

## Critical Incident Peer Support Survey

**This survey is designed to assess the Critical Incident Stress sustained by Military Police Personnel, Military Police Investigators, and USACIDC Special Agents; and to evaluate the personal and professional impact it created. The Family Advocacy Law Enforcement Training Branch of the U.S. Army Military Police School developed this survey instrument, which is a portion of the needs assessment for additional training development within the venue of critical incident stress management/Peer Support.**

**All responses to this survey instrument will be amassed anonymously, to ensure the confidentiality of the respondents.**

**Responding to Questions:** *When responding to questions that do not have a weighted scale, please fill in the blank with the information requested. When responding to questions that provide a weighted scale, please select the most appropriate response by circling the number that applies to each statement.*

**Weighted Scale Responses:** *To what degree do the following statements reflect your thoughts, actions, feelings or beliefs? Circle the number that applies to each statement.*

1	2	3	4	5
Strongly <b>AGREE</b>	Moderately <b>AGREE</b>	No Opinion/ Not Applicable	Moderately <b>DISAGREE</b>	Strongly <b>DISAGREE</b>

*The following questions are designed to explore your experience in responding to critical incident situations. For the purpose of this survey, a critical incident is defined as any event or incident that would reasonably create emotional distress in any normal or healthy person (i.e. ... responding to incidents of rape, robbery, suicide, baby deaths, domestic violence, etc.).*

**Stressors for Military Law Enforcement Personnel (MOS 31B/C/D/31A/311A):** *I believe that responding to the following types of incidents creates substantial levels of stress for military law enforcement personnel.*

- |  |           |
|--|-----------|
| 1. Rape incidents/investigations ... ..  | 1 2 3 4 5 |
| 2. Death incidents (vehicular, domestic, children, suicide) .....  | 1 2 3 4 5 |
| 3. Violent domestic incidents (not involving murder) ... ..  | 1 2 3 4 5 |
| 4. Hostage or barricaded suspect situations ... ..   | 1 2 3 4 5 |
| 5. Mass casualty incidents (bombing, train wreck, serious vehicular accident, toxic chemical, etc.) ... .. | 1 2 3 4 5 |

- |   |           |
|---|-----------|
| 6. Exploitation or abuse of children (physical or sexual) ... .. .. . | 1 2 3 4 5 |
| 7. Incidents wherein victims resemble family members ... .. .. .      | 1 2 3 4 5 |
| 8. Robberies or other violent street crime ... .. .. .                | 1 2 3 4 5 |

***Coping Mechanisms: I have either used or experienced the following on at least one occasion, as a means of dealing with job related stress.***

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|--|-----------|
| 9. I consume alcohol to feel better or to help me relax ... .. .. .  | 1 2 3 4 5 |
| 10. I do physical exercise to feel better or to help me relax ... .. .. .  | 1 2 3 4 5 |
| 11. I do sports or hobbies to feel better or to help me relax ... .. .. .  | 1 2 3 4 5 |
| 12. I turn to my religious faith for strength and relief from stress ... ..  | 1 2 3 4 5 |
| 13. I seek solitude or find a place that I can relax or reduce stress .... .   | 1 2 3 4 5 |
| 14. I talk to a friend (non-coworker) to work through issues and feelings that I do not understand ... .. .                                    | 1 2 3 4 5 |
| 15. I talk to a coworker to work through issues and feelings that I do not understand ... .. .   | 1 2 3 4 5 |
| 16. I talk to my supervisor to work through issues and feelings that I do not understand ... .. .  | 1 2 3 4 5 |
| 17. I talk to a Chaplain to work through issues and feelings that I do not understand ... .. .   | 1 2 3 4 5 |
| 18. I talk to a mental health professional to work through issues and feelings that I do not understand ... .. .                               | 1 2 3 4 5 |
| 19. I have attended formal training on coping with critical incident stress ... .. .   | 1 2 3 4 5 |
| 20. I have participated in formal workgroups/debriefings immediately after a critical incident response, that helped me manage stress ... .. . | 1 2 3 4 5 |

***Critical Incident Stress and Domestic Relationships: I feel that stress derived from my official duties has contributed to the following:***

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|---|-----------|
| 21. Difficulty communicating with my loved ones ... .. .. . | 1 2 3 4 5 |
|---|-----------|

22. Intimate/sexual contact with my significant other has diminished .. 1 2 3 4 5
23. I become easily irritated or have a low tolerance for relatively minor infractions or disruptions by others ... .. . 1 2 3 4 5
24. I neglect my responsibilities with my family ... .. . 1 2 3 4 5
25. I do not feel I should burden my loved ones with the stress of my job ... .. . 1 2 3 4 5
26. I have disputes with my loved ones more than I feel I should ... .. . 1 2 3 4 5
27. I tend to be more aggressive with my children than I would like to be ... .. . 1 2 3 4 5

***Critical Incident Stress and Job Performance: As a result of my job related stress, I feel that the following apply.***

28. I find it difficult to talk to other members of my unit about stress related issues out of fear that I will be judged ... .. . 1 2 3 4 5
29. I feel that talking with supervisors about stress related issues could threaten my career ... .. . 1 2 3 4 5
30. I have difficulty focusing on certain types of cases due to personal feelings ... .. . 1 2 3 4 5
31. I sometimes find it difficult to get along with peers and co-workers due to stress ... .. . 1 2 3 4 5
32. When distracted by stress I get behind in my case load ... .. . 1 2 3 4 5
33. When distracted by stress I make careless mistakes in my case work ... .. . 1 2 3 4 5
34. While in the performance of my duties, I have lost control of my emotions on at least one occasion ... .. . 1 2 3 4 5

***Critical Incident Stress and Retention: I feel job related stress has impacted me in the following ways on at least one occasion:***

35. My desire to accomplish my assigned duties has diminished due to stress ... .. . 1 2 3 4 5

36. I have thought about changing my MOS due to job related stress ... 1 2 3 4 5
37. The impact of my job has threatened my marriage or other personal relationships ... 1 2 3 4 5
38. I have lost interest / satisfaction in my job ... 1 2 3 4 5
39. My job has caused me to consider retirement; ETS; or resignation. 1 2 3 4 5
40. I feel I am extremely under paid for the work I perform, the hours I expend, and the stress I endure at work ... 1 2 3 4 5

***Critical Incident Stress and the Impact on Others: I have observed the following in one or more of my co-workers as a result of job related stress:***

41. They have become hostile or easily agitated following stressful situations ... 1 2 3 4 5
42. I have seen them become overly aggressive with their children, or snap at them with little to no provocation ... 1 2 3 4 5
43. I have seen them neglect their family responsibilities, always placing work ahead of family interests and needs ... 1 2 3 4 5
44. I am aware of disputes within their personal relationships, which I believe to be excessive ... 1 2 3 4 5
45. I believe they have difficulty communicating with their loved ones.. 1 2 3 4 5
46. I do not believe they talk to other members of the unit about stress because they are afraid of being judged ... 1 2 3 4 5
47. I believe they are afraid to address the toll that stress has on them with their supervisors, as they are afraid such discussion will have an adverse impact on their career ... 1 2 3 4 5
48. I see my co-workers get behind on their case work when they become distracted by stress ... 1 2 3 4 5
49. I see my co-workers make careless mistakes in their case work when they become distracted by stress ... 1 2 3 4 5
50. My co-workers have retired ,ETS 'd, or resigned due to job stress.. 1 2 3 4 5

51. My co-workers have talked about changing jobs or leaving the Army due to job related stress ... .. 1 2 3 4 5

***Command / Leadership Attitudes and Approaches to Critical Incident Stress Management: This section is designed to explore the attitudes and approaches currently being employed by organizational commanders.***

52. Following the last critical incident that I responded to, I was required to attend training or meet with a trained stress management expert ... .. 1 2 3 4 5

53. My unit provides organized training that helps me deal with critical incident response stress ... .. 1 2 3 4 5

54. I believe that if I were to talk to my commander about the personal strains of job stress that I would not be in hazard of being suspended ... .. 1 2 3 4 5

55. My commander is very concerned about reducing my stress level . 1 2 3 4 5

56. I believe that the Army has done an adequate job in addressing stress related to critical incident response, and that there is no need for formal training ... .. 1 2 3 4 5

57. Have you attended formal training in Critical Incident Stress Management \_\_\_\_\_

a. If Yes – Where was this training conducted? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

***Demographic Data: Please circle the answer that most accurately describes you.***

58. How many critical incidents have you responded to? 1. None  
2. 1 to 3  
3. 4 to 6  
4. 7 to 9  
5. 10 or More

59. What is your marital status? 1. Never Married  
2. Married  
3. Divorced  
4. Widowed  
5. Other

60. How many times have you been married?
1. None
  2. Once
  3. Twice
  4. Three Times
  5. More than Three
61. How Many Children do you Have?
1. None
  2. One
  3. Two
  4. Three
  5. More than Three
62. In how many relationships did you parent these children?
1. None
  2. One
  3. Two
  4. Three
  5. More than Three
63. Current Military Occupational Specialty (MOS):
1. 31B (MP/MPV5)
  2. 31C (Corrections)
  3. 31D (Enl CID)
  4. 311A (WO CID)
  5. 31A (MP Br Off)
64. Current Military Rank:
1. E1 through E5
  2. E6 through E9
  3. W1 through CW5
  4. LT through CPT
  5. Maj through COL
65. How Many years do you have in your current MOS:
1. Less than 2
  2. 2 to 5
  3. 6 to 10
  4. 11 to 15
  5. 16 or More
66. How many years military service do you have?
1. Less than 2
  2. 2 to 5
  3. 6 to 10
  4. 11 to 15
  5. 16 or More

67. Highest Level of Education Completed:

1. High School
2. Associate's Degree
3. Bachelor's Degree
4. Master's Degree
5. JD or Phd

68. Your Current Age:

1. 17 to 21
2. 22 to 26
3. 27 to 31
4. 32 to 38
5. 39 or Older

69. Gender:

1. Female
2. Male

70. Race:

1. African American
2. Asian
3. Caucasian
4. Hispanic
5. Other

71. What has been the greatest challenge when dealing with the stress associated with responding to a critical incident? \_\_\_\_\_

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72. Provide at least two recommendations that you would make to other military law enforcement professionals about dealing with a critical incident, or associated stress?

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