

LAW ENFORCEMENT AND EMOTIONAL INTELLIGENCE

SUPPORTING STUDIES

Recent Observations

- In 2018, twice as many police officers died by suicide than died in the line of duty.¹
- Suicide rates are more than eight times higher for working officers than for officers who had retired or left the police force. More than 25 percent of officers had metabolic syndrome, a cluster of symptoms believed to increase the risk of heart disease, stroke and diabetes, versus 18.7 percent of the general population. Officers are at increased risk of developing Hodgkin's lymphoma and brain cancer after 30 years of service.²
- Many of the cities impacted by months of racial justice protests and policing reform efforts are now struggling with a historic departure of police officers, with some major cities seeing as much as a 20% decrease in the size of their force.³
- Violent Crime has increased significantly in major cities feeling the loss of police funding. For example, Minneapolis has seen a 46% increase in murders and a 22% increase in total violent crime.⁴
- Confidence in police is at a record Low. The gap between white and Black Americans' expressed confidence in the police has never been greater. One survey found that 56 percent of white adults said they were confident in the police, compared to only 19 percent of Black adults.⁵
- See the next page for additional articles that describe the stresses and emotional toll of being in law enforcement.

Emotional Intelligence in Law Enforcement: Needs and Benefits

1. [Managing Law Enforcement Stress Through Emotional Intelligence](#) (2014)
2. [Emotional Intelligence and Law Enforcement: A Case for Change](#) (2018)
3. [Emotional Armor: Preparing Officers for the Impacts of Sustained Stress](#) (2019)
4. [Emotional Intelligence: Why All Police Officers Need It](#) (2020)
5. [Understanding the Benefits of Emotional Intelligence for Officer Growth](#) (2009)
6. [The Correlation Between EI and Decision Making Among Military Police Officers](#) (2016)
7. [Emotional Intelligence: Rethinking Police-Community Relations](#) (2015)
8. [New Directions in Police Academy Training: A Call to Action](#) (2019)
9. [Emotional Intelligence and Law Enforcement: A Case for Change](#) (2018)
10. [Emotional Intelligence in Policing](#) (2018)
11. [Emotional Intelligence in Policing](#) (2016)
12. [5 EI Tactics FBI Agent uses to Negotiate](#) (2016)
13. [Intelligence Leads to Job Satisfaction in Law Enforcement](#) (2013)

¹ [Most Police Officers Never Seek Mental Health Care, Despite Apparent Need](#) (2020)

² [On-the-Job Stress Negatively Impacts Police Officer Health](#) (2021)

³ [Historic Police Exodus in Cities Most Impacted by Racial Justice Unrest](#) (2021)

⁴ [Police Defunded: Major Cities Feeling the Loss of Police Funding as Murders, Other Crimes Soar](#) (2021)

⁵ [Confidence in Police Is at Record Low, Gallup Survey Shows](#) (Aimee Ortiz, New York Times, 2020)

The Stresses and Emotional Toll of Being in Law Enforcement

1. [The Emotional Toll of Being the Police \(2019\)](#)
2. [Psychosocial Risk Factors, Burnout and Hardy Personality as Variables Associated with Mental Health in Police Officers \(2018\)](#)
3. [Impact of Stress on Police Officers' Physical and Mental Health \(2008\)](#)
4. [The Relationship Between Organizational Stressors and Mental Wellbeing Withing Police Officers: A systematic review \(2019\)](#)
5. [Police Officers Need Help Too \(2018\)](#)
6. [Police Stressors and Health: A State-of-the-Art Review \(2019\)](#)
7. [The Impact of Stress and Fatigue on Law Enforcement Officers \(2014\)](#)
8. [Police Officers and the Stigma Towards Seeking Help for Mental Challenges of the Job \(2020\)](#)

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