Psychological Distress Among Caribbean Emergency and Fire Personnel

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OBJECTIVE

Assess psychological distress and well-being by gender and frontline role.

METHODS

A cross-sectional survey used the Kessler distress scale and WHO well-being index. Eighty-seven personnel participated.

RESULTS

Higher distress was associated with poorer well-being. Women reported higher distress than men ($p = 0.020$). The study found no significant difference by frontline role.

CONCLUSION

The authors called for mental health support tailored to emergency and fire personnel.