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The impact of occupational psychological stress on the subjective well-being of police: mechanisms and interventions

Submission date
05/08/2025

Recruitment status
No longer recruiting

Registration date
09/08/2025

Overall study status
Completed

Last Edited
19/08/2025

Condition category
Mental and Behavioural Disorders

[_] Prospectively registered
[X] Protocol
[_] Statistical analysis plan
[X] Results
[_] Individual participant data

Plain English summary of protocol

Background and study aims
While research has confirmed that occupational psychological stress negatively impacts subjective well-being, no study has yet explored the specific occupational group of frontline police officers. This study aims to explore how job-related psychological stress affects the overall well-being of frontline police officers, while also considering how their sense of professional identity and job security might influence this connection. Additionally, it seeks to develop a new counseling program based on positive psychology to help officers manage stress more effectively and improve their mental and emotional well-being.

Who can participate?
Frontline police officers who have a Chinese Perceived Stress Scale (CPSS) score of ≥28 in Wushi County, Xinjiang.

What does the study involve?
A quasi-experimental design was used to compare outcomes between an experimental group and a control group, using pre-test and post-test analyses. Both groups completed the Chinese Perceived Stress Scale (CPSS) and the Index of Well-Being (IWB) at both time points. Between these assessments, the experimental group attended six weekly 90-minute group counseling sessions, while the control group received no treatment. The CPSS threshold is 28, with scores of 28 or higher indicating health risk stress. Based on pre-test data, frontline police officers with CPSS scores above this threshold were selected for Study 2 and randomly assigned to either the experimental or control group, with 12 participants in each. Randomization was done using computer-generated allocation. Participants were recruited using convenience sampling from the public security sector in Wushi County, Xinjiang.

What are the possible benefits and risks of participating?
Participants will receive 30 RMB as compensation, with no risk involved.

Where is the study run from?
Southwest University, Department of Psychology, China

When is the study starting and how long is it expected to run for?
December 2024 to March 2026

Who is funding the study?
Investigator initiated and funded

Who is the main contact?
Fengxia Wu, Principal Investigator, Yunnan Normal University, 383091719@qq.com

Contact information

Type(s)
Public, Scientific, Principal investigator

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Additional identifiers

Study information

Scientific Title
The impact of occupational psychological stress on the subjective well-being of police

Study objectives
The current study had two primary objectives: (1) to investigate the relationship between occupational psychological stress and subjective well-being among frontline police officers, while also examining the roles played by professional identity and job security (authorized staffing) in this relationship; (2) to design a psychological counseling program informed by positive psychology principles to provide frontline police officers with innovative resources which can be used to alleviate occupational psychological stress and enhance their subjective well-being.

Ethics approval required
Ethics approval required

Ethics approval(s)

Approved 20/12/2024, Faculty of Education, Yunnan Normal University (No. 768, Juxian Street, Chenggong District, Kunming City, Yunnan Province, 650000, China; +86 0871-65912798; yinkeli@ynnu.edu.cn), ref: 2024013

Primary study design
Observational

Study design
Pre-test and post-test quasi-experimental design

Study type(s)
Quality of life

Health condition(s) or problem(s) studied
Relief for people with high occupational psychological stress (not reaching clinical standards)

Interventions
A quasi-experimental design was adopted, which included pre-test and post-test analyses of the data collected from the experimental group and the control group, separately. For both the pre-test and the post-test, both groups completed the Chinese Perceived Stress Scale (CPSS) and the IWB. Between the pre- and post-test time points, the experimental group participated in weekly 90-minute group counseling sessions for a total of six times, while the control group did not receive any treatment during this period.

The threshold for the Chinese Perceived Stress Scale (CPSS) is 28 points, meaning that a scale score of ≥28 indicates health risk stress, and a score of < 28 indicates no health risk stress. Based on the collected pre-test data, frontline police officers were identified as suitable participants for Study 2, as their CPSS scores exceeded the threshold value of 28. From this group, police officers were chosen at random and assigned to either the experimental group or the control group, resulting in a total of 12 participants in each group. Participants were randomized via computer-generated allocation into intervention (group counseling) or control groups.

A convenience sampling method was employed to recruit participants who worked within the public security sector in Wushi County, Xinjiang.

Intervention Type
Behavioural

Primary outcome(s)
Occupational stress and well-being are measured using the Chinese Perceived Stress Scale (CPSS) at baseline and post-intervention (6 weeks)

Key secondary outcome(s)
There are no secondary outcome measures

Completion date
01/03/2026

Eligibility

Key inclusion criteria
Relief for people with high occupational psychological stress (not reaching clinical standards)

Participant type(s)
Healthy volunteer

Healthy volunteers allowed
No

Age group
Adult

Lower age limit
26 Years

Upper age limit
36 Years

Sex
Male

Total final enrolment
24

Key exclusion criteria
A Chinese Perceived Stress Scale (CPSS) score of ≥28

Date of first enrolment
01/01/2025

Date of final enrolment
05/08/2025

Locations

Countries of recruitment
China

Study participating centre
Faculty of Education, Yunnan Normal University
No. 768, Juxian Street, Chenggong District
Kunming City, Yunnan Province
China
650000

Sponsor information

Organisation
Southwest University

ROR
https://ror.org/01kj4z117

Funder(s)

Funder type
Other

Funder Name
Investigator initiated and funded

Results and Publications

Individual participant data (IPD) sharing plan
The datasets generated during and/or analysed during the current study will be available upon request from Kun Shi, 1119654505@qq.com

IPD sharing plan summary
Available on request

Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
Results article		18/08/2025	19/08/2025	Yes	No
Protocol file			08/08/2025	No	No