

MEETING ABSTRACTS

RISK AND RESILIENCE FACTORS AS UNIQUE CORRELATES WITH OFFICER CADETS' HEALTH AND WELL-BEING

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Military colleges are challenging environments designed to build resilience and prepare future officers for their military careers. Cadets at the Canadian Military Colleges completed a survey ($N = 698$; 53% response rate; 75% men) pertaining to college experience and climate, satisfaction with college life, and health and well-being. Psychological theory and evidence suggest that sociocultural factors related to climate (e.g., equity; competitive culture) (1,2) and psychological factors (3) contribute to health and well-being. Using multiple regression analyses, a set of risk (i.e., workload and stress) and resilience factors (i.e., satisfaction with college life, resilience, autonomy, competence, relatedness, and civility & respect) were examined as unique correlates with cadets' health and well-being, while controlling for demographic and climate factors. Results show that: 1) Workload, stress, satisfaction with college life, autonomy, competence, and relatedness uniquely correlated with morale; 2) Resilience and competence uniquely correlated with physical health; 3) Workload, stress, competence, and relatedness uniquely correlated with psychological distress; and 4) Workload, stress, satisfaction with aspects of college life, and autonomy uniquely correlated with burnout. Results suggest that multiple factors are related to military cadets' health and well-being, and that the strength of relationships vary depending on the outcome. Efforts to enhance the health and well-being of military cadets should consider a broad range of psychosocial factors.

Keywords: mental health; well-being; officer cadets; resilience

References

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