Dear PFA Member,

The role of a police officer inherently attracts a high level of stress. Existing studies indicate that the emotional wellbeing of officers is centred on the close relationships, social networks or social support and family members of police officers are recognised as playing a crucial part in the recovery process when an officer suffers from a mental health ailment.

Within the Australian context there is an absence of mental health and wellbeing research relating to Australian police officers and the experiences of their families. To better understand the mental health and emotional well-being impacts of police officers and how family members assist their police officers through social support.

Assistance from the Police Federation of Australia (PFA) is only being sought to facilitate initial contact from potential participants on behalf of Charles Sturt University PhD Student, Ms. Charrissa Chew-Moriarty. This study is seeking the voluntary participation of family members of police officers over the age of 18 years in a 30 – 60 min interview to facilitate a level of understanding and a social based solution to emotional unwellness suffered by police officers.

Full information regarding the research: any possible risks, expected benefits, confidentiality and ethics is included in the below Information Statement (police officer) and Participant Information Sheet (family member).

Individual responses derived from interview participation by your family member will not be shared with your employer or the PFA. All responses go directly to the researcher and data will be analysed in aggregate form only.

If you have any questions about this study, please contact PhD Student, Ms Charrissa Chew-Moriarty via email: cchew-moriarty@csu.edu.au

Thank you for your interest.



**Centre for Law & Justice**

**INFORMATION STATEMENT**

**POLICE OFFICER**

**Emotional First Aid & Police Officers: Examining the Role of Family Members**

PhD Student:

Charrissa Chew-Moriarty, MA, 11521456, Doctor of Public Safety.

Supervisors:

Associate Professor Phillip Birch, PhD., Associate Professor of Criminology & Policing, Centre for Law & Justice, Charles Sturt University.

Dr John Gaffey, PhD. Centre for Law & Justice, Charles Sturt University

**Invitation:**

This study is seeking family members over the age of 18 years of police officers to identify the key factors or common elements that impact on the emotional wellbeing of front-line police officers and their families, thereby facilitating a level of understanding and a social based solution to this phenomenon.

Before you decide whether you wish to pass this information to your family member to participate in this study, it is important for you to understand why the research is being done and what it will involve. Please take the time to read the following information carefully and discuss it with others if you wish.

**What is the purpose of this study?**

The main purpose of the study is to identify in what ways can the application of emotional first aid by a family member of a police officer prompt emotional recovery.

**Why have family members been invited to participate in this study?**

Participation by the police officer is not been sought currently as this study focuses on the social support provided by the family member to mitigate episodes of emotional unwellness suffered by their police officer family member.

**Will taking part in this study (or travelling to) cost anything, and will I be paid?**

Interviews will be conducted via free communication applications such as Zoom, FaceTime and Skype available on mobile devices therefore no participant costs apart from their time are anticipated. Participants are required to volunteer, and no fees are paid for their involvement.

**How will the information be collected?**

For this study, an interview via zoom type applications will be utilised to gather data, this is defined as a series of questions being asked by the PhD Student. These questions can be varied in sequence with the additional capability of asking further questions in response to any significant replies. The information will be collected directly by the PhD Student. The estimated time for this interview is between 30 to 60 mins.

**What are the risks and benefits in this study?**

**Risks:**

The risks associated with this study include but are not limited to:

* the disclosure of sensitive and personal information which may result in some discomfort for participants.

**Benefits:**

The benefits of this study include but are not limited to, the provision of a better understanding and appreciation of the contribution of family members and how through social support a new treatment culture can be designed for application within police organisations.

**Management of Risks - Support Services**

Should anything be disclosed in the interview process that infers a risk of harm participants will be referred to specific organisation support agency, Blue Hope 1300 BLUE (2583) and other support agencies such as:

* Lifeline 13 11 14
* MensLine Australia 1300 789 978
* Suicide Call Back Service 1300 659 467
* Beyond Blue 1300 22 46 36
* Headspace 1800 650 890

**Management of illegal or negative activity?**

Disclosure of any criminal activity will be reported to relevant authorities as required by law. Notification of this action has been included in the Research Participant Information Sheet to be provided to your family member so they are fully aware of the actions that would be taken in these instances.

**What should do if I want to discuss this study further before I decide to participate?**

Any further information and questions relating to this study can be obtained from the PhD Student, via the following contact details:

Ms. Charrissa Chew-Moriarty

Charles Sturt University

Centre for Law and Justice

Telephone: (02) 4824 2573

Email: cchew-moriarty@csu.edu.au

**Conclusion:**
Thank you for considering this invitation,your family members participation is crucial as their responses will assist in facilitating the understanding of and a social based solution to police officers during ailing mental unwellness. At any time if you or your family member need assistance please contact the support services provided above.