

Introduction and Purpose

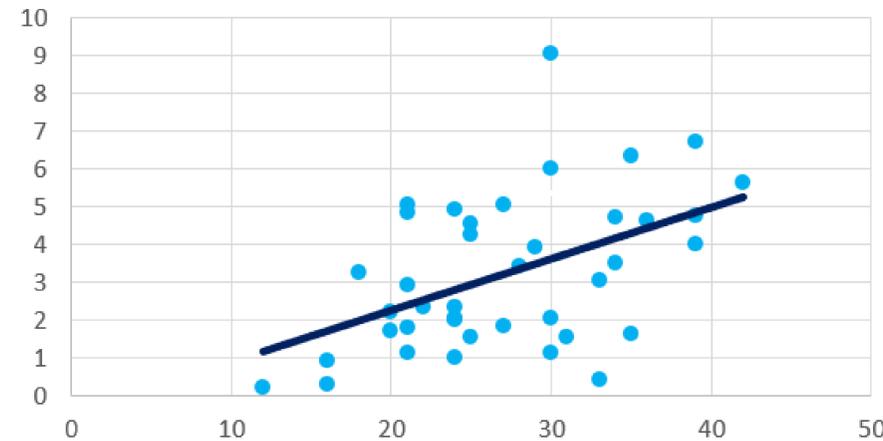
Introduction

- Intolerance of uncertainty has been linked to individuals being more likely to assess an ambiguous situation as threatening.
- A threat task appraisal has related to increased arousal and a decrease in performance when compared to a challenge appraisal.
- RCMP officers must learn to manage stress and arousal in order to best perform their duties.

Purpose

- To examine the relationship among intolerance of uncertainty, task appraisal, arousal, and performance in RCMP law enforcement students.

Uncertainty Tolerance and Task Appraisal



Drive Performance Scores



Results

- IU and Challenge Versus Threat Assessment Scores were significantly correlated with each other.
- However, these scores did not relate to subjective stress, physiological arousal, or to overall performance.
- Cadet performance gradually declined throughout the three drives, with a significant difference between drives one and three
- The drives and the judgement scenario did lead to an increase in arousal from baseline.
- Overall arousal was greatest for the judgement simulation.
- However, the participants were able to return to their resting baseline after the completion of the tasks.

Method

Measures

- Intolerance of Uncertainty Scale - SF (IUS-12)
- Challenge Versus Threat Assessment
- Subjective Stress Question
- Performance for Driving (Computer and Instructor Scores)
- Judgement Performance (Instructor Score)
- Heart Rate

Procedures

- 44 police recruits from a training facility
- Participants were outfitted with Hexoskin® Smart Shirts
- Participants completed three simulated driving sessions, a judgement scenario, and the measures.



Discussion

- Those with higher IU scores are more likely to perceive ambiguous situations as threatening.
- There was a significant difference between drives one and three, indicating that the added cognitive task of dispatch and the concern of evaluation led to increased stress, thus decreased performance
- The judgement scenario is effective in elevating arousal levels, which is positive as the program seeks to inoculate the students to stress.
- The participant's ability to return to baseline indicates that they are healthy.