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Mindfulness-Based Resilience Training to Reduce Health Risk,
Stress Reactivity, and Aggression among Law Enforcement Officers:
A Feasibility and Preliminary Efficacy Trial

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Highlights

- Mindfulness-Based Resilience Training (MBRT) is feasible and acceptable to law enforcement officers.
- Relative to no intervention control (NIC), MBRT participants endorsed reduced aggression and health risk outcomes.
- MBRT participants had lower cortisol levels on day 3 post-training compared to NIC participants.
- Psychological and physiological improvements at post-training were not maintained at 3-month follow-up.
- Follow-up training or “booster” sessions may be needed to maintain training gains.

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