

Presentation Title	Place in Schedule
<p>Police on-duty injury duration and sleep quality: Mediational effects of posttraumatic stress symptoms</p>	<p>Poster Session <i>Day 2 – Wednesday</i> <i>May 9<sup>th</sup>, 2018</i> <i>8:30am-9:30am</i></p>
Description of Presentation	Presenter Name(s) And Credentials
<p>Statement of the problem: Police officers are at risk for on-duty injuries given the dangerous and often traumatic incidents they experience in their work. Depending on the extent and type of injury, officers may be off-duty for various lengths of time. The present study hypothesized that officers with longer duration of injury (which suggest a higher degree of seriousness) may be more likely to experience poor sleep and that this relationship may be mediated by posttraumatic stress (PTSD) symptoms.</p> <p>Methods: The sample consisted of 378 officers from Buffalo, NY. The PTSD Checklist –Civilian, the Pittsburgh Sleep Quality Index, and work history data were used to assess PTSD symptoms, quality of sleep, and length of absence due to on-duty injury, respectively. Maximum-likelihood logistic regression was used to estimate direct and indirect effects among sleep quality, injury duration, and PTSD symptoms for mediation analysis. All models were adjusted for age, physical activity, shiftwork, and alcohol.</p> <p>Results: The adjusted mediation model indicated that a longer duration of time off-duty due to injury is associated with symptoms of PTSD, which in turn is associated with poorer sleep quality. The direct effect (c' effect=0.266; 95% CI= 0.052, 0.479; p = 0.015) indicates that there is an association between long duration of injury and poor sleep quality independent of PTSD symptoms. The indirect effect (effect = 0.127; 95% CI = 0.042, 0.249) indicates that PTSD symptoms mediate the relationship between duration of injury and quality of sleep.</p> <p>Conclusions: Police organizations should consider psychological factors when scheduling officers for injury recovery and rehabilitation efforts, especially in cases of extended time off-duty. Symptoms associated with PTSD such as poor sleep quality may lead to circular effects on injuries and extend</p>	<p>John M. Violanti, PhD <i>University of Buffalo, SUNY</i></p>
	<p>Ja Kook Gu, MS <i>CDC/NIOSH</i></p>
	<p>Michael E. Andrew, PhD <i>CDC/NIOSH</i></p>
	<p>Erin McCanlies, PhD <i>CDC/NIOSH</i></p>

duration of leave even further.

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