

International Conference on

Fostering Human Resilience

June 15-16, 2015 Las Vegas, USA



John M Violanti

University at Buffalo, USA

Resiliency factors among police officers: Post Hurricane Katrina

Following Hurricane Katrina, police officers in the New Orleans geographic area faced a number of challenges. This cross-sectional study was designed to examine the association between the positive factors of resiliency, satisfaction with life, gratitude, and post-traumatic growth with symptoms of post-traumatic stress disorder in 84 male and 30 female police officers from the New Orleans area. Resiliency factors were measured using the Connor-Davidson resiliency scale, satisfaction with life scale, the gratitude questionnaire, and the posttraumatic growth inventory. Symptoms of post-traumatic stress disorder were measured using the Posttraumatic Stress Disorder Checklist-Civilian (PCL-C). Potential associations were measured using linear regression and analysis of variance. Models were adjusted for age, sex, race, and alcohol. Mean PCL-C scores were 29.5 ± 14.5 for females and 27.8 ± 12.1 for males. Adjusted mean levels of PCL-C score significantly decreased as quartiles of resiliency ($p < 0.001$), satisfaction with life ($p < 0.001$), and gratitude ($p < 0.001$) increased. This relationship was of borderline significance for post-traumatic growth ($p = 0.06$). These results indicate that positive factors such as resiliency, satisfaction with life, and gratitude may help to mitigate symptoms of post-traumatic stress disorder. To further explore these relationships, longitudinal follow-up in a larger population would be of interest.

Biography

John M Violanti, PhD, is a Full Research Professor in the Department of Epidemiology and Environmental Health, School of Public Health and Health Professions, University at Buffalo and a member of the University at Buffalo graduate faculty. His research has focused on a number of topics including assessment of psychological and biological indicators of chronic police stress; subclinical cardiovascular and metabolic disease in police; PTSD, shift work and health, and the epidemiology of police suicide.

jmv@mail.rit.edu

Notes: