies, and organizational support. These elements prove crucial to improving the well-being of police officers, thereby playing a vital role in the public security of communities.

The results reflect the effectiveness of mindfulness-based interventions and multifaceted approaches in promoting mental health and fostering personal and interpersonal well-being of police officers. Therefore, it is evident that these approaches have a specific potential to raise the quality of life and emotional resilience of police officers, regardless of the situations they face in the context of work.

Moreover, the review emphasized the need for future high-quality studies focusing on specific psychosocial disciplines. This fact highlights the importance of dedicated investigations into organizational strategies designed to improve the mental health of police officers. Such studies are crucial in the ongoing evolution of policies and practices aimed at promoting mental health within the police force.

Quality assessment / Risk of bias analysis The reviewers used the JBI Critical Appraisal tool to analyze and synthesize the evidence. Based on an independent classification, the studies were categorized as follows: those meeting 80% or more of the criteria were considered to have a low risk of bias; those meeting 60% to 79% were categorized as a mild risk; those fulfilling 40% to 59 were considered moderate risk; and those satisfying 39% or less were categorized as high risk.

Strategy of data synthesis For the independent and blind evaluation of the studies, the web application Rayyan® (Ouzzani et al., 2023) was used as a tool for analyzing the selection of studies based on the eligibility criteria. The articles were peer-reviewed, with the intervention of a third reviewer in cases of disagreement between peers.

Subgroup analysis None.

Sensitivity analysis It should be noted that the entire data extraction process was endorsed by the JBI, and that a flow diagram was constructed following PRISMA 2020 guidelines.

Language restriction None.

Country(ies) involved Brazil and Portugal.

Keywords Police; Military Personnel; Mental Disorders; Psychological Burnout; Evaluation of the Efficacy-Effectiveness of Interventions.

Contributions of each author

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