

What impact can the challenges of operational policing have on individual and group wellbeing? Why is it important to manage mental wellbeing in policing?

Your answer must be based on academic research rather than personal experience.

Being able to effectively manage mental wellbeing as a police officer is crucial to enabling a proper service as evidence gatherers and to protect the public most effectively. However, despite attempts by the government and other public services, the demand on police officers is only ever increasing due to stagnant staffing levels (Home Office, 2025) and an increasing population (Office for National Statistics 2024). This leads to a constant flow of challenges that officers have to face; some of which can seriously challenge the mental resilience of frontline workers. This essay will discuss some of the challenges faced by operational police officers, how these challenges can have a detrimental effect on an officers and their teams wellbeing and ability to work effectively. Finally, this essay will be demonstrating the importance of managing wellbeing.

When discussing some of the challenges faced by frontline police officers, trauma is one of the most widespread and with 1 in 5 officers suffering Post Traumatic Stress Disorder (PTSD) (University of Cambridge, n.d) it is clear to see why. Due to the high exposure to trauma, and a more recent recognition to the risk of mental health in first responders, there has been shift towards providing more care for mental and understanding of disorders. PTSD is a type of anxiety disorder and causes three main types of symptoms. Reliving the trauma, isolating yourself from anything that reminds you of the trauma, and feeling on guard, irritable and being startled easily (Hamblen 2009). For a police officer, trauma is a common part of the work and the three symptoms even on a low level can have a significant impact on a police officers' ability to perform and act professionally.

PTSD can be one of the most impactful challenges that frontline officers have face due to the sometimes life changing symptoms. Further to the main symptoms, PTSD has also been found to result in other cognitive impairments such as, declining memory at earlier ages, and a declining ability to recognise faces (Samuelson et al. 2009, Qureshi et al. 2011). Both of these cognitive functions are crucial to being a frontline police officer and the loss of these is detrimental to the ability to police. This loss of ability to police effectively may result in some other officers becoming frustrated which is and of itself may result in a decrease in team wellbeing and team cohesion. Temple et al. (2017) also found that being married to someone who has PTSD can have a significant impact on the spouse, which may lead to relationship breakdowns, which would further worsen a person's mental health possibly leading to other conditions such as a depression and loneliness, resulting in a self-perpetuating cycle of poor mental health. This evidence shows the detrimental impact that PTSD can have on a person's individual mental wellbeing.

Another common challenge for officer wellbeing is stress. This is not often deemed as severe as PTSD; however, stress can still have a significant impact on officers. Stress within the police has been described by Shweta and Shujita (2015) as an "international phenomenon of serious concern" and also detailed that demand and workloads as one of the main causes of stress for officers. This is only an increasing issue, and if an officer is exposed to this type of stress over a

long period of time, when combined with other issues such as long working hours and irregular sleep, they can begin to suffer with burnout. Burnout is the feeling of complete mental and physical exhaustion (World Health Organisation 2019). Although this can be caused by prolonged stress for any reason the high levels found in the police are caused by significant demand placed on officers (Queiros et al. 2020).

The impact that stress can have on a person may not be deemed as severe as PTSD, however, it can act as a gateway to other conditions and can result in physical symptoms. The NHS (n.d) has defined some of the symptoms as, becoming easily irritable, struggling with decision making, and regularly feeling worried or scared. These symptoms alone can result in a significant reduction in the ability to police as becoming easily irritated when dealing with members of the public can result in excessive force or other malpractice. Officers must also be able to make quick decisions in high stakes environments and also go run towards conflict and danger and not appear to be scared. The NHS further explained that some of the physical symptoms as being, pains around the body and skin reactions, proving that mental health, if not maintained and managed effectively can turn into physical health concerns.

Public opinion is also a major challenge faced by officers, not only impacting their work life but also their home life. Many officers have to lie or hide what they do for work to increase the safety of themselves and their family. While in work community support for the police does have an effect on officer wellbeing and has been seen to reduce stress and burnout in officers (Keaton et al. 2023; Porter and Lee 2024). A continued low level of community support and trust for the police can result in a 'them against us' attitude for both the public and police, which can only be a downward spiral towards more crime and an unwillingness to report crime from the public but also more misconduct issues from the police themselves due to the view of working against the public not with them (Wolf et al. 2024). The results of negative public attitudes have been evident in previous incidents such as the Brixton riots in 1981 which was as a result of malpractice which created significant distrust in the police.

These challenges can affect a whole team of officers as seen with the challenge of maintaining public support for police. Failing to maintain public support for the police is correlated to reduced effectiveness of the police organisation (Murphy, Hinds and Flemming 2008), and not being able to work effectively can result in frustration in teams towards each other which can lead to further stress.

The wellbeing of one person can affect a whole station through 'emotional contagion' which can be defined as someone else's non-verbal communication and their attitude affecting the feelings of those around them sometimes resulting in the others having similar or the same feelings (Herrando and Constantinides, 2021). Emotional contagion in an environment where you are exposed to a person's emotions on a regular basis is also often a precursor to other negative emotions such as stress and burnout (Barsade, et al. 2018). When in the police, at incidents where victims of crime can be in a very bad place mentally, and then return to the station to other officers also having bad mental health, it can have an effect on the not just the person but also the team. Further to this, the reduction in ability to work well may also result in personal frustration due to not being able to work as well as previously.

Understanding these challenges and how it can impact personal, and group wellbeing is crucial to being able to understand how to manage personal wellbeing and also to reduce the effect that these challenges have on you which can be done through a number of simple methods.

Resilience is one of the most important, and basic defences to mental health challenges; however, resilience can also be applied to the other challenges in this essay by using the same principles. There are number of basic resilience factors which can make a difference to a person's level of resilience such as, optimism, humour, and cognitive emotion regulation (Schafer et al. 2023), the more of these factors a person has the better their resilience to struggle is. Having better mental resilience when in a job where positive mental health is tested regularly is crucial to being able to perform. In addition to this having better resilience can improve attitudes towards life and work (Cam and Buyukbayram 2017), resulting in better resilience due to optimism being a resilience factor. Building resilience is an excellent way of managing mental wellbeing, as every person has a level of resilience naturally in their personality due to resilience factors, and it can be further developed by simply going through events which may bring your wellbeing into question. Another way in which resilience can be developed is through the learning of Psychological First Aid (PFA). This was first developed as a means to help those who were survivors of disasters or other traumatic events, which all first responders should be taught. The basic rules and principles of PFA can be used and applied to the responders own personal struggle to further assist with the building of resilience (Birkhead and Vermeulen 2018).

When in the police and being faced with a seemingly endless stream of dealing with negative events in people's lives, and negative views of you and your job; therefore, it is important to ensure that you maintain positive personal connections with some people in your life. The main way this can benefit officers is through the creation of an emotional support system, which can dampen stress response and reduce some of the more adverse effects (Takizawa et al. 2006, Hostinar and Gunnar 2015). It has also been found that quality of friendships can be examined as a predictor for future mental (Li 2025), which further proves that having positive relationships in your life, even while not being in the police, is paramount to positive mental health. These benefits will become even more noticeable when working in a job role like the police where poor mental health is statistically very high, especially when compared to the general population. Having these positive relationships will not only further increase a persons mental resilience but also generates a pre-prepared support system should their mental health take a significant decline.

There is a considerable number of challenges that face operational police that will test their mental health and that of their team. The requirement to be able to manage these challenges and maintain mental health will always be crucial to ensuring that officers are able to live a normal life and also give the proper service to the public. Although high ranking officers and the government do put measures in place in order to minimize these challenges and reduce mental health issues, it is, unfortunately, just the nature of the job that cannot be avoided. PTSD, stress, and negative public opinions are the biggest challenges against operational police officers' mental health at present. This is due to the significant widespread of these issues and some of the life changing effects of suffering with these issues. This is why managing mental health is absolutely crucial to being able to live life outside of work and also to give a proper service to the public. The importance of having good connections to family and friends and also training yourself on resilience factors and PFA, can have such a positive effect on your mental health

resilience. To conclude, more training and time to develop resilience and the ability to manage personal mental health does need to be given to operational officers. Failing to do this can cause detrimental damage to not just the mental health of individual officers but also whole teams. However, when making this conclusion it is important to consider, there is only so much that can be done due to the nature of being a frontline officer, due to the level of incidents that the police are exposed to.

Word count – 1924

Why are terrorist organisations often involved in other forms of criminality (e.g. acquisitive crime), and how can this inform counter-terrorism policing?

Your answer must be based on academic research, although you may make reference relevant case studies.

Terrorism is a global problem which can be defined as an act by a group or individual which causes serious harm to a civilian population in order to further a political ideology or exhibit power over a population (Terrorism Act 2000, Cambridge Dictionary 2025). Terrorism as a whole had a long history of different causes dating back to the French Revolution (Orjan 2021) to more recently with the Irish Republican Army (IRA), the Islamic State of Iraq and Syria (ISIS), and the Taliban. Each of these group's range in recruitment styles, methods of committing terror acts, and ideals. However, they all engage in other forms of criminality not just to survive, but it also in order to thrive and grow. This essay will elaborate on why Terrorist Organisations (TO's) become involved in other forms crime and how they can use crime to fund themselves, allowing them further their ideologies. Furthermore, how TO's gain and maintain control over territories and the benefits that this can present. Involvement in criminality is also a way in a which counter terrorism police can be better informed of TO's activities, achieve more prosecutions and allows police to better anticipate where early intervention is needed.

The most obvious reason that Terror groups would become involved in other crime is for financial purposes in order to fund their activities and pay their soldiers. Resulting in an often-blurred line between TO's and Organised Crime Gangs (OCG'S).

Funding for TO's has changed over the years, from national governments funding groups to weaken other national opponents, to having to fund themselves through any means. For example, during the cold war when Russia had invaded Afghanistan, the United States had begun funding small guerilla groups, known as the Mujahadeen to fight the Russian occupation. Once the Russians left Afghanistan and the funding from the United States stopped, fighting began between the different groups began. This resulted in the creation of many middle eastern and Islamic extremist terror groups such as Al 'Qaeda and the Taliban (Powell, 2001). The reduced support from national governments have forced TO's to develop other methods of funding themselves, often resorting to crime to fund themselves.

The type of crime that terror groups engage in varies between groups and what suits them best, ranging from different types of smuggling to extortion. Drug trafficking is the most common and

lucrative way that TO's fund themselves (Mullins and Wither 2016). An example of this can be seen in the Hezbollah group, that has global links in the drug trade. Their links extend to money laundering in Australia, to Mexican drug cartels and some operatives have links to the eastern European drug trade, with similar also being seen in the Hamas group (Clarke 2016). As previously stated, good funding is needed for a TO to run even on a basic level. The troops need camps to sleep in, they need training, and they need wages. In addition to this TO's need to fund recruitment and propaganda. Propaganda is information or ideas, generally showing only one side of an argument and normally appearing virtuous, in order to influence a person's opinion (Cambridge Dictionary, 2025; Quaranto and Stanley, 2021). The effect of good propaganda can be seen recently in that created by the ISIS. They were able to implement Hollywood style special effects designed to make their soldiers look like heroes and recruited thousands as a result (Lieberman 2017).

The Crime-Terror Continuum (CTC) (2004) was developed by Makarenko and explains how TO's and OCG's can blur the line between one and the other. The CTC explains that they can adopt each other's tactics, such as groups like Hezbollah, Hamas and ISIS becoming involved in organised crime in order to fund their operations. Similar can also be seen in OCG's adopting tactics used by terror groups, normally to exert power over an area or opposition. The full length of the CTC can be seen in some cartels in the Americas such as the 'Tren De Aragua' cartel that was deemed a terror group in the United States in 2025 (CNN 2025). Although this cartel isn't involved in pushing their own political and ideological they have become involved in politics and have accused of intimidating political opponents (Badillo and Mijares 2021) due to their involvement with the Venezuelan government.

Another reason that TO's become involved in other forms of criminality is to exact control over territory, populations, and logistics, which can have no end of benefits for TO's. Control over territories can allow better easier funding, alliances, and manifesto progression. TO's are normally able to do this through violent crime and taking control by force.

Gaining and maintaining control over territories has no end of benefits to TO's such as higher rates of recruitment which can boost the longevity of the group (Gaibullov et al. 2020), and the improved control also allows better access to other resources which can be used to boost funding. This is most apparent in groups based out of countries that have a weak, failing or failed government such as Afghanistan, Syria or Iraq. A prime example of a TO exacting control over a territory is that of ISIS. Their main belief is the need for Caliphate state and they were able to succeed in doing so in large portions of Syria and Iraq (BBC 2019). They were able to do this through, continuous violence and violent crime and taking over areas through force and intimidation and maintaining control in these areas through executions and enforcing their laws. The control allowed them to dramatically increase funding through extortion, smuggling, and the oil their state had access to. Within their controlled territory they continued to engage in various types of violent crime which eventually created an environment in which joining ISIS was the safest option for those who lived as within their state (Dagher, 2023). Groups being in control of territories such as ISIS and the Taliban, who have recently regained control of Afghanistan, allows these TO's to make allies with other groups. This normally occurs when the different groups have similar goals and targets (Asal 2016), such as the Taliban becoming allies with, supporting, and hiding members of Al 'Qaeda.

For terror groups, especially those who engage in international terror attacks such as Al 'Qaeda, ISIS and the Irish Republican Army (IRA), having control over distribution networks and trade links is paramount to their ability to operate and allow for a far greater ability to launch attacks, and develop alliances with reduced detection from authorities. Control over smuggling routes and networks can also have a significant number of benefits for a TO, as seen when Libya agreed to support the IRA, by sending them weapons on the condition they could use the IRA's secure smuggling routes (de Sola, 2018). Since the Taliban have regained control of Afghanistan, they have been able to control all major distribution routes both legal and illegal (Amiri and Jackson, 2022 and BBC, 2021). This control has allowed them introduce tax on the export of opium, and those who use the trade routes through Afghanistan. The taxation of trade routes and the extortion that follows can make it extremely hard to establish the difference between the Taliban remaining a terrorist organisation and becoming a government institute.

Understanding why and how TO's are involved in different types of crime can assist counter terrorism policing in a number of ways and can allow them to be better informed about the goings on within TO's. Building an understanding of this can also help in the prevention of the rise of further terror groups and help with the prevention of recruitment. The UK government strategy for counter terrorism is, prevent, pursue, protect, prepare (Home Office, 2023), and being aware of how TO's use crime to operate and thrive will assist with the implementation of this plan.

As discussed, financial backing is the main reason that TO's become involved in crime, and disrupting the financial backing for terrorism is one of the most consequential form of counter terrorism (Rodichev et al. 2021). One of the ways this can be done is freezing the assets of those who support TO's or are involved with them, this an immediate action that can have a detrimental effect on a group's ability to act (Maja, 2019). This is normally done against a person instead of against a country since TO's have moved further towards self-financing. The freezing of assets will inform counter terrorism police as to who is engaged with certain groups and where they may be operating from. This allows for better restrictions around travel to regions associated with TO's and goes in line the 'prevent' part of the government strategy. However, it is important to consider if financial support for TO's is frozen then they will be forced to become further involved in their other means of funding.

Due to TO's involvement in organised crime it can allow for disruption of activities through other means, not just terror related offences. The involvement of organised crime teams and knowledge of the CTC can allow for better policing of smuggling and better disruption of criminal networks involved with terror groups. This knowledge of the CTC can also has the potential for law enforcement to better predict when OCG's become TO's and TO's becoming involved in organised crime.

When looking at the pursue section of the government strategy, the prosecution of members of terror groups needs to take place. In the year 2024, 245 arrests and 88 convictions took place in the UK, which is a significant increase from recent years (Home Office, 2024). The figures recently for arrests involving the belief that someone is a terrorist have reduced significantly since 2002-2010, around the times when Al 'Qaeda was most active (Home Office, 2024). This could show that TO's have become better at hiding their members in recent years, which in turn, allows for more undetected people of risk. The prosecution of terrorists along with other international criminals such as pirates has always been difficult, and some countries may be

less inclined to pursue prosecutions in offences such as terrorism for fear of repercussions (Kontorovich, 2010). However, should the terrorism offences be hard to prove then there are other options in order to pursue terrorists to prevent attacks. This can be done through prosecution of smugglers, which not only disrupts financial backing for TO's but also disrupts their networks.

To conclude, there are endless examples of how TO's have become involved in organised crime for financial benefits. Better finances allow TO's to have better quality soldiers through better training and equipment and can produce better propaganda resulting higher numbers and more motivated fighters. This can make it difficult for counter terrorism police to distinguish TO's from OCG's especially when they are reaching the centre of the CTC. However, this can be counteracted by a good knowledge and understanding of the CTC and how one organisation can become the other. Using crime to exact control over a territory is also extremely beneficial for TO's. The control allows them to implement their ideology on the land they control. In addition to this it also creates an environment where they are able to exploit the area they are in and significantly boost their financial ability through further crime. This involvement in different types of crime and understanding the benefits of them can allow counter terrorism police to be better informed. Understanding the type of crime in which TO's become involved in, can also allow the police to engage in preventative measures to stop the public from becoming involved in the first place. Finally, disruption of the crime they are involved in can not only make TO's ability to exact control and implement their terror tactics more difficult but even prevent it from happening in the first place. This allows the government's strategy to work at its best, presenting as a safer future with less terror threats to the civilian public.

Word count – 1990

Bibliography –

Amiri, R. and Jackson, A., 2022. Taliban Taxation in Afghanistan (2006). (accessed 25/05/2025).

Asal, V.H. et al. (2016) 'With Friends Like These ... Why Terrorist Organizations Ally', *International public management journal*, 19(1), pp. 1–30. Available at: <https://doi.org/10.1080/10967494.2015.1027431> (accessed 26/05/2025).

Badillo, R. and Mijares, V.M. (2021) 'Politicised crime: causes for the discursive politicisation of organised crime in Latin America', *Global crime*, 22(4), pp. 312–335. Available at: <https://doi.org/10.1080/17440572.2021.2024804> (accessed 15/05/2025).

Barsade, S.G., Coutifaris, C.G. and Pillemer, J., 2018. Emotional contagion in organizational life. *Research in Organizational Behavior*, 38, pp.137-151. Available at: <https://static1.squarespace.com/static/60b3bba2f9a5ff60f8943993/t/60cce0839f12ce39da59815e/1624039556245/Emotional+Contagion+in+Organizational+Life+-+Barsade+et+al.+Res.+in+Org.+Behavior+2018.pdf> (accessed 30/04/2025).

BBC (2019), 'The rise and fall of the Islamic State group: The long and short story'. Available at: <https://www.bbc.co.uk/news/world-middle-east-47210891> (accessed 25/05/2025).

BBC (2021), 'Afghanistan: How do the Taliban make money?'. Available at: <https://www.bbc.co.uk/news/world-46554097> (accessed 26/05/2025).

Birkhead, G.S. and Vermeulen, K. (2018) 'Sustainability of Psychological First Aid Training for the Disaster Response Workforce', *American journal of public health* (1971), 108(S5), pp. S381–S382. Available at: <https://doi.org/10.2105/AJPH.2018.304643> (accessed 06/05/2025).

Cambridge Dictionary (2025), *Meaning of Propaganda in English* (online). Available at: <https://dictionary.cambridge.org/dictionary/english/propaganda> (accessed 24/05/2025).

Cambridge Dictionary (2025), *meaning of terrorism in English*, (online) Available at: <https://dictionary.cambridge.org/dictionary/english/terrorism> (accessed 15/05/2025).

Çam, O. and Büyükbayram, A., 2017. Nurses' Resilience and Effective Factors. *Journal of Psychiatric Nursing/Psikiyatri Hemsireleri Dernegi*, 8(2). Available at: <https://jag.journalagent.com/phd/pdfs/PHD-75436-REVIEW-BUYUKBAYRAM%5BA%5D.pdf> (accessed 05/05/2025).

Clarke, C.P. (2016) 'Drugs & Thugs: Funding Terrorism through Narcotics Trafficking', *Journal of strategic security*, 9(3), pp. 1–15. Available at: <https://doi.org/10.5038/1944-0472.9.3.1536> (accessed 15/05/2025).

CNN (2025), *The US now considers these cartels and gangs terrorist groups. Here's what to know about them* : Available at: <https://edition.cnn.com/2025/02/22/americas/us-cartels-terrorist-explainer-latam-intl/index.html> (accessed 15/05/2025).

Cristin Queiros, Fernando Passos, Ana Bartolo, Sara Faria, Silvia Monteiro Fonseca, Antonio Jose Marques, Carlos F Silva, Anabela Pereira (2020) 'Job Stress, Burnout and coping in Police Officers: Relationships and Psychometric Properties of the Organizational Police Stress Questionnaire'. Available at: <https://pmc.ncbi.nlm.nih.gov/articles/PMC7557776/#sec1-ijerph-17-06718> (accessed 07/04/2025).

Dagher, M. (2023) *ISIS in Iraq : the social and psychological foundations of terror*. New York, NY: Oxford University Press. Available at: <https://doi.org/10.1093/oso/9780197524756.001.0001>. (accessed 25/05/2025).

Gaibullov, K., Hou, D. and Sandler, T., 2020. How do the factors determining terrorist groups' longevity differ from those affecting their success?. *European Journal of Political Economy*, 65, p.101935. Available at: <http://ae.ruc.edu.cn/docs/2020-09/619e9db30100418d9017aeb20b3b9fb8.pdf> (accessed 26/05/2025).

Hamblen, J., 2009. What is PTSD. *A Handout From The National Center For PTSD*. (accessed 23/04/2025)

Herrando, C. and Constantinides, E., 2021. Emotional contagion: A brief overview and future directions. *Frontiers in psychology*, 12, p.712606. Available at: <https://www.frontiersin.org/journals/psychology/articles/10.3389/fpsyg.2021.712606/full?ref=eelandthrive.com> (accessed 30/04/2025).

Home Office (2023), *Counter-terrorism strategy (CONTEST) 2023* (online). Available at: <https://www.gov.uk/government/publications/counter-terrorism-strategy-contest-2023> (accessed 26/05/2025).

Home Office (2024), 'Operation of police powers under the Terrorism Act 2000 and subsequent legislation: Arrests, outcomes, and stop and search, Great Britain, quarterly update to September 2024' (online), Available at: <https://www.gov.uk/government/statistics/operation-of-police-powers-under-tact-2000-to-september-2024/operation-of-police-powers-under-the-terrorism-act-2000-and-subsequent-legislation-arrests-outcomes-and-stop-and-search-great-britain-quarterly-u#arrests-outcomes> (accessed 26/05/2025).

Home Office (2025), 'Police workforce, England and Wales: 30 September 2024'. Available at: <https://www.gov.uk/government/statistics/police-workforce-england-and-wales-30-september-2024/police-workforce-england-and-wales-30-september-2024> (accessed 07/04/2025).

Hostinar C. and Gunnar M. (2015), National library of Public Medicine : *Social Support Can Buffer against Stress and Shape Brain Activity*, Available at: <https://pubmed.ncbi.nlm.nih.gov/26478822/> (accessed 08/05/2025).

Keaton, J. et al. (2023) 'Police officers' perception of community support for policing: implications for well-being', *Policing : an international journal of police strategies & management*, 46(5/6), pp. 811–830. Available at: <https://doi.org/10.1108/PIJPSM-05-2023-0056> (accessed 23/04/2025).

Kontorovich, E. (2010) "A Guantánamo on the Sea": The Difficulty of Prosecuting Pirates and Terrorists', *California law review*, 98(1), pp. 243–275. (accessed 26/06/2025).

Lieberman, A.V., 2017. Terrorism, the internet, and propaganda: A deadly combination. *J. Nat'l Sec. L. & Pol'y*, 9, p.95. Available at: <https://jnslp.com/wp-content/uploads/2017/01/Terrorism-the-Internet-Propaganda.pdf> (accessed 25/05/2025).

Li, X.-Y. (2025) 'The relationship between quality of sports friendships and mental health in Chinese junior high school students: the bidirectional chain mediating effects of sport motivation and exercise adherence', *BMC public health*, 25(1), pp. 52–13. Available at: <https://doi.org/10.1186/s12889-025-21287-5> (accessed 08/05/2025)

Mullins, S. and Wither, J.K. (2016) 'Terrorism and Organized Crime 1', *Connections. The quarterly journal (English ed.)*, 15(3), pp. 65-. Available at: <https://doi.org/10.11610/Connections.15.3.06> (accessed 15/05/2025).

Murphy, K., Hinds, L. and Fleming, J., 2008. Encouraging public cooperation and support for police. *Policing & society*, 18(2), pp.136-155. Available at: https://www.researchgate.net/profile/Jenny-Fleming/publication/249035231_Encouraging_Public_Cooperation_and_Support_for_Police/links/5b0e5136a6fdcc809959b81b/Encouraging-Public-Cooperation-and-Support-for-Police.pdf (accessed 30/04/2025).

NHS (not date): *Dealing with stress* : Available at <https://www.nhs.uk/every-mind-matters/mental-health-issues/stress/> (accessed 23/04/2025).

Office for National Statistics (2025), *Population estimates for England and Wales: mid-2023*. Available at: <https://www.ons.gov.uk/peoplepopulationandcommunity/populationandmigration/populationestimates/bulletins/populationestimatesforenglandandwales/mid2023> (accessed 07/04/2025).

Orjan, R.-I. (2021) 'TERRORISM: HISTORICAL EVOLUTION AND THE PROCESS OF ISLAMIC RADICALIZATION', *Analele Universității 'Constantin Brâncuși' din Târgu Jiu. Serie Litere și Științe Sociale*, pp. 72–85. (accessed 15/05/2025)

Porter, C.N, Lee, R., (2024), *the policing culture: an exploration into the mental health of former British police officers*. *Current Psychology*, 43(3), pp.2214-2228. Available at: <https://doi.org/10.1007/s12144-023-04365-y> (accessed 30/04/2025).

Powell, S. (2001) *The Taliban in Afghanistan, The Washington report on Middle East affairs*. Washington: American Educational Trust, pp. 96-. (accessed 25/05/2025).

Quaranto, A. and Stanley, J., 2021. *Propaganda*. In *The Routledge handbook of social and political philosophy of language* (pp. 125-146). Routledge. Available at: <https://philpapers.org/archive/QUAP-2.pdf> (accessed 24/05/2025).

Qureshi, S.U., Long, M.E., Bradshaw, M.R., Pyne, J.M., Magruder, K.M., Kimbrell, T., Hudson, T.J., Jawaid, A., Schulz, P.E. and Kunik, M.E., 2011. Does PTSD impair cognition beyond the effect of trauma?. *The Journal of neuropsychiatry and clinical neurosciences*, 23(1), pp.16-28. Available at: <https://psychiatryonline.org/doi/pdf/10.1176/jnp.23.1.jnp16> (accessed 16/04/2025).

Rodichev, M.L., Lozina, Y.A., Krivobokov, A.D., Lobanov, A.A. and Rodicheva, M.V., 2021. Mechanisms for freezing terrorist assets and their using within the operational-search activity. In *SHS Web of Conferences* (Vol. 108, p. 03018). EDP Sciences. (accessed 25/05/2025).

Schäfer, S.K., Fritz, J., Sopp, M.R., Kunzler, A.M., von Boros, L., Tüscher, O., Göritz, A.S., Lieb, K. and Michael, T., 2023. Interrelations of resilience factors and their incremental impact for mental health: insights from network modeling using a prospective study across seven timepoints. *Translational psychiatry*, 13(1), p.328. (online) available at: <https://www.nature.com/articles/s41398-023-02603-2> (accessed 05/05/2025).

Samuelson, K.W., Neylan, T.C., Lenoci, M., Metzler, T.J., Cardenas, V., Weiner, M.W. and Marmar, C.R., 2009. Longitudinal effects of PTSD on memory functioning. *Journal of the International Neuropsychological Society*, 15(6), pp.853-861. Available at: https://d1wqtxts1xzle7.cloudfront.net/42777169/Longitudinal_effects_of_PTSD_on_memory_f20160217-3709-e6i60i-libre.pdf?1455739187=&response-content-disposition=inline%3B+filename%3DLongitudinal_effects_of_PTSD_on_memory_f.pdf&Expires=1744810516&Signature=gQP0HlfRM1X5h0qPTgxM0kKx-W40La-lUNMmx-~n1hks0zSns1bl8fcNL8pb3RIYEaKcoY3UK705qCcpg1bY9ra7h~AKgUkE1r~w8RMmkGvUPiM7U3OrmajaSNBrlafri~Z3a0bnlz8qV6hR3rJWnlETbol~QVg3pgbFzQH0IzGKc7F9lBO0s5Lt5VCbSCj8pw6xTYrN9Q4XVWUHyjUVWW9MBkp5LXZQ5UupxsF3gkrEp2yVTVGTTLVh0Yd7oMSRdbZMq5W4vgA1wTz0DY0rTPDkND9M~tGrtSVchldmP3uOBbfIOWJlXLGFCO9SniRCSloau-JUnCkqF6zU4WR4MQ_&Key-Pair-Id=APKAJLOHF5GGSLRBV4ZA (accessed 16/04/2026).

Singh, S. and Kar, S.K. (2015) 'Sources of occupational stress in the police personnel of North India: An exploratory study', *Indian journal of occupational and environmental medicine*, 19(1), pp. 56–60. Available at: <https://doi.org/10.4103/0019-5278.157012> (accessed 23/04/2025).

TAKIZAWA, T. et al. (2006) 'Stress buffering effects of social support on depressive symptoms in middle age: Reciprocity and community mental health', *Psychiatry and clinical neurosciences*, 60(6), pp. 652–661. Available at: <https://doi.org/10.1111/j.1440-1819.2006.01579.x> (accessed 08/05/2025).

Temple, J. et al. (2017) “‘We walk on eggshells’: A phenomenological inquiry of wives’ experiences of living with active-duty Marine husbands with PTSD”, *Journal of family social work*, 20(2), pp. 162–181. Available at: <https://doi.org/10.1080/10522158.2017.1279579> (accessed 30/04/2025).

Terrorism Act 2000, Section 1, *Terrorism: interpretation*, (online) Available at: <https://www.legislation.gov.uk/ukpga/2000/11/section/1> (accessed 15/05/2025).

University of Cambridge (no date), *Police workforce: almost one in five suffer with a form of PTSD* (online), University of Cambridge. Available at <https://www.cam.ac.uk/stories/police-ptsd> (accessed 16/04/2025).

Wolfe, S.E., Mclean, K., Alpert, G.P. and Rojek, J., 2024. Us versus them? The problem of cognitive distortions in policing. *Police Quarterly*, 27(4), pp.532-560. Available at: https://assets.pubpub.org/hw3wgvlx/Wolfe_McLean_Alpert_Rojek_Cognitive_distortions_PQ_p_reprint-31715964775408-21716110505664.pdf (accessed 30/04/2025).

World Health Organisation (2019), *Burn-out an “occupational phenomenon”: International Classification of Diseases*. Available at: <https://www.who.int/news/item/28-05-2019-burn-out-an-occupational-phenomenon-international-classification-of-diseases> (accessed 07/04/2025).