



Year V, v.2 2025 | Submission: 08/12/2025 | Accepted: 10/12/2025 | Publication: 12/12/2025

**The psycho-emotional health of operational military police officers of the PMAC in the Municipality of Rio Branco – Acre, from 2021 to 2024.**

*The psycho-emotional health of operational military police officers of the PMAC in the Municipality of Rio Branco – Acre, from 2021 to 2024*

**Olivia Maria Saraiva Nobre** - Student in her 10th semester of Psychology at the University of the Amazon (UNAMA).

**Anderson Cleiton de Lima Moura** - Psychologist and Administrator. Specialist in People Management in Organizations, Organizational Psychology and Management Processes, as well as Psychological Assessment.

She works in a psychological clinic using Cognitive-Behavioral Therapy, focusing on human development and emotional health, and also works as a teacher and course coordinator, contributing to the academic and professional training of students in the field.

### Summary

This study analyzes the psycho-emotional health of operational military police officers in the municipality of Rio Branco – Acre, from 2021 to 2024, considering the relevance of the topic to the field of public security and to understanding the emotional impacts resulting from police activity. The introduction presents the increase in cases of psychological distress among professionals in the area, relating it to the characteristics of military work, marked by continuous stress, exposure to violence, hierarchical pressure, and rapid decision-making. The central objective of the research is to analyze the psycho-emotional impacts on the mental health of operational military police officers of the PMAC between 2021 and 2024, identifying risk factors, forms of psychological support, and institutional practices aimed at the care and prevention of mental illness. The methodology adopted consisted of two complementary stages. The first, of a bibliographic nature, was based on the review of books, scientific articles, legislation, and official documents related to police mental health, working conditions in public security, and elements associated with suicidal behavior among military professionals. The second stage, of a quantitative nature, was based on the analysis of official data from the PMAC (Military Police of Acre), especially the records of psychological care provided by the corporation's Polyclinic between 2021 and 2024, allowing observation of the frequency, types of care, and recurring demands of police officers. The results showed a significant increase in the demand for psychological support during the analyzed period, especially in individual psychotherapy, psychological assessments, and care resulting from critical incidents. It is concluded that the mental health of the PMAC's military police officers requires continuous attention, institutional investment, and strengthening of psychosocial support strategies.

**Keywords:** mental health; Military Police; and psychoemotional.

### Abstract

This study analyzes the psycho-emotional health of military operational police officers in the municipality of Rio Branco – Acre, from 2021 to 2024, considering the relevance of the topic to the field of public security and to understanding the emotional impacts resulting from police activity. The introduction presents the increase in cases of psychological distress among professionals in the area, relating it to the characteristics of military work, marked by continuous stress, exposure to violence, hierarchical pressure, and rapid decision-making. The central objective of the research is to analyze the psycho-emotional impacts on the mental health of operational military police officers of the PMAC between 2021 and 2024, identifying risk factors, forms of psychological support, and institutional practices aimed at the care and prevention of mental illness. The methodology adopted consisted of two complementary stages. The first of a bibliographic nature, was based on the review of books, scientific articles, legislation, and official documents related to police mental health, working conditions in public security, and elements associated with suicidal behavior among military professionals. The second stage of a quantitative nature, was based on the analysis of official data



**Year V, v.2 2025 | Submission: 08/12/2025 | Accepted: 10/12/2025 | Publication: 12/12/2025**

from the PMAC (Military Police of Acre), especially the records of psychological care provided by the corporation's Polyclinic between 2021 and 2024, allowing observation of the frequency, types of care, and recurring demands of police officers. The results showed a significant increase in the demand for psychological support during the analyzed period, especially in individual psychotherapy, psychological assessments, and care resulting from critical incidents. It is concluded that the mental health of the PMAC's military police officers requires continuous attention, institutional investment, and strengthening of psychosocial support strategies.

**Keywords:** mental health; Military Police; and psychoemotional.

## INTRODUCTION

In recent decades, the mental health of public safety professionals has been... consolidated as a growing concern in Brazil, especially given the high rates of Psychological distress, emotional illness, and suicide have been reported among military police officers.

Unlike other professional categories, the military police officer occupies a position in that constant pressure, imminent risk, and direct contact with violent situations combine In an intense and continuous manner.

In Acre, this reality becomes even more pronounced when we observe the context of operational police officers of the Military Police of the State of Acre (PMAC), directly exposed to occurrences of high psychological impact and marked by long working hours and emotional demands. complex and often adverse working conditions.

Between 2021 and 2024, a period of significant internal and external transformations can be observed. to PMAC, marked by the intensification of social demands, by the increase in high-risk occurrences complexity and the need to adapt to new work dynamics.

These elements directly impact the emotional well-being of the military personnel, increasing Indicators of stress, anxiety, occupational illness, and psychological burnout. Therefore, studying The mental health of these professionals within this timeframe contributes to the strengthening of a a more humanized, preventative, and efficient institutional approach.

Considering the psychological and emotional demands placed on military police officers operational, especially in the face of increasing social demands and the complexity of Given the occurrences and internal challenges within the corporation, a central question arises: what are the main... psycho-emotional impacts experienced by operational military police officers of the PMAC between 2021 and 2024, and how have these factors been identified, monitored, and addressed by the institution?

Therefore, the overall objective is to analyze the psycho-emotional impacts on the mental health of operational military police officers of the PMAC (Military Police of Acre) during the period of 2021 to 2024, identifying risk factors, forms of psychological support and institutional practices focused on care and prevention of mental illness.

The choice of theme is based on the growing relevance of mental health in the context of public safety, especially due to working conditions characterized by high stress,



**Year V, v.2 2025 | Submission: 08/12/2025 | Accepted: 10/12/2025 | Publication: 12/12/2025**

Constant exposure to risk, interpersonal conflicts, and organizational pressure.

Within the Acre Military Police, these factors intensified between 2021 and 2024.

a period marked by social transformations, an increase in complex occurrences, and greater demand.

Regarding operational effectiveness.

The bibliographic phase was based on a review of academic works, scientific articles, legislation and official documents that address mental health in police service, the conditions of work in public safety and the factors associated with suicidal behavior among professionals. military.

In parallel, a quantitative investigation was carried out, based on the collection of Official data provided by PMAC, with emphasis on the analysis of psychological care services. recorded in the schedules of the professionals at the corporation's Polyclinic for the period of 2021 to 2024.

These records, such as those illustrated in the presented spreadsheet, made it possible to identify the monthly volume of consultations, types of psychological interventions offered, and recurrence of situations related to emotional crises, psychological distress, and suicidal ideation.

To complement the interpretation of this data and deepen the understanding of the dynamics Within the institution, an unstructured interview was conducted with the psychologist responsible for... PMAC Polyclinic. This dialogue provided essential information about its operation. psychological support service, regarding the difficulties faced by the team in providing care to military personnel and the institutional perception of the factors that contribute to the worsening of emotional suffering of these professionals.

Considering the complexity of this issue, this work aims to bring together... theoretical, institutional, and statistical evidence that allows for an in-depth understanding of The psycho-emotional reality experienced by the military police officers of PMAC.

Based on an integrated analysis of specialized literature and quantitative data produced by the corporation's psychological service and information gathered through an interview with the who is responsible for the Polyclinic, it becomes possible to outline a panorama that highlights weaknesses, Challenges and urgent needs related to mental health care within the institution.

## **Theoretical Framework**

### **MILITARY POLICE OFFICER**

The Military Police (PM) is one of the institutions most present in the daily life of... Brazilian society, representing approximately 70% of the contingent of agents working in the country's public security system (Silva, 2023). Its role goes beyond simply maintaining order, being essential to ensure social tranquility and guarantee the protection of individuals and communities in diverse contexts, according to the precepts established by the Federal Constitution.



from 1988.

The central mission of the Military Police lies in visible and preventative policing. characterized by the visible and constant presence of agents in public spaces, with the objective of To inhibit crime and promote a sense of security. This preventative strategy is effective. It acts as a deterrent to potential offenders and contributes to the reduction of crime, especially in areas... urban areas with high traffic, vulnerable zones, and strategic locations that require surveillance. extreme and continuous.

In addition to routine activities, the Military Police plays a fundamental role in mediation. and containment of social conflicts, from the simplest to the most complex, existing in society. acting in high-risk situations such as public demonstrations, responding to incidents of a criminal nature. simple and complex cases, such as: victims of kidnapping, rape of vulnerable individuals, also in large-scale events and special operations that involve imminent risks to public order and safety. physical integrity of the individuals that make up civil society in general.

Under these circumstances, military police officers must balance the protection of society with guaranteeing individual rights requires not only technical skills and knowledge of legal norms, but also the ability to control emotions, make quick decisions and social sensitivity.

It is important to highlight that, in addition to visible policing and conflict mediation, another The fundamental responsibility of the Military Police is crime prevention, carried out through Regular patrols, strategic operations, and police intelligence activities.

Such actions allow for the identification of vulnerable areas and the early detection of suspicious behaviors and the adoption of preventive measures aimed at reducing the incidence of crime, contributing directly to the population's sense of security.

Community policing, in particular, highlights the social dimension of police action. bringing the institution closer to the citizens, strengthening mutual trust and encouraging cooperation. between society and security agents in the fight against crime. This interaction does not It not only facilitates obtaining strategic information, but also promotes awareness of Belonging and protection are essential elements for building a safety culture. participatory.

Furthermore, the Military Police plays a decisive role in Public Security, acting in Traffic enforcement, in the prevention of infractions, in the reduction of accidents. Through campaigns. Through educational programs, proactive approaches, and targeted operations, police officers contribute to... Raising awareness among drivers and pedestrians, minimizing risks and promoting safe behaviors. insurance.

Also working in violence prevention, drug prevention and resistance, and projects.



**Year V, v.2 2025 | Submission: 08/12/2025 | Accepted: 10/12/2025 | Publication: 12/12/2025**

social events such as lectures and symposiums organized by the Resource Directorate of the Military Police of the State of Acre. aiming to care for and contribute to the mental health and quality of life of these operators of Public Safety.

Thus, the PM's actions are shown to be broad and multifaceted, articulating strategies. preventive, educational, and repressive measures that, together, strengthen public order and the protection of population.

### **The Psycho-emotional Demands of Operational Service in the PMAC (Military Police of Acre)**

The operational routine of the military police officers of PMAC is marked by a set of demands that transcend the physical and technical realm, reaching profound dimensions of balance. emotional and psychological.

As Passos and Kovalskipós (2024) observe, the military police career goes beyond The notion of a conventional profession, taking on the contours of a true priesthood. It is not restricted. to the performance of technical or operational functions, but involves the daily management of multiple spheres. of life, such as managing one's own family, personal finances, emotional balance, social interaction and, above all, confronting the various ills that permeate the fabric of society. social.

In this sense, military police action is configured as a way of life that produces Specific identities shape behaviors and guide unique experiences. This identity A professional's career is built upon core values such as discipline, hierarchy, and respect. Loyalty and a sense of mission accomplished, which guide not only institutional practices, but also the individual's own positioning in relation to society.

This immersion in a rigid and highly responsible institutional culture causes the Operational service becomes an intense experience, permeated by constant challenges that test the Limits of psychological stability.

Operational military police officers are routinely exposed to high-risk situations. imminent, confrontations with violence, situations of human vulnerability, and immediate decisions that It involves both preserving the lives of others and one's own. This reality of confrontation Continuous and constant surveillance creates an environment of constant pressure, contributing to... Accumulation of stress, anxiety, and emotional exhaustion. Over time, these factors can compromise significantly impacts mental well-being, affecting professional performance and relationships. Interpersonal relationships and the perception of one's own identity.

In this scenario, it became possible to observe more clearly the cumulative effects of Operational work in the mental health of military police officers, as well as the challenges faced for



**Year V, v.2 2025 | Submission: 08/12/2025 | Accepted: 10/12/2025 | Publication: 12/12/2025**

to reconcile institutional duty with emotional balance and adaptation to changes imposed by contemporary professional and social life.

Therefore, the psycho-emotional demands faced by the military police officers of PMAC. They prove to be complex and multifaceted, resulting from the intersection of institutional and social factors and personal.

The military police officer is often compelled to act immediately, balancing reason...and emotion amidst real risks and decisions that can determine life or death. This dynamic Continuous confrontation produces a cumulative impact that, if not properly addressed, While accompanied and supported by institutional care policies, it tends to compromise mental health and the psychological well-being of these professionals.

Furthermore, the military environment, sustained by a culture of hierarchical rigidity and by The need for self-control often discourages the expression of emotional vulnerabilities. reinforcing the idea that psychological suffering is a sign of weakness. This paradigm worsens the situation. emotional vulnerability leads many police officers to silence their inner pain and adopt a more structured approach. Defense mechanisms that only postpone confronting mental conflicts.

Therefore, understanding the psycho-emotional demands of operational service in the PMAC (Military Police of Acre) is crucial. This requires an analysis that goes beyond the objective working conditions. It's necessary to consider the impact. The subjective role of the profession in shaping the military member's identity, in their interpersonal relationships, and in their... Ability to cope with the daily pressures imposed by performing the job.

Added to this, the pandemic context and recent social transformations have amplified the situation. pre-existing tensions, making reflection on strategies for promoting the even more urgent. Mental health and human value within the corporation.

### **The importance of mental health for military police officers.**

The profession of military police officer demands not only technical and physical preparation, but also A solid emotional and psychological framework to cope with the numerous daily challenges. Being on the front lines of defending society, these professionals are constantly exposed to Risky situations, violence, tension, and unpredictability are factors that can compromise well-being. It is significant for your mental health.

According to Garcia (2024), the daily pressure to ensure public safety, coupled with The need to make quick and assertive decisions in critical contexts contributes to a scenario of a high emotional and psychological nature.

The mental health of military police officers must be understood as a fundamental pillar. for the maintenance of public safety and the quality of service provided to society. This is because,



**Year V, v.2 2025 | Submission: 08/12/2025 | Accepted: 10/12/2025 | Publication: 12/12/2025**

Magalhães (2015) argues that, in addition to acting as protection agents, these professionals

They face a routine permeated by traumatic situations, such as armed confrontations, accidents,

Cases of extreme violence and loss of fellow officers.

Such experiences can have a profound impact, resulting in stress.

anxiety, depression and, in more severe cases, long-lasting psychological disorders.

According to Garcia (2024), it is often not the crime faced daily that causes the most illness.

the police officers, but rather the lack of adequate conditions to perform their duties safely and

dignity. This reality contributes to the increase in absenteeism and illness rates.

mental health issues and, unfortunately, in some cases, suicides within the organization.

According to Marçal and Schlindwein (2020, p. 133), the authors describe that:

Police officers confront crime firsthand and are experiencing the consequences of contemporary transformations, the lack of restructuring in the country, and, above all, the absence of investment in public security. It is undeniable that there is an urgent need for reforms in this sector, with concrete changes that guarantee greater security for the population and better working conditions for military police officers, who are daily exposed to physical and psychological risks in the performance of their duties.

According to the quote provided, it is possible to understand that the military police officers

These professionals operate in a setting marked by significant structural and social challenges.

They confront crime directly, dealing with high-risk situations on a daily basis, while

They intensely feel the impacts of contemporary transformations and the lack of

Public investments in the security sector. The absence of adequate restructuring and resources.

sufficient resources compromise not only the effectiveness of police actions, but also physical integrity and emotional state of the agents themselves.

This reality highlights the urgent need for structural reforms and public policies aimed at valuing and strengthening the security forces. Ensuring better conditions is fundamental.

work environment, adequate infrastructure, modern equipment and, above all, psychological support and emotional for the military police officers.

Furthermore, investing in public safety doesn't just mean fighting crime, but also to create a more dignified and safe work environment for professionals who risk their lives.

Lives dedicated to society. Therefore, promoting concrete changes in this sector represents a an essential step to ensure both the protection of the population and the well-being of those who are on the front line.

Several scholars, such as Marçal and Schlindwein (2020), Garcia (2024) and Magalhães (2015), evidence suggests that psychological distress and illness among military police officers do not stem from a single cause. not a single factor, but rather the result of a combination of structural, institutional, and personal conditions.

Among the most recurring elements are the precariousness of working conditions, marked due to a lack of material resources, reduced teams, and high operational pressure, in addition to



**Year V, v.2 2025 | Submission: 08/12/2025 | Accepted: 10/12/2025 | Publication: 12/12/2025**

Insufficient public investment aimed at strengthening the corporation.

These authors also highlight that the daily lives of police officers are influenced by Organizational instability, which manifests itself in the lack of continuous institutional planning, in a gap in policies for professional development and the existence of management models that neither They always meet the real demands of the category.

At the same time, many professionals face challenges in managing their financial lives. often aggravated by salaries that are disproportionate to the complexity of the job and by The need to work additional hours to supplement income.

In the private sphere, there are also family conflicts, which tend to intensify. due to the exhausting routine, the inherent risks of the profession, and the difficulty of balancing personal life and professional. Thus, mental illness among military police officers emerges as a phenomenon. multidimensional, deeply related to working conditions and institutional support insufficient and due to the socioeconomic pressures that permeate the lives of these professionals.

The crime we face daily doesn't cause as much damage as the lack of resources. suitable for performing the job. The studies expose the impacts of political changes and economic factors in public safety, such as: lack of investment in the Military Police, the absence of recognition of police work by the State and society, the precarious conditions of The challenges include work, low wages, and high stress levels among public safety officers.

It is understandable that military police officers operate in a scenario marked by great extreme structural and social challenges. Marçal and Schlindwein (2020) point out that these professionals They confront crime directly, dealing with high-risk situations on a daily basis, while They intensely feel the impacts of contemporary transformations and the lack of Public investments in the public security sector.

This reality highlights the urgency of structural reforms and public policies aimed at... to the appreciation and strengthening of security forces. Garcia (2024) describes that it is fundamental to guarantee better working conditions, adequate infrastructure, modern equipment and, Above all, psychological and emotional support for military police officers.

In this context, Silva and Fagiolo (2024) describe that working in public security It demands extreme dedication and unwavering institutional commitment, especially in customer service. of occurrences, which impose a significant and often underestimated emotional burden. These Everyday experiences generate diverse impacts, varying according to psychological conditions and emotional factors of each individual.

For this reason, professional motivation becomes a determining factor in preventing attrition. of the corporation's agents and ensure the continuity of an efficient service. For this, it is essential that institutional conditions be created that favor professional development,



**Year V, v.2 2025 | Submission: 08/12/2025 | Accepted: 10/12/2025 | Publication: 12/12/2025**

enabling career advancements and promoting programs that improve the quality of life of military police.

Therefore, recognizing the importance of these professionals' mission should not be limited to Symbolic tributes are important, but they must translate into concrete actions from the state and society.

The lack of investment in the Military Police, the lack of collective awareness about... The value and challenges of police work, poor working conditions, low salaries, and high costs. Stress indices are elements that further aggravate the scenario of emotional vulnerability and physical attributes of these servers.

According to Ribeiro *et al.* (2023), it is essential that the military police officer be informed. about the therapeutic treatments available for Burnout Syndrome, identifying the symptoms. and recognizing the need to seek help. Furthermore, understanding the recovery processes. Specific information about this audience is essential, as it directly influences their acceptance of treatment, and trust and improved well-being for professionals.

The police profession demands a series of rigorous requirements: technical preparation, physical fitness, emotional stability and psychological capacity to face extreme situations with serenity and Efficiency. These professionals must be able to meet daily demands, supporting the Daily stress, societal pressure, pressure from regulatory bodies (MPAC), and social demands. of the State, in addition to remaining resilient and maintaining adequate physical fitness for work in field (Silva; Fagiolo, 2024).

Thus, enhancing the police career through structural investments, Social recognition and mental health programs are essential not only for the protection of population, but also to ensure the dignity and motivation of the agents themselves who support it. public safety.

In this case, historically viewed as the main protectors of society, the police officers The military bears a responsibility of extreme importance: to guarantee order. To protect lives and maintain public safety. However, behind the image of strength, courage and authority, there is a human being who faces complex realities, often traversed by deep and structurally rooted social problems (Ribeiro *et al.*, 2023).

The social idea that police officers are always strong and unwavering ends up obscuring their... Emotional vulnerabilities intensify the challenges of the profession. Public safety involves Unpredictable and highly stressful situations, requiring technical preparedness and great emotional resilience.





**Year V, v.2 2025 | Submission: 08/12/2025 | Accepted: 10/12/2025 | Publication: 12/12/2025**

If not accompanied by adequate mental health policies, it can lead to serious consequences, such as...

Chronic stress, anxiety, depression, and even more serious disorders.

Therefore, discussing the mental health of military police officers is not just a matter of care.

Individual responsibility, but also a collective and institutional one. Invest in support programs.

psychological support, psychiatric care, emotional training, and improvement of living conditions.

Work is essential to ensure not only the well-being of these professionals, but also the quality of their work.

of the service provided to society.

Recognizing that police officers, despite their image of strength and authority, are also...

Emotionally vulnerable individuals are a crucial step towards building public safety.

More humane, efficient, and sustainable.

### **Psycho-emotional impacts and their challenges.**

According to Sousa *et al.* (2022), the mental health of police officers is a complex issue and delicate, mainly due to the difficulties in diagnosing and treating psychological disorders in this context.

professional category. One of the main barriers is the very definition of what constitutes a professional category.

"Emotional illness" in the police context, since the symptoms can range from stress

chronic anxiety, even depression and post-traumatic stress disorder (PTSD). Furthermore, many

Police officers are reluctant to seek help, either out of fear of stigmatization or due to organizational culture.

which values resilience and emotional impossibility.

As Miranda (2016) points out, a large part of absences due to psychiatric issues or

Psychological issues are not recorded as such, as police officers tend to conceal their mental health problems.

often attributing them to other causes, such as physical illnesses or "burnout".

This behavior is directly linked to the fear of being seen as fragile or

unable to fulfill their duties, which could harm their careers and relationships within the company.

corporation. The militarized culture, which extols courage and resilience, ends up discouraging the

The search for psychological support perpetuates a cycle of silent suffering.

Sousa and Barroso (2024, p. 299) argue that:

Physical or emotional illness in military police officers can have severe consequences for their personal lives and their ability to work. Personally, it can lead to family conflicts and the abandonment of enjoyable activities. And, in their professional performance, emotional illness is cited as one of the main causes of leave and absenteeism among military police officers.

As observed above, it is possible to identify that physical or emotional illness

The actions of a military police officer transcend the individual sphere, impacting both their personal life and their professional life.

professional and family dimension. As Sousa and Barroso (2024) point out, in the private sphere, this

This process can lead to family conflicts, estrangement from loved ones, and abandonment of...



**Year V, v.2 2025 | Submission: 08/12/2025 | Accepted: 10/12/2025 | Publication: 12/12/2025**

activities that previously provided pleasure and well-being, compromising the quality of life of individual.

In the professional field, emotional distress is one of the...  
main causes of absences and absenteeism, weakening the continuity of services provided and overburdening the active workforce.

These impacts reveal that police officer health is not just an individual matter, but a condition that directly influences the institutional dynamics and effectiveness of public security, reinforcing the need for policies focused on prevention and psychological support.

continuous training for these professionals.

A career in the Military Police is marked by constant exposure to high-stress situations. Violence, institutional pressure, and societal pressure are factors that contribute to... Physical and emotional illness throughout the years of service. However, the challenges do not cease with retirement.

On the contrary, many military police officers face profound psychological crises after leaving the workforce due to the abrupt change in routine and the worsening of disorders. pre-existing conditions. Thus, they are reflected both in personal life and in mental health, highlighting the need for public policies and psychosocial support programs aimed at monitoring

continuous training for these professionals.

In this sense, according to the results presented in the research by Sousa *et al.* (2022, (p. 11) The authors analyzed 84 articles, from which they found:

The results allowed for contextualizing studies on the mental health of police officers and showed that, even coming from different countries, stress, PTSD, depression, anxiety, burnout, and suicide predominate as the main conditions causing illness. investigated. Most studies were cross-sectional, focused on describing the prevalence of the illness and did not investigate its causes, only making distinctions based on the type of work performed or gender.

The research by Sousa *et al.* (2022) presents a broad and consistent review of the production Academic research focused on the mental health of police officers, based on the analysis of 84 articles that reveal patterns. Concerning issues of psychological distress associated with practicing this profession. The results They indicate that, regardless of the country of origin of the studies, there is a significant recurrence of Disorders such as stress, post-traumatic stress disorder (PTSD), depression, anxiety, Burnout, suicide, and suicidal ideation.

The homogeneity of these findings suggests that police activity, due to its... specificities expose professionals to universal psychosocial risks linked to directly related to the intrinsic nature of the function.

Among these factors, the daily exposure to situations of violence and the pressure stand out. resulting from hierarchical institutional structures and the constant need for action in



**Year V, v.2 2025 | Submission: 08/12/2025 | Accepted: 10/12/2025 | Publication: 12/12/2025**

high-risk scenarios, elements that, together, make psychological illness not only

Predictable, but also a structural issue in the Military Police career.

However, the research also reveals significant gaps in the scientific approach to

The topic. Most of the studies analyzed have a cross-sectional design, meaning they collect data in one area.

a single moment, without monitoring the evolution of clinical conditions over time.

According to Zanotti (2024), who also analyzed this information, he describes that,

This methodological limitation prevents the understanding of causal relationships, such as, for example,

whether the organizational factors (rigid hierarchy, exhausting work schedules) or operational traumas

(Involvement in shootings, contact with victims) are the main triggers for these

disorders.

According to Zanotti (2024, p. 3), it is highlighted that: "even if professionals receive

Despite numerous training sessions to handle dangerous and high-pressure situations, the accumulation of cases ends up...

affecting and wearing down their mental health. To face these challenges, she says that research and

Some agents suggest the institutionalization of coping strategies and the expansion of

Mental health services available for police officers.

A recent study, published on March 20, 2025 by Taíza Marques Morelli

The *Brazilian Journal of Health Review* reinforces this discussion by highlighting how exposure

Chronic exposure to situations of high stress, extreme violence, and institutional pressure contributes to

development of mental disorders such as depression, anxiety and Post-Stress Disorder

Traumatic Stress Disorder (PTSD). Conducted through a literature review, the study analyzed the effects of

Psychological impact on the lives of police officers, highlighting the urgent need for psychological support.

suitable for mitigating these damages.

The nature of the police profession exposes officers to extremely demanding conditions.

ranging from direct confrontation with crime to demanding results in an environment

The institution is often rigid and unwelcoming.

Morelli (2025) points out that this routine of continuous stress can lead to burnout.

progressive mental illness, manifesting in disorders such as PTSD – common in professionals who

They experience traumatic situations – depression and generalized anxiety.

These conditions not only harm individual health, but also compromise the

inability to perform effectively at work, generating a vicious cycle of suffering and decline in performance.

productivity.

According to the results presented in Morelli's research (2025, p. 13), it was evident that-

if:

A review of the literature indicated that the absence of structured psychological support impacts not only the police officers themselves, but also society as a whole, since emotionally exhausted professionals are more prone to operational errors.



### Aggressive approaches and failures in handling incidents.

As observed above, it is possible to identify that the absence of assistance  
Structured psychological training within the Military Police affects not only the individual well-being of...  
The results presented by Morelli are based on police officers, but it directly impacts the community.  
(2025) show that emotionally exhausted professionals tend to exhibit greater  
vulnerability to failures in the performance of their duties, which manifests itself in operational errors,  
Overly aggressive approaches and difficulties in properly handling incidents.

This picture reveals the interdependence between the mental health of the police officer and the quality of...  
service provided to society, reinforcing the need for public and institutional policies aimed at  
to ongoing psychological support for these professionals, both during their working hours and  
during the transition phase to retirement.

The nature of military police activity subjects professionals to constant exposure.  
risks – whether real, such as situations of armed confrontation and attending to victims of violence,  
or imaginary, such as the constant worry about potential threats.

This condition of continuous vulnerability keeps them in a state of chronic alert.  
activating physiological and psychological responses associated with acute and prolonged stress (Sousa *et al.*, 2022).

According to Santos (2018), professions that require direct contact with the suffering of others and the  
Crisis management – as is the case with the military police – becomes a fertile ground for development.  
of occupational stress, with manifestations that transcend the emotional aspect, reaching the sphere  
physical and behavioral.

The military police officer, by the very nature of their work, is trained to anticipate dangers and  
react quickly to threats.

However, when this hypervigilance becomes a permanent condition, the body begins to  
to operate in a state of over-activation of the sympathetic nervous system, releasing hormones such as  
adrenaline and cortisol levels are dysregulated (Oliveira; Santos, 2010).

Oliveira and Santos (2010) highlight that frequent contact with situations of intense stress  
emotional stress – such as attending to victims of crime, exposure to violent deaths, and the constant...  
Pressure for results – can trigger not only acute stress, but also the Syndrome of  
Burnout.

This condition is characterized by profound professional burnout, manifested by  
Emotional exhaustion, cynicism towards work, and a significant reduction in effectiveness at work.  
In the workplace, within the police context, the severity of the syndrome is exacerbated by the organizational culture.  
of the corporation, which often values extreme resilience and discourages the expression of  
fragility or vulnerability.

As a result, many professionals postpone seeking psychological support until they... symptoms become severe and compromise not only their professional performance, but also your quality of life and overall well-being.

### PMAC Chaplaincy Work

Promoting the quality of life of military police officers has become a central theme in Contemporary discussions on occupational health, especially when considering the impact It is significant that emotional, social, and psychological factors influence performance and well-being. being one of these professionals.

In the context of the Military Police of the State of Acre (PMAC), the creation of the Program of Chaplaincy, established by the Official Gazette of the State No. 13,578, of July 21, 2023, emerges as an institutional strategy that recognizes the importance of spirituality and religiosity in building a healthier, more balanced and humane environment for police officers.

The aforementioned regulation establishes a Working Group (WG) with the purpose of carrying out notes, technical analyses, diagnoses, reviews, proposals and planning aimed at Implementation of Religious and Spiritual Assistance within the corporation. The initiative demonstrates that... PMAC understands the need for a systemic approach to the comprehensive health of police officers, articulating physical, emotional, social and spiritual dimensions.

Within the Chaplaincy Program, a holistic approach is adopted, which includes The analysis, understanding, and implementation of preventive and educational measures. This perspective It seeks to offer systematic support to the administration of PMAC, promoting its development. human beings and the creation of a healthier work environment.

In this sense, chaplaincy integrates with comprehensive care actions, complementing other initiatives. initiatives for physical and mental health, by providing spaces for welcoming, reflection and Strengthening bonds. The presence of trained chaplains allows police officers to have access to spiritual and emotional support, which can contribute to stress reduction, Prevention of mental illness and strengthening of resilience mechanisms.

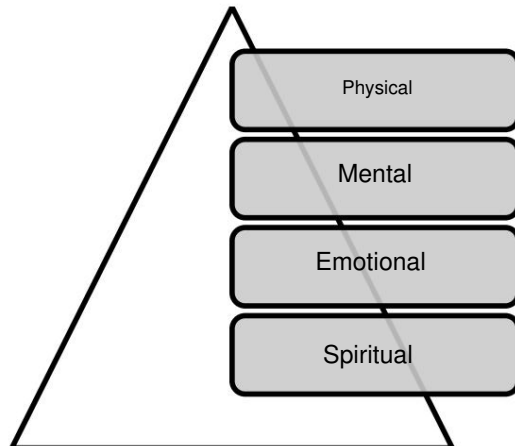
This approach finds support in the expanded concept of health advocated by The World Health Organization (WHO), which since 1998 has defined health as a dynamic state of complete physical, mental, spiritual and social well-being, and not merely the absence of disease or illness. illness (Acre, 2024).

This definition highlights that comprehensive care must incorporate subjective dimensions and spiritual, recognizing that human beings are influenced by cultural, existential and symbolic elements that permeate their daily lives. Spirituality, therefore, is not perceived only not as a religious practice, but as an internal resource that gives meaning, purpose and balance to

individual (Acre, 2024).

Understanding health from this broad perspective has had a direct impact on institutions. teaching around the world, leading universities to include topics related to spirituality. in their training curricula in the health field.

**Figure 2** - Self-care - holistic health.



Source: Acre (2025) – Own elaboration.

The image presented graphically and pedagogically summarizes the concept of holistic health. articulating four essential dimensions of self-care: physical, mental, emotional, and spiritual. Organized in a pyramidal format, these dimensions reinforce the contemporary understanding that Human well-being cannot be reduced to just one aspect of life, but rather constitutes a balance. dynamic between different spheres that interrelate and influence each other.

At the top of the pyramid is the physical dimension, representing care for the body. Nutrition, sleep, physical activity, and disease prevention. Although it is the most visible dimension and Often associated with health, it cannot fully sustain itself without the support of the others. layers of well-being. Below that, the mental dimension emerges, linked to cognitive processes, to... decision-making ability, stress management, and maintaining an active mind and healthy. This dimension is fundamental for professional performance, especially in the case of Military police officers, whose routine demands focus, cognitive agility, and emotional control.

The emotional dimension, located in the middle part of the pyramid, emphasizes the importance It involves the recognition, expression, and regulation of emotions. It reveals that psychological balance depends on... the ability to understand one's own feelings and to establish interpersonal relationships healthy. In the context of police work, where the professional is frequently exposed to In situations of tension, risk, and human suffering, this care is crucial to prevent disorders such as anxiety, depression, and post-traumatic stress.

At the base of the pyramid lies the spiritual dimension, presented as the foundation for the construction of global well-being. This dimension is not limited to institutional religiosity, but

**Year V, v.2 2025 | Submission: 08/12/2025 | Accepted: 10/12/2025 | Publication: 12/12/2025**

It involves a sense of purpose, personal values, connection to something greater, and ethical consistency.

Spirituality functions as a structuring element of inner balance and resilience.

strengthening the ability to face adversity and find meaning in lived experiences.

The presence of this dimension highlights the evolution of the concept of health over the last few decades.

aligning with the World Health Organization's (WHO) definition, according to which health is a state

A dynamic state of complete physical, mental, spiritual, and social well-being.

The goal is to prepare professionals who are more sensitive to the multiple dimensions of care. capable of welcoming the individual in their entirety. This trend reinforces the relevance of chaplaincy.

In a military setting, police officers operate within a context of constant challenges.

emotional and operational challenges that require specialized and multidimensional support.

In this way, the Chaplaincy Program of the Military Police of Acre is consolidated as a modern institutional policy, aligned with international guidelines for promoting comprehensive health and

to the specific needs of police practice. By integrating spirituality, religiosity, and acceptance

Through emotional and educational initiatives, the chaplaincy reinforces PMAC's commitment to valuing...

professional, with the humanization of work relationships and the construction of a more

safe, healthy and resilient.

## **METHODOLOGY**

### **Search Type**

This study is characterized as a mixed-methods research, structured from... an explanatory sequential design, a methodological model in which the qualitative stage precedes the phase. quantitative, offering interpretative support for the subsequent analysis of numerical data.

As Creswell (2010) points out, this design is suitable when seeking to understand a complex phenomenon through the integration of subjective evidence and objective indicators, allowing qualitative results to guide, complement and Explain the patterns found in the quantitative records.

From the point of view of its purpose, this is a descriptive-exploratory research, a since it aims to identify, analyze, and interpret the emotional and psychological impacts experienced. by the operational military police officers of the Military Police of the State of Acre (PMAC) between the years of 2021 and 2024.

According to Gil (2010), research with this framework seeks to broaden understanding. about phenomena that are still poorly investigated, describing their characteristics and relationships, while also time in which they explore internal dimensions of the reality being studied.

The qualitative dimension of this investigation is based on the assumptions of the research.



**Year V, v.2 2025 | Submission: 08/12/2025 | Accepted: 10/12/2025 | Publication: 12/12/2025**

social interpretation, whose purpose is to capture the senses, perceptions, and meanings attributed by subject to their experiences.

In this sense, we adopt the understanding of Minayo (2012), for whom the approach Qualitative research aims to delve deeper into subjective and symbolic aspects that cannot be reduced to... Numerical measurements are particularly relevant in studies on mental health and lived experiences. professionals.

Additionally, the quantitative phase relies on the analysis of institutional data. Extracted from the official spreadsheets of the PMAC Polyclinic, regarding psychological care. carried out within the specified period. The use of documentary data, according to Sampieri, Collado and Lucio (2013) allows us to establish trends, identify patterns of occurrence, and build Consistent empirical indicators about the phenomenon being studied.

### **Methodological Approach**

The first phase of the research, of a qualitative and exploratory nature, aimed to capture perceptions, feelings and subjective experiences of the professionals involved, allowing the building a broader and more contextualized understanding of the reality experienced at the Polyclinic from PMAC.

In parallel, a systematic bibliographic survey was carried out, which provided the theoretical framework necessary to support discussions on mental health and care institutional and working conditions.

To that end, a literature review was initially conducted in databases. academic databases, such as SciELO, Google Scholar, PubMed, and university repositories, with the use of descriptors related to the mental health of police officers, such as "mental health of military police officers", "occupational stress", "psychological disorders in police officers", "suffering "emotional" and "police and mental health".

In terms of quality, the focus was on a deeper understanding of the internal dynamics of The corporation's psychological service, as well as the conditions that permeate emotional suffering. of the police officers.

This step was carried out through an unstructured interview conducted with the professional responsible for the PMAC Polyclinic, enabling the collection of detailed information. about the functioning of the sector, the organization of psychological services, the main types of observed demands and challenges faced in managing cases related to mental health and risk of suicide.

In parallel, the quantitative approach consisted of analyzing official records of



**Year V, v.2 2025 | Submission: 08/12/2025 | Accepted: 10/12/2025 | Publication: 12/12/2025**

Psychological services provided by the Polyclinic during the period defined by the study. The spreadsheets Institutions provided systematized data on frequency, periodicity, and distribution. of the services provided to military police officers, allowing for the observation of trends and patterns. objectives of the psychological support offered to professionals in operational activities.

### **Data Collection Instruments**

For data collection in this research, a single qualitative instrument was used: a Unstructured interview conducted with the head of the Military Police Polyclinic of the State. from Acre (PMAC).

The interview script was developed based on the theoretical framework and objectives of... investigation, allowing for obtaining accurate information about the organization of psychological services, of the service flows and occurrences related to the psycho-emotional suffering of police officers. operational, including cases of suicidal ideation, absences from work, and emotional crises recorded in a defined period.

Additionally, quantitative data from the records were incorporated. institutional records of the Polyclinic, especially the spreadsheets that systematize patient care. Psychological assessments conducted between 2021 and the end of 2024. These official documents provided structured information on the annual volume of services, the temporal distribution of The demands and characterization of the psychological services actually provided to military personnel.

The connection between the interview and the documentary data allowed us to establish a basis. Consistent empirical data for analysis. The interview provided operational and institutional information. essential for understanding the inner workings of the PMAC psychology service, while The quantitative data made it possible to objectively verify the size and recurrence of demands presented by police officers during the period studied.

### **Ethical Aspects of Research**

The research was conducted in accordance with the ethical principles governing studies. involving human beings, observing the guidelines established by Resolution No. 510/2016 of National Health Council, which regulates the standards applicable to research in the Sciences. Humanities and Social Sciences.

Considering that the investigation involved conducting an interview with a professional linked to the Polyclinic of the Military Police of the State of Acre (PMAC) and the analysis of documents institutional measures were taken to ensure the confidentiality of



**Year V, v.2 2025 | Submission: 08/12/2025 | Accepted: 10/12/2025 | Publication: 12/12/2025**

information and respect for the integrity of the participants and institutions involved.

The interviewee's participation occurred with free and informed consent, being The right to refuse, to withdraw from participation at any time, and to remain anonymous is guaranteed. personnel in the body of the work.

Similarly, the data from institutional records provided by Polyclinic data were used exclusively for academic purposes and analyzed in aggregate. without any disclosure of names, records, or elements that would allow for the individual identification of police officers. Military personnel receiving psychological support.

It is important to highlight that the nature of the data accessed required special attention to its preservation. professional and institutional confidentiality, especially since it involves sensitive information related to Mental health and cases of psycho-emotional distress in the military context.

Thus, all information was handled ethically, responsibly, and within the scope of the information. from the research, ensuring respect for the privacy of those involved and avoiding any risk of harm. moral, professional, or emotional.

Additionally, the research was conducted respecting the access limits authorized by corporation, ensuring that no data or interpretation went beyond what was legitimately... Made available for academic purposes.

In this way, the procedures adopted ensure that the investigation remains aligned. to the ethical standards required in scientific production and to the protection of subjects, directly or indirectly. involved in the study.

## **RESULTS AND DISCUSSION**

### **Unstructured Interview**

The interview was conducted on November 10, 2025 with the psychologist responsible for... Psychology sector of the Polyclinic of the Military Police of the State of Acre (PMAC).

During the interview, the professional reported that, although most military police officers While acknowledging the importance of psychological care, there is still a significant cultural barrier that... It hinders the spontaneous search for emotional support. According to her, many police officers verbalize speeches of self-sufficiency, stating that "they need to solve their own problems," while They acknowledge that colleagues in distress should seek specialized help. This stance, according observed, this creates a disconnect between recognizing the need and making the actual decision to Seek assistance.

The psychologist also highlighted that it is common to hear police officers say things like "psychologists are for..." "So-and-so, not for me," which highlights a pattern of resistance associated with institutional stigma.



**Year V, v.2 2025 | Submission: 08/12/2025 | Accepted: 10/12/2025 | Publication: 12/12/2025**

related to mental health care. As a consequence, a large portion of the military only seeks...

providing care when the patient is already in a critical situation, often after pressure from family members — wives, husbands, mothers, or other relatives — who insist, threaten, or even accompany them all the way to the Polyclinic. In these cases, as reported, it is common for the patient to start the consultation claiming to be unaware of the reasons for their presence, demonstrating the difficulty in recognizing the own emotional suffering.

Regarding the profile of those being assisted, the professional reported that resistance is more prevalent. evident among the older police officers and those who are already on paid leave, which This contributes to the scarcity of data regarding retirees and pensioners. On the other hand, police officers Those who graduated in the last five to ten years show greater receptiveness to mental health initiatives. demonstrating openness to seeking psychological support when needed.

The psychologist explained that the sector has six psychology professionals responsible for... through a wide range of activities. In addition to clinical care, the team organizes actions psychoeducational activities, especially during institutional campaigns such as "White January" and the "Yellow September," in addition to developing ongoing interventions in battalions and units. operational units, such as Community Policing, Traffic Policing, ROTAM, BOPE, and others. units. Such activities include lectures, workshops, seminars and the application of questionnaires, with the The objective is to promote mental health education and raise awareness about risk factors. Psychosocial factors that impact police work.

When asked about the main difficulties in carrying out these actions, the psychologist He reported that logistics constitutes the biggest obstacle, especially with regard to bringing together a A representative number of police officers to participate in the activities. The agendas of the commands, the Service schedules and the operational nature of visible policing hinder mobilization. press conference of the military.

Therefore, according to the professional, formal determinations by scale are fundamental. to guarantee the presence of police officers in psychoeducational activities. In units with sufficient personnel. With more than one hundred soldiers, the team often needs to conduct more than one session to to ensure greater reach.

Regarding the demands for psychological care, the psychologist emphasized that the sector It has a high and continuous flow, encompassing not only active police officers, but also retirees, pensioners, dependents of military personnel, civil servants of the Polyclinic, in addition of specific cases in the community. However, the institutional priority remains focused on Active duty military personnel.

The team also provides services in a modality called "floating," intended for to emergency situations or to fill vacant slots resulting from missed appointments.

Year V, v.2 2025 | Submission: 08/12/2025 | Accepted: 10/12/2025 | Publication: 12/12/2025

scheduled, thus ensuring greater operational flexibility of the service.

The psychologist explained that the demands are diverse, and that the search for care... It typically occurs after a prolonged period of accumulated stress, personal conflicts, or emotional difficulties.

Due to this heterogeneity, the sector does not produce classification statistics on types. Specific demand metrics are recorded, only showing the overall number of psychological consultations. As emphasized, the priority is to ensure continuity of patient care, not to... Formal categorization of each reason for consultation.

In addition, the team also works through lectures and symposiums, carrying out... Direct support for individuals with diverse needs, reinforcing the scope of psychological support offered by the institution.

### Presentation of Results

The statistical analysis for the year 2021, based on records from the Polyclinic of The Military Police of the State of Acre has provided a revealing overview of mental health. Psycho-emotional well-being of operational military police officers.

The data collected not only highlight the frequency of consultations related to emotional issues, but they also point to the growing demand for psychological support within of the corporation.

Figure 3 - Overall statistics by month in 2021.



Source: Polyclinic of the Military Police of the State of Acre (2025).

Based on the monthly distribution of services, it can be observed that the demand for support... The psychological aspect remained present throughout the year, varying in intensity according to the period.



**Year V, v.2 2025 | Submission: 08/12/2025 | Accepted: 10/12/2025 | Publication: 12/12/2025**

analyzed. Already in the first quarter, the numbers suggest a steady flow of adult psychotherapy, psychological assessments and related services, indicating that, even in the initial months, the company was already showing signs of emotional overload and a need for support. The company was already showing signs of emotional overload and a need for support. specialized.

This initial pattern demonstrates that the psycho-emotional factors related to the activity Police protests are not limited to specific periods of heightened operational tension, but constitute... a continuous reality in the daily lives of professionals.

As the year progresses, it becomes evident that the middle months concentrate peaks of care. Records show a significant increase in demand for psychotherapy between April and July is a period when both justified and unjustified absences also increase.

This behavior suggests the coexistence of two parallel phenomena: on the one hand, an increase in emotional complaints, possibly linked to the accumulated strain of activities operational; on the other hand, difficulties for police officers in regularly attending calls scheduled.

This difficulty may be related to factors inherent to police routine, such as work schedules extensive, unpredictable schedules, emergency shifts, or limitations imposed by hierarchy, which These factors often hinder adequate access to psychological care. Therefore, the rate of missed appointments is high. During this period it also functions as an indirect indicator of the institutional pressure exerted on these professionals.

Another important aspect identified in the 2021 records refers to the predominance of Individual psychotherapy as the primary service modality at the Polyclinic. The volume The significant number of these services, when analyzed continuously month by month, reveals that the Police officers sought support primarily for chronic emotional issues, such as stress. persistent, anxious symptoms, signs of depression, and difficulties arising from events potentially traumatic.

These findings reflect the intensity and complexity of the challenges faced by military personnel on operational duty, whose constant exposure to risks, violence, unpredictability and Making quick decisions can lead to psychological distress.

In this sense, the consistency of the demand throughout the year indicates that emotional distress It is not limited to extraordinary events, but is an integral part of these professionals' daily work routine.

The monthly data also shows the presence of appointments related to assessments. specific psychological services, referrals, reports, and statements of care, even if in smaller volume when compared to psychotherapy sessions. The distribution of these appointments This suggests that, alongside the clinical demand, there is a significant administrative burden that also The responsibility falls on the corporation's psychological service, linked to legal requirements and functional assessments.

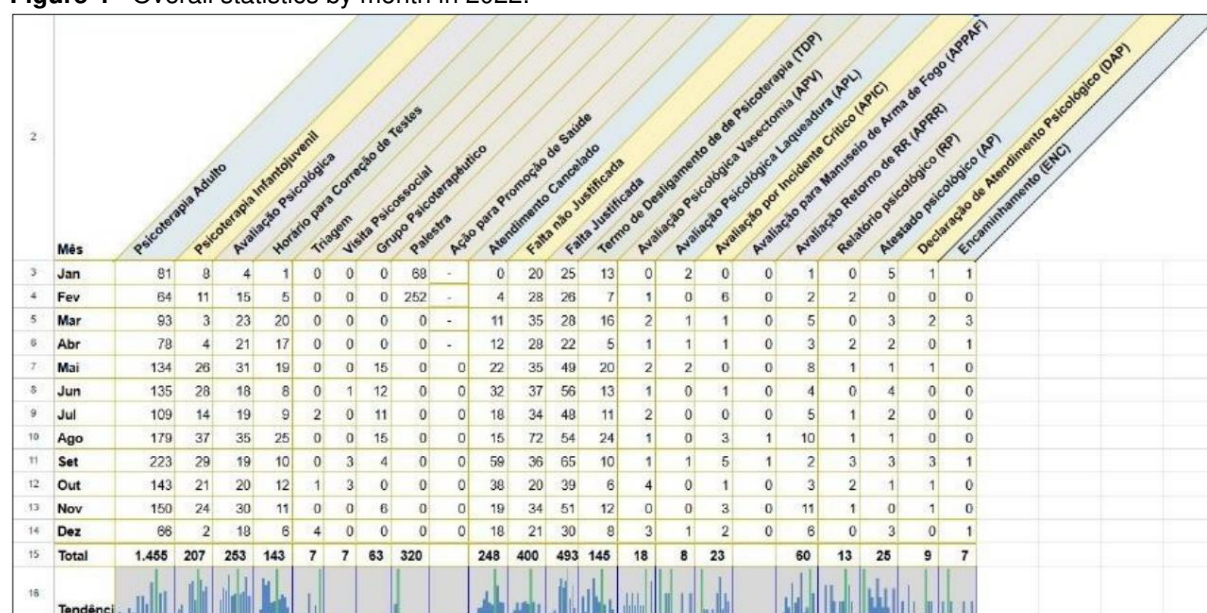
and internal processes.

Although they do not represent the central core of emotional care, these activities reinforce the importance of the Polyclinic as a technical and bureaucratic support body, contributing both to the mental health of the police officer is crucial as well as the need to comply with institutional norms.

Considering the set of information distributed month by month in the year 2021, it is possible to realize that the psycho-emotional state of operational military police officers shows signs of continuity and intensity. The numbers demonstrate not only demand for care, but also they reflect emotional overload and difficulties in managing suffering in the face of the work routine.

The data as a whole reveals a year marked by a constant need for support. Psychological issues and fluctuations in the ability to adhere to treatment suggest that care with mental health, despite its presence, still faces structural barriers that interfere with its regularity and in the effectiveness of the follow-up.

Figure 4 - Overall statistics by month in 2022.



Source: Polyclinic of the Military Police of the State of Acre (2025).

Analysis of the overall statistics by month for the year 2022, based on data from The Military Police Polyclinic of the State of Acre reveals a scenario marked by the continuity of psycho-emotional demands identified in 2021, but with significant changes in pace and in profile of the services.

Looking at the monthly distribution, it is noticeable that adult psychotherapy remained the... The main service sought by military police officers, totaling a high number of calls throughout the year. This consistency shows that psycho-emotional suffering remains a structural component of police routine, reflecting the cumulative impact of operational activities, from exposure to risky situations and the daily stress characteristic of the profession.



**Year V, v.2 2025 | Submission: 08/12/2025 | Accepted: 10/12/2025 | Publication: 12/12/2025**

In the first months of 2022, a similar trend to the previous year can be observed:

January and February show significant volumes of appointments, especially in psychotherapy. adult, psychological assessment and actions related to health promotion.

The availability of specific services, such as psychological evaluations for gun ownership, Technical opinions and reports reinforce that, in addition to emotional needs, the Polyclinic also serves... administrative and functional requirements imposed by the corporation.

However, a highlight at the start of this year is the extremely high quantity. a "time slot for thesis correction" recorded in February, which deviates from the pattern of other months. Although this data is not directly related to emotional distress, it demonstrates that... scope of activities performed by the psychological sector and the need for organization internal resources to address the various work fronts.

Starting in March, statistics reveal greater stability in the flow of services, with Small fluctuations month to month. Adult psychotherapy, again, maintains significant numbers. accompanied by psychological assessments and referrals. However, it is also observed that An increase in both justified and unjustified absences, especially between April and August.

This phenomenon may signal both logistical difficulties for police officers in reconciling the Operational routine with scheduled appointments based on signs of evasion or resistance to Psychological support. Work overload, irregular shifts, long shifts and Emergency demands often directly interfere with the continuity of treatment. negatively influencing psychoemotional care.

The months with the highest overall demand are concentrated between July and October, when the numbers Adult psychotherapy sessions are significantly exceeding the annual average. This growth may be... related to the accumulation of stress throughout the year, periods of greater operational intensity or Internal events that have an emotional impact on staff.

There is also an increase in the number of health promotion consultations and opinions. psychological issues, suggesting that, in addition to emotional problems, psychological processes are also on the rise. administrative tasks involving the assessment of a police officer's psychological fitness for the role certain functions.

Another important element concerns the distribution of healthcare services. occupational, such as psychotherapy termination terms, critical incident assessments and psychological reports. Although these numbers are lower than clinical consultations, their Continuous presence reveals that the emotional distress of police officers, in many cases, is associated to critical events experienced in the service, requiring specific assessments.

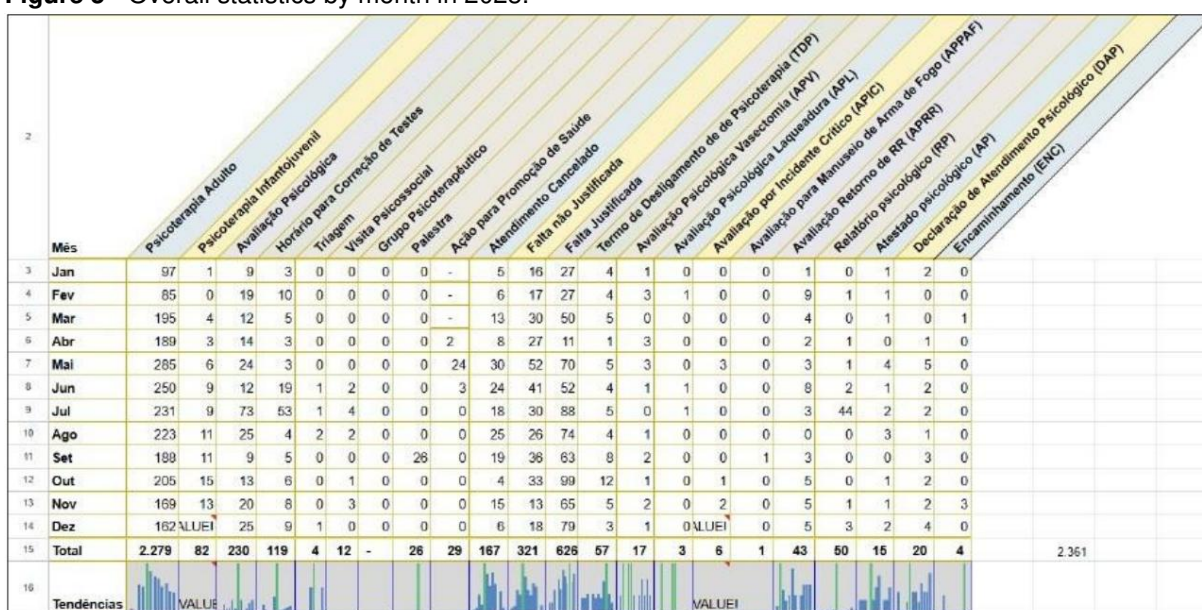
This reinforces, once again, that operational activity constitutes a risk factor. relevant, capable of triggering acute emotional reactions or worsening existing mental health conditions

existing.

At the end of 2022, the total number of services provided shows a year of high demand. psychological, both in a clinical and administrative capacity. The predominance of adult psychotherapy, associated with the significant number of absences and the constant presence of referrals and evaluations, This indicates that the mental health of operational military police officers remains a concern. permanent, marked by structural, emotional, and organizational challenges.

The data set reveals not only the ongoing need for psychological support, but also There is also a need to improve institutional strategies that facilitate access to care. and reduce the barriers that hinder the maintenance of care.

Figure 5 - Overall statistics by month in 2023.



Source: Polyclinic of the Military Police of the State of Acre (2025).

General statistical analysis by month for the year 2023, based on data from The Military Police Polyclinic of the State of Acre reveals a year of intense psychological demand, with Significant increase in several service categories when compared to previous years.

The figures presented month by month show that the military police continued to to seek meaningful psycho-emotional support, and that the operational environment followed strongly impacting the mental health of these professionals throughout the entire period analyzed.

Right from the first months of the year, a high volume of customer service requests is observed. Adult psychotherapy, which stands out as the most sought-after category, already demonstrating this in January, February and March showed a consistent growth trend.

This increase can be interpreted as a reflection of accumulated stress and wear and tear. emotional, especially considering that the beginning of the year tends to be a period of reorganization. Internal, operational returns and redistribution of functions within the corporation.



**Year V, v.2 2025 | Submission: 08/12/2025 | Accepted: 10/12/2025 | Publication: 12/12/2025**

Child psychological services are also still available, albeit on a smaller scale.

number, indicating that, in some cases, the psychological impact extends to the family sphere of police officers.

As the year progresses, months like April, May, and June show even higher peaks. in adult psychotherapy, with numbers that easily exceed the monthly average. This reveals that the Emotional distress not only persisted but intensified, possibly as a result of Work overload, increased operational demands, experiencing critical events and pressures institutional.

The constant presence of services related to health promotion, lectures and actions. educational information indicates that the Polyclinic also sought to implement preventive strategies, even though the The volume of these actions is significantly lower when compared to clinical demand.

Another relevant aspect observed in 2023 is the significant increase in justified absences and unjustified absences, especially between the months of May and August. This phenomenon had already been occurring. showing in previous years, but gaining considerable strength in this period, reinforcing the hypothesis of that working conditions make it difficult to continue treatments.

Police officers subjected to extensive shifts, emergency duty, prolonged operations and Unpredictable routines present concrete challenges to attending appointments, which affects directly impacts the progress of psychoemotional care and highlights structural limitations within the care itself. service organization.

Specific psychological assessments — such as critical incident assessment, assessment for gun ownership, psychological reports and termination agreements — also appear distributed throughout the year, demonstrating that emotional suffering is not limited to the environment. It is therapeutic, but it manifests itself administratively when critical events require formalization. of opinions.

These records, although numerically smaller, are important indicators of the impact of extreme situations experienced by police officers, such as confrontations, high-risk operations, and accidents. service-related or traumatic episodes.

In the final months, especially October and November, a slight fluctuation is noticeable in Services are being provided, but still at a high level, indicating emotional strain. The police officer is accompanied until the end of the year. The annual total far exceeds that recorded in 2021 and 2022, demonstrating a significant growth in the demand for psychological support within of the Military Police of Acre.

This increase can be interpreted both as a worsening of stressors and as greater corporate awareness of the importance of mental health, leading to more Police officers seeking specialized support.

Year V, v.2 2025 | Submission: 08/12/2025 | Accepted: 10/12/2025 | Publication: 12/12/2025

The overall statistics for 2023 make it clear that the mental and psycho-emotional health of police officers...

The military continued to be a critical point, marked by a growing volume of calls and by increasingly comprehensive demands.

The annual total highlights the emotional distress and the need for psychological support.

These are not isolated phenomena, but structural within the context of public safety. The data They reveal a police force subjected to constant pressure, high operational workload, and frequent exposure. due to traumatic events and difficulties maintaining regularity in psychological treatment.

Thus, the outlook for 2023 reinforces the urgent need for more robust institutional policies. effective solutions that consider both the increase in demand and the obstacles that prevent it. continuity of care, in order to promote a healthier and more sustainable professional environment. for the military.

Analysis of overall statistics by month for the year 2024, presented by the Polyclinic.

The report from the Military Police of the State of Acre reveals a consistent overview of the demand for Psychological and administrative support involving military police officers and other sectors. served by the institution.

The data is distributed among different categories — PM, RR, DEP, PEN, SC and COM — highlighting significant differences in the volume and nature of services throughout the year.

**Table 1** - General statistics by month in 2024.

Sector	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Total						
<b>PM<sup>2</sup></b>	104	94	75	101	138	116	122	152	117	104	136	4	<b>1364</b>						
<b>RR<sup>3</sup></b>	30	5	<b>DEP<sup>4</sup></b>		35		48	41		44	15		21	16	11	6	5	<b>277</b>	
145	163	119	218	196	<b>PEN<sup>5</sup></b>	4	<b>SC<sup>6</sup></b>	<b>COM<sup>7</sup></b>	0		177	215	211	158	221	165	129	<b>2117</b>	
			6	7		12	13			17	21	18	22	19			9	4	<b>152</b>
		2	2	2	1	1				1	1	0	0	1	0	0	0	0	<b>11</b>
			4	0	0	0				0	0	0	0	0	0	0	0	0	<b>4</b>
<b>Total</b>	285	274	238	411	368					340	389	366	318	404	291	242			<b>3,925</b>

Source: Polyclinic of the Military Police of the State of Acre (2025).

Right at the beginning of 2024, it can be observed that the months of January, February, and March present...

A stable level of care, with monthly totals ranging between 238 and 285 procedures.

Most of these services are concentrated in the DEP (Dependents) sector, which presents the following numbers:

<sup>2</sup> PM – Military Police Officer.

<sup>3</sup> RR – Retired and Paid.

<sup>4</sup> DEP – Dependents.

<sup>5</sup> PEN – Pensioners.

<sup>6</sup> SC – Civil Servant.

<sup>7</sup> COM – Community.



**Year V, v.2 2025 | Submission: 08/12/2025 | Accepted: 10/12/2025 | Publication: 12/12/2025**

high numbers throughout the year, reaching 145 visits in January, 163 in February and 119 in [year missing].  
March.

This pattern indicates that not only the police officers, but also their family members demonstrate ongoing needs for psychological support, reflecting psycho-emotional suffering

The experiences of military personnel often extend to the family environment. The PM sector also

It presents impressive numbers at the start of the year, especially in January, with 104 consultations.

This reinforces the constant need for care directed specifically to active-duty military police officers.

Starting in April, the number of services provided has grown considerably, reaching 411.

procedures in the month — the highest number recorded this year. This significant increase is due to

simultaneous form in practically all sectors, especially PM (132 calls) and DEP.

(218 cases), suggesting the existence of circumstantial factors during this period that intensify emotional stress

among military personnel and their dependents. It is possible that operational events,

Increased institutional demands or changes in work routines may have contributed to this.

peak in the first four months.

The following months, between May and August, maintain high numbers, especially in

In the PM sector, records vary between 101 and 138 calls per month. This behavior indicates

that the demand for psychological support remains strong and stable throughout much of the year,

reinforcing the idea that police officers face continuous emotional overload.

The DEP sector is once again showing one of the highest volumes, reaching its annual peak.

in July, with 215 consultations.

This pattern reinforces the indirect impact of police activities on family members.

possibly caused by domestic tensions, shared emotional strain, or worries

related to the working conditions of military personnel.

Another relevant point for the year 2024 is the behavior of the RR (Reform and Reserve) sector.

which despite having a smaller absolute volume, reveals specific peaks, such as in March (35

(services) and April (48 services). This group, made up of retired or dismissed police officers,

It also shows a significant demand for psychological support, suggesting that the consequences

Emotional traits from police work persist even after leaving the operational routine.

In the second half of the year, especially between September and November, the numbers return to

It will exhibit fluctuations, but without a sharp drop, remaining within a significant level.

October stands out as a month of high demand, with 404 registrations, driven once again by...

PM and DEP sectors. This behavior reinforces the idea that emotional strain tends to intensify in these areas.

periods close to the end of the year, when there is an accumulation of operational demands,

Closing of reports, intensification of operations, and increased institutional stress.

Although some sectors, such as SC and COM, show reduced numbers or even

**Year V, v.2 2025 | Submission: 08/12/2025 | Accepted: 10/12/2025 | Publication: 12/12/2025**

Despite the absence of records, their presence demonstrates the diversity of services provided by Polyclinic, encompassing everything from educational activities to specific administrative sectors.

At the end of the year, December registered a drop to 242 total cases, which may be... related to vacation periods, breaks, and lower spontaneous demand for care. However, Even with this reduction, the rates remain high when compared to earlier years. from the historical series analyzed, confirming that 2024 was a period of strong psychological demand in institution.

Table 2, referring to the services provided, shows a year marked by **strong** monthly fluctuations and specific concentrations of demand, especially in the PM, RR and sectors DEP. Data analysis allows for the identification of patterns relevant to understanding the dynamics of psychological and administrative support throughout the first ten months of 2025.

**Table 2** - Overall statistics from January to October 2025.

Sector	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
PM 12	0	0	14	10	34	0	0	0	4	0	0	
RR 7	0	30	38	33	0	0	16	2	3	0	0	
DEP 13	0	0	15	6	0	0	0	0	0	0	0	
PEN 0	0	0	0	0	0	0	0	0	0	0	0	
SC 0	0	0	0	0	0	0	0	0	0	0	0	
COM 0	0	0	0	0	0	0	0	0	0	0	0	
<b>Total 32</b>	0	30	67	54	34	0	16	2	7	0	0	

**Source:** Polyclinic of the Military Police of the State of Acre (2025).

Right at the start of the year, it is observed that January begins with a total of 32 consultations. distributed among the PM (12), RR (7) and DEP (13) sectors. This volume, although moderate, already This demonstrates that the demand for support has remained active since the first month, especially for dependents (DEP), who stand out with 13 cases.

However, there is a sharp drop in the month of February, which records zero visits. all sectors. This fact may be associated with administrative factors, such as a lack of professionals, changes in internal management, recess, or operational problems that had an impact directly impacts the functioning of the Polyclinic's activities. Even without additional data, the The complete interruption of services indicates an atypical episode within the series analyzed.

In March, demand returns, but in a concentrated way: the RR sector accounts for 30 consultations. while the others remain at zero. This specific peak in service to police officers from Reservation and reform suggests emerging demands from this group — such as psychological reviews. periodic reviews, administrative evaluations, or underlying emotional problems. This behavior, Isolated and significant, it deserves attention in institutional analyses, especially because it does not appear



distributed among the other sectors.

The month of April, on the other hand, shows the highest volume of the year up to October, totaling 67. Services distributed among PM (14), RR (38) and DEP (15). This significant increase indicates a Simultaneous return of demand across all sectors, with particular emphasis once again on RR, which reaches its annual peak. The high sum suggests the impact of cyclical factors, such as increased activity. operational, the start of the school year — which tends to generate emotional pressure on dependents — and possible institutional evaluations focused on the period.

In the months of May and June, a slight reduction is observed, but still with significant numbers: 54 calls in May and 34 in June, predominantly from the PM and RR sectors. In May, RR It appears again above the others (33 services), indicating continuity in the demands of this group. Already in June, the highlight falls on PM, with 34 calls — the highest number recorded. across the sector throughout the year. This pattern may reflect an intensification of police operations during that period. increasing the need for psychological support for active professionals.

From July onwards, the table shows a significant drop again, signaling a period of decline. demand. July shows only records in the PM (0) and RR (0) sectors, reflecting a total of zero, the which is repeated in some subsequent months. In August, there is a slight increase, with 16 cases. in the RR sector, demonstrating once again that demand from this group fluctuates, but never disappears. completely. In September and October, the numbers drop again, totaling 2 and 7 visits, respectively. respectively, demonstrating that the second half of the year shows lower and more irregular demand.

The PEN, SC, and COM sectors remain with zero service requests throughout the year, which This indicates a complete absence of records in these categories, whether due to lack of demand or lack of services. specific services offered in 2025 or changes to internal service policies.

Overall, the data from 2025 up to October reveal a scenario of strong instability, with Months of high concentration (March and April), months of total absence (February and July), and distribution. Irregular service levels. This behavior suggests that administrative, operational, and Seasonal factors directly influenced the operation of the Polyclinic and the demand from military personnel and their staff. dependents through psychological services.

Furthermore, the recurrence of peaks in the RR sector reinforces the need for greater attention. structured for reserve and retired police officers, who have ongoing, albeit variable, needs.

Based on a comparison between the overall data for 2024 and the accumulated records for January. By October 2025, it is possible to observe significant differences in the dynamics of the services provided by The Military Police Polyclinic of the State of Acre. The comparative analysis reveals changes both in total volume as well as the distribution of services across sectors, indicating changes in Demand behavior and potential institutional factors that impacted the services provided.



## FINAL CONSIDERATIONS

The analysis of the data provided by the PMAC Polyclinic, combined with contextualization of the institutional context and the dynamics inherent to police activity reveal a complex picture, marked by growing demand for psychological services, significant variations in monthly flows and clear indications of emotional overload among the corporation's professionals.

The study demonstrates that, over the four years analyzed, there was a significant increase in the search for psychotherapy, psychological assessments, group sessions, and other services. This is related to factors, reflecting not only the intensification of pressures inherent in police work, but also an important institutional advance: the recognition, albeit gradual, of the need for systematic support and monitoring of the mental health of military personnel.

Statistics show that, despite annual fluctuations, the Polyclinic has established itself as an essential space for psycho-emotional support, playing a central role in promoting health and prevention of psychological harm.

The operational routine, marked by constant risks, rapid decision-making, and exposure to violence, frequent exposure to violence, long working hours, and exposure to traumatic situations have an impact on the emotional well-being of these professionals. The data confirms that the suffering and psychological behavior is not an exception, but a structural trend within the corporation, evidenced by high demand for individual care and the need for ongoing interventions.

The increase in the number of unjustified absences, psychological leaves of absence, and evaluations resulting from critical incidents reinforces the idea that accumulated pressure manifests itself in different dimensions, requiring broader and more effective care strategies.

At the same time, the study highlights institutional challenges that still need to be addressed and surpassed. The variation in services between years reveals not only fluctuations in demand, but also possible operational limitations, such as insufficient staff and team overload, existing, periods of partial service interruption and difficulties in maintaining regularity of the services.

Although the corporation is making progress, there are still significant gaps in this regard, such as the structuring of permanent policies for psychological care, prevention programs and mechanisms for continuous monitoring of the mental health of military personnel.

The results demonstrate that investing in the mental health of police officers is not just a matter of individual well-being, but also of public safety, institutional efficiency, and reduction of damages.

Emotionally healthy professionals tend to make more balanced decisions and cope better with crisis situations and maintaining healthier interpersonal relationships in the workplace and outside of it. Thus, strengthening psychosocial care within the PMAC means strengthening the very...



Year V, v.2 2025 | Submission: 08/12/2025 | Accepted: 10/12/2025 | Publication: 12/12/2025

corporation.

It can be concluded, therefore, that the period from 2021 to 2024 highlights the need to consolidate. Permanent policies for psychoemotional care, expanding specialized teams, and ensuring training. continued discussion on mental health, creating spaces for qualified listening, and promoting a culture An organizational structure that recognizes psychological distress as a legitimate need and not as a sign of weakness.

This study contributes to understanding the emotional dynamics experienced by Military police in Acre emphasize that promoting mental health should be treated as a priority. strategic, essential for the preservation of life, dignity, and physical and psychological integrity. of the professionals who work daily on the front lines of public safety.

## REFERENCES

ACRE. Military Police of the State of Acre. *PMAC Chaplaincy*. Rio Branco, 2024. 60 p.

BARDIN, Laurence. *Content Analysis*. São Paulo: Edições 70, 2015. 288 p.

BRAZIL. *Constitution of the Federative Republic of Brazil of 1988*. Brasília, President of the Republic, 2025.

BRAZIL. Brazilian Forum on Public Security. *Brazilian Yearbook of Public Security*. 19th ed. São Paulo: FBSP, 2025. 434 p.

BRAZIL. National Health Council. Resolution No. 510, of April 7, 2016. 2025.

CRESWELL, John W. *Research design: qualitative, quantitative, and mixed methods*. 3rd ed. Porto Alegre: Artmed, 2010.

GARCIA, Marcos Leandro. The importance of mental health for military police officers: strategies and care in the profession. *Revista Acadêmica Integrar*, Campo Mourão, v. 2, n. 1, p. 1-12, 2024.

GIL, AC *How to prepare research projects*. 5th ed. São Paulo: Atlas, 2010.

OLIVEIRA, Katya Luciane de; SANTOS, Luana Minharo dos. Perception of mental health in military police officers of the tactical and street force. *Revista Sociologia*, Porto Alegre, v. 25, n. 12, p. 224-250, 2025.

MAGALHÃES, Janice do Carmo Demuner. *Between constraints and possibilities: work activity and ways of life of Espírito Santo military police officers under analysis*. 112 p. Dissertation (Master's) – Federal University of Espírito Santo, Vitória, 2025.

MINAYO, Maria Cecília de Souza. Qualitative analysis: theory, steps and reliability. *Ciência & Saúde Coletiva*, Rio de Janeiro, v. 17, n. 3, p. 621-626, 2025.



**Year V, v.2 2025 | Submission: 08/12/2025 | Accepted: 10/12/2025 | Publication: 12/12/2025**

MARÇAL, Hanna; SCHLINDWEIN, Vanderléia. Pleasure and suffering in the Military Police. *Revista Trabalho em Cena*, Palmas, v. 5, n. 1, p. 111-135, 2025.

MIRANDA, Dayse. *Why do police officers kill themselves? Diagnosis and prevention of suicidal behavior in the military police of the State of Rio de Janeiro*. Rio de Janeiro: Mórula Editorial, 2016.

MORELLI, Taíza Marques. The impact of police officers' mental health on professional performance and personal life: the importance of psychological support. *Brazilian Journal of Health Review*, Londrina, v. 8, n. 2, p. 1-15, 2025.

PASSOS, Elysson Leonty dos; KOVALSKI, Jennifer Cristina. Military police activity and the challenges of entering retirement. *Ibero-American Journal of Humanities, Sciences and Education*, São Paulo, v. 10, n. 6, p. 59-72, 2024.

POLYCLINIC OF THE MILITARY POLICE OF THE STATE OF ACRE. *Newsletters*. 2025.

RIBEIRO, Beatriz Maria dos Santos Santiago et al. Burnout syndrome in military police officers in light of the interpretative framework. *Revista Recien – Revista Científica de Enfermagem*, São Paulo, v. 13, n. 41, p. 532-539, 2025.

SAMPIERI, RH; COLLADO, CF; LUCIO, MDPB *Research Methodology*. 5th ed. Porto Alegre: Penso, 2013.

SANTOS, Márcia Jaciane dos. Perception of military police officers regarding occupational stress. *Humanities Magazine*, Montes Claros, v. 7, no. 2, p. 42-54, 2025.

SILVA, Aldir Henrique. *The Military Police and its Role in Society*. 2025.

SILVA, José Augusto da; FAGIOLO, Julio Cesar. Risk factors for the mental health of military police officers and potential interventions to mitigate these factors: a scientific review. *Brazilian Journal of Health Review*, Curitiba, v. 7, n. 3, p. 1-14, 2024.

SOUSA, Raphaela Campos de; BARROSO, Sabrina Martins. Factors associated with emotional distress in military police officers. *Revista Avaliação Psicológica*, Uberaba, v. 22, n. 3, p. 298-308, 2024.

SOUSA, Raphaela Campos de et al. Aspects of mental health investigated in police officers: an integrative review. *Revista Saúde e Sociedade*, São Paulo, v. 31, n. 2, p. 1-14, 2025.

ZANOTTI, Fernanda. Stress and pressure at work affect the mental health of military police officers. *USP Journal*, 2025.