**Appendix:** **Summary of studies examining risk factors for stress among police officers.**

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| **Referencea** | **Country** | **Study design** | **Year of data collection** | **Number of police officers (percentage of males, mean age)** | **Risk factorsb (questionnaire)** | **Outcome (questionnaire)** | **Level of analysisb** | **Main results** |
| Tsai et al. (2018) | USA | Cross-sectional | 1995 | 594 (86.7%, 36.1 years) | Demographic characteristics; job characteristics | Job stress (a latent construct consisting of overall stress, job stress and burnout) | Multivariate (Structural equation modeling) | Higher police rank (coefficient b=0.14, p<.05) and negative working environment (coefficient b=0.74, p<.05) were associated with stress |
| Duxbury & Halinski (2017) | Canada | Cross-sectional | 2011-2012 | 1469 (79.6%, 40.9 years) | Job characteristics | Life stress (10 items measure) (102) | Multivariate (Structural equation modeling) | Work-role overload was associated with stress (coefficient b = 0.316, p<.001 for males and coefficient b = 0.225, p<.001 for females) |
| West et al. (2017) | USA | Cross-sectional | 2004-2009 | 422 (74%, 43 years) | On-duty injury (payroll work history data) | Life stress (Perceived Stress Scale, PSS) | Multivariate linear regression | Increased on-duty injury count was associated with stress (p=.025) |
| Griffin & Sun (2017) | USA | Cross-sectional | 2011 | 138 (87%, NM) | Demographic characteristics; job characteristics; lifestyle factors | Life stress (Perceived Stress Scale, PSS) | Multivariate linear regression | Patrol assignment (coefficient b = -0.17, p<.05), work-family conflict (coefficient b=0.32, p<.001) and decreased resiliency (coefficient b = -0.26, p<.05) were associated with stress |
| Lambert et al. (2017) | India | Cross-sectional | 2016 | 827 (88%, 36.5 years) | Work-family conflict (18 items measure) (103) | Job stress (6 items measure) (104) | Multivariate linear regression | Work-family conflict (coefficient b=0.25, p<.001 for strain-based scale; coefficient b=0.07, p<.05 for behavior-based scale; coefficient b=0.17, p<.01 for family-based scale) was associated with stress |
| Nelson et al. (2016) | Jamaica | Cross-sectional | 2016 | 134 (63%, 32 years) | Demographic characteristics; job characteristics; coping strategies (NA) | Life stress (items from the Well-being Process Questionnaire, WPQ) | Multivariate linear regression | Negative work environment (coefficient b=0.23, p<.001) and coping strategy focus on emotion (coefficient b=0.43, p<.001) were associated with stress |
| Luceño-Moreno et al. (2016) | Spain | Cross-sectional | 2016 | 565 (87.4%, 39.7 years) | Demographic characteristics; job characteristics | Job stress (DECORE) | Univariate | Lower police rank was associated with stress (p<.01) |
| Maran et al. (2015) | Italy | Cross-sectional | 2015 | 617 (58%, NM) | Demographic characteristics; job characteristics; coping strategies (Brief Cope) | Job stress (Operational Police Stress Questionnaire, PSQ-Op; Organizational Police Stress Questionnaire, PSQ-Org) | Multivariate linear regression | Self-distraction (p<.01), denial (p<.05), self-blame (p<.01), lack of humour (p<.01) and lack of planning (p<.05) were associated with stress |
| Seok et al. (2015) | South Korea | Cross-sectional | 2013 | 353 (100%, NM) | Demographic characteristics; job characteristics; life style factors | Life stress (Psychosocial Well-being Index Short form, PWI-SF) | Univariate | Smoking, decreased physical exercise and chronic disease were associated with stress (p<.05 in all cases) |
| Lu et al. (2015) | China | Cross-sectional | 2014 | 2226 (84.6%, NM) | Job satisfaction (Minnesota Satisfaction Questionnaire, MSQ) | Job stress (Siegrist’s effort-reward-imbalance, ERI) | Univariate | Decreased job satisfaction was associated with stress (Pearson's correlation coefficient = -.2, p<.01) |
| Ma et al. (2015) | USA | Cross-sectional | 2004-2009 | 365 (72.6%, 41.2 years) | Shift work (database of payroll records) | Job stress (Spielberger Police Stress Survey) | Multivariate linear regression | Shift work was associated with stress (p<.05) |
| Masilamani et al. (2013) | Malaysia | Cross-sectional | 2011 | 579 (87.4%, 35.2 years) | Demographic characteristics; job characteristics | Life stress (Depression, Anxiety and Stress Scale, DASS) | Multivariate logistic regression | Higher police rank (OR=10.68; 95% CI=3.51 to 32.53) and self-estimation that salary is inappropriate regarding duties (OR=2.73; 95% CI=1.43 to 5.22) were associated with stress |
| Kaur et al. (2013) | India | Cross-sectional | 2013 | 150 (90%, 42 years) | Demographic characteristics; job characteristics; coping strategies (Coping Checklist-1 (CCL-1);  personality traits (Eysenck’s Personality Questionnaire, EPQ) | Life stress (General Health Questionnaire, GHQ) | Univariate | Neuroticism (p<.001), psychotism (p<.001), extroversion (p=.023), negative distraction (p<.001) and denial/blame (p<.001) were associated with stress |
| Garbarino et al. (2013) | Italy | Cross-sectional | 2009 | 289 (99.3%, 35.4 years) | Personality traits (Big Five Questionnaire, BFQ) | Job stress (Demand/Control/Suppοrt, DCS; Effort/Reward Imbalance, ERI) | Multivariate linear regression | Neuroticism (coefficient b = 0.12, p<.05) and high agreeableness (coefficient b = -0.16, p<.001) were associated with stress |
| Selokar et al. (2011) | India | Cross-sectional | 2009 | 102 (95.1%, 36 years) | Demographic characteristics; job characteristics | Job stress (The Professional Life Stress test) | Univariate | Increased working hours was associated with stress (p<.001) and married experienced more stress (p<.001) |
| Gerber et al. (2010) | Switzerland | Cross-sectional | 2008 | 460 (74.8%, 40.7 years) | Shift work | Life and job stress (Trier Inventory for the Assessment of Chronic Stress, TICS) | Multivariate analysis of covariance | Shift work was associated with stress (p<.001) |
| Žukauskas et al. (2009) | Lithuania | Cross-sectional | 2003 | 314 (66.9%, NM) | Operational and organizational job factors | Job stress (a yes/no question about stress) | Univariate | Violence against colleagues (p<.05), hoax calls (p<.001), crowd control (p<.001), dealing with rape victims (p<.05), using force (p<.001), negative public opinion (p<.05), shift work (p<.01) and high work demands (p<.05) were associated with stress |
| Gershon et al. (2009) | USA | Cross-sectional | 1999-2000 | 1072 (85.7%, 36 years) | Job characteristics; coping strategies (Coping Scale and Police Coping Scale) | Job stress (Police Stress Scale) | Multivariate logistic regression | Negative coping strategy (OR =2.70, 95% CI=2.03 to 3.60), avoidance coping strategy (OR=2.68, 95% CI=1.94 to 3.70), critical incidents exposure (OR=1.62, 95% CI=1.21 to 2.15), poor cooperation (OR=1.47, 95% CI=1.11 to 1.97), workplace discrimination (OR=1.64, 95% CI=1.21 to 2.21), lack of organizational fairness (OR=1.92, 95% CI=1.42 to 2.59) and job dissatisfaction (OR=1.93, 95% CI=1.44 to 2.60) were associated with stress |
| Berg et al. (2005) | Norway | Cross-sectional | 2000 | 3272 (82.1%, NM) | Demographic characteristics; job characteristics; coping strategies (Coping Strategies Scale of the Pressure Management Indicator) | Job stress (The Job Stress Survey, JSS) | Multivariate linear regression | Increased age (p<.05), higher police rank (p<.05), male gender (p<.05), police officers who worked in districts with >50,000 inhabitants (p<.05), neuroticism (p<.05), lack of control (p<.01) and reality weakness (p<.01) were associated with stress |
| Collins & Gibbs (2003) | United Kingdom | Cross-sectional | 2003 | 873 (80%, NM) | Operational and organizational job factors | Life stress (General Health Questionnaire, GHQ) | Multivariate logistic regression | Demands of work impinging on home (p<.00001), lack of support from senior officers (p=.00006), dealing with someone who is drunk (p=.0009), subject to a complaints investigator (p=.003), being at risk of hepatitis or AIDS (p=.005), not enough control over work (p=.005) and urgent requests preventing planned work (p=.02) were associated with stress |
| Deschamps et al. (2003) | France | Cross-sectional | 1999-2000 | 617 (84%, 39.9 years) | Demographic characteristics; job characteristics; lifestyle factors | Life and job stress (visual analogue scale) | Multivariate logistic regression | Increased years of experience (OR =5.72, 95% CI=2.52 to 12.98, p<.0001), lack of hobbies (OR=1.93, 95% CI=1.31 to 2.85, p=.001) and lack of sports (OR=1.53, 95% CI=1.04 to 2.26, p=.03) were associated with stress |
| Gershon et al. (2002) | USA | Cross-sectional | 2002 | 105 (98.1%, 53.5 years) | Job characteristics; coping strategies [questionnaire adapted from scales developed by (105, 106)] | Job stress (11 items adapted from the National Institutes for Occupational Safety and Health work stress scale) | Multivariate logistic regression | Exposure to critical incidents (OR=3.71, 95% CI=1.26 to 10.9) and maladaptive coping behaviors (OR=5.35, 95% CI=1.75 to 16.35) were associated with stress |
| He et al. (2002) | USA | Cross-sectional | 1999-2000 | 1100 (85.7%, NM) | Lifestyle factors; coping strategies (e.g. talk to family/friends about the problem, planning, stay away from everyone, smash or break things) | Life stress (a modified version of the Brief Symptom Inventory, BSI) | Multivariate linear regression | Negative work environment (coefficient b=0.157, p<.05 for males), work-family conflict (coefficient b=0.227, p<.05 for males and coefficient b=0.174, p<.05 for females) and negative coping strategies (coefficient b=0.238, p<.05 for males and coefficient b=0.345, p<.05 for females) were associated with stress |
| Zhao et al. (2002) | USA | Cross-sectional | 1996 | 345 (100%, NM) | Job characteristics | Life stress (Brief Symptom Inventory, BSI) | Multivariate linear regression | Bureaucracy (coefficient b=0.15, p<.05) and decreased feedback (coefficient b = -0.20, p<.05) were associated with stress |
| Patterson (2001) | USA | Cross-sectional | 2001 | 233 (89%, 37 years) | Coping strategies (Ways of Coping Questionnaire, WAYS); life stressors (13 items measure) (107) | Life stress (15 items measure) (107) | Multivariate linear regression | Life stressors (coefficient b=0.51, p<.001) and negative (emotion-focused) coping strategies (coefficient b=0.18, p<.05) were associated with stress |
| Brown et al. (1996) | United Kingdom | Cross-sectional | 1992 | 810 (97%, 47.1 years) | Job satisfaction (22 items, e.g. being valued, salary); coping strategies (28 items, e.g. planning, dealing with problems immediately) | Job stress (Occupational Stress Indicator, OSI) | Univariate | External locus of control  (Pearson's correlation coefficient = .21, p<.001) and lack of positive coping strategies (Pearson's correlation coefficient = .1, p<.05) were associated with stress |
| Violanti (1992) | USA | Cross-sectional | 1992 | 180 (90%, 23.1 years) | Coping strategies (Ways of Coping Check List, WCCL); life stressors (Social Readjustment Scale) | Life stress (Center for Epidemiological Studies Depression Scale, CES-D) | Multivariate linear regression | Escape/avoidance (coefficient b=0.33, p<.05) and self-control coping coefficient b=0.32, p<.05) were associated with stress |
| Brown & Campbell (1990) | United Kingdom | Cross-sectional | 1989 | 954 (80%, 36.4 years) | Demographic characteristics; job characteristics; lifestyle factors | Life stress (General Health Questionnaire, GHQ) | Univariate | Lower police rank was associated with stress (p<.001) |
| White et al. (1985) | USA | Cross-sectional | 1980 | 232 (93.5%, 35.8 years) | Demographic characteristics; job characteristics; burnout (Maslach Burnout Inventory, MBI); coping strategies measurement (108) | Job stress (modified Spielberger Police Stress Survey) | Univariate | Decreased years of experience (p<.01), burnout (p<.05), decreased physical activity (p<.05), decreased hours of hobbies (p<.05) and negative coping strategy (p<.05) were associated with stress |

NM: non mentioned; OR: Odds Ratio; CI: Confidence Interval

a Arrangement in publication year order.

b Demographic characteristics: gender, age, marital status, children, educational level. Job characteristics: years of experience, rank, working hours, shift work, job satisfaction, workload, salary, work environment, support from colleagues/superiors, operational and organizational factors. Lifestyle factors: sleep duration, physical activity, smoking, alcohol, work-family conflict, health state. Demographic characteristics, job characteristics and lifestyle factors were self-reported in all studies.

c Univariate analysis does not eliminate confounders, while multivariate analysis eliminates confounders, decreasing so the systematic bias.