

# VOLUNTARY PARTICIPATION INEQUALITIES AMONG RCMP CADETS

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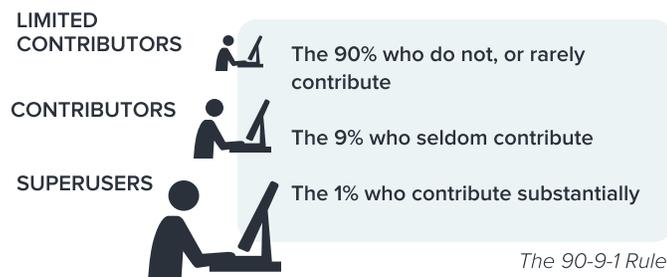
## Why study voluntary survey participation?

Information about participation, adherence, and engagement with voluntary mental health self-monitoring among Royal Canadian Mounted Police (RCMP) cadets has the potential to inform ongoing research into self-monitoring as a potentially proactive intervention for protecting mental health among cadets and serving RCMP members.

## The current study

The current research draws on data from the larger, 10-year RCMP Study designed to assess the impact of skills taught to help protect members from posttraumatic stress injuries (PTSI), a part of a Federal Framework on Posttraumatic Stress Disorder (PTSD).

The current study was designed to examine the relationship between voluntary participation in daily mental health monitoring and screening positive for one or more mental health disorders among RCMP cadets. Participation frequency was described using the 90-9-1 Rule, which classifies user participation into three categories.

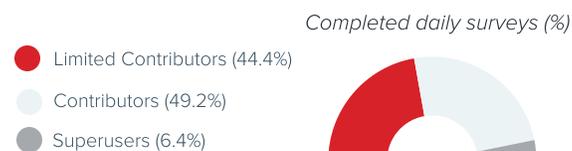


Application of the 90-9-1 Rule to RCMP Study participation allows researchers to assess relationships between participation inequalities in self-monitoring behaviours and whether mental health disorder symptoms reported at the start of the Cadet Training Program (CTP) were associated with subsequent participation.

## Results

A total of 18,557 daily survey records were collected from 772 study participants. 8 Superusers were the top 1% of cadets and produced 6.4% of all recordings; 68 Contributors were 9% of cadets and produced 49.2% of the recordings; and 695 Limited Contributors were 90% of cadets and produced 44.4% of daily survey recordings.

Cadets who completed the most daily surveys during the CTP had fewest positive screens for mental health disorders, although the relationships are complex and nonlinear. Limited Contributors, individuals who completed the least amount of surveys, had the largest proportion of positive screens for self-reported mental health disorders at the start of training.



## Conclusions

The current study results help to continue advancing Canada's first-ever National Action Plan on Post-Traumatic Stress Injuries, including additional investment to support the health and well-being of first responders and other public safety personnel.

The current results suggest persons with mental health challenges may be less likely to engage in some forms of proactive mental health training. The results indicate differences in voluntary participation distributions among participants and highlight the importance of identifying Superusers, Contributors, and Limited Contributors with measures of inequality over time, as effective daily self-monitoring requires consistent, voluntary participation to be therapeutic or prophylactic for mental health disorder symptoms.

Evidence-based self-monitoring may implicitly encourage meta-cognitive practices, support active engagement with positive choices for mental health, and facilitate earlier access to care. Accordingly, self-monitoring itself may be an under-used and readily-accessible intervention.

The RCMP Study is funded by support from the RCMP, the Government of Canada, and the Ministry of Public Safety and Emergency Preparedness. L. M. Lix is supported by a Tier I Canada Research Chair in Methods for Electronic Health Data Quality. T. O. Afifi is supported by a Tier I Canada Research Chair in Childhood Adversity and Resilience. S. H. Stewart is supported by a Tier I Canada Research Chair in Addictions and Mental Health. The development, analyses, and distribution of the current article was made possible by a generous and much-appreciated grant from the Medavie Foundation.

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



Read the full study here

Teckchandani, T.A., Shields, R.E., Andrews, K.L., Maguire, K.Q., Jamshidi, L., Nisbet, J., Afifi, T.O., Lix, L.M., Stewart, S.H., Sauer-Zavala, S., Krakauer, R.L., Neary, J.P., Kratzig, G.P., & Carleton, R.N. (2024). Trouble with the Curve: The 90-9-1 Rule to Measure Volitional Participation Inequalities among Royal Canadian Mounted Police Cadets During Training. *Frontiers in Psychiatry*. <https://doi.org/10.3389/fpsy.2024.1297953>

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