This paper examined and synthesized the limited available literature on the pre-traumatic predictors of PTSD specifically targeting populations in which traumatic events are experienced frequently because of the requirements of their positions, i.e., firefighters, police, and military personnel. A total of 21 articles were included in the final literature review and were used to assess current available knowledge of the pre-traumatic traits of career-related PTSD and address potential gaps in the literature. The culmination of this research was used to create specific risk profiles for each of the high risk careers included in this review, firefighters, police, and military personnel. The research presented here discovered very little literature surrounding these high risk populations. Future research focusing on longitudinal prospective studies should be conducted on high risk populations so that training could better equip officers, firefighters, and military personnel to deal with PTSD, thus lowering the overall development of PTSD.

**INTRODUCTION**

- At one point or another in their lifetime every individual experiences a PTE, but only 8.7% of people in the United States meet the DSM criteria for PTSD by the age of 75 (Medina, 2010).
- A majority of veterans and recently deployed soldiers develop PTSD (Mageen, 2009).
- Police officers develop PTSD (Heinrichs, 2005).
- While training at the academy and 2 months prior to deployment (W1: 1 year, W2: 6 months, W3: 12 months, W4: 24 months).

**METHODOLOGY**

Each article must have met the following criteria: (1) the study centered on pre-traumatic factors of PTSD, (2) the study was conducted on a population that experiences frequent traumatic events related to their career, i.e., active duty military or veterans, firefighters, and police (3) participants were assessed before and after a period of time in which a traumatic event occurred, (4) the article was considered to be “recent” research published between within the last 10 years, and (5) the study must have been written in English.

**RESULTS**

- Total of 21 studies that met the above criteria.
- Four articles exclusively involved firefighters.
- Five articles involved police officers.
- Eleven articles involved military personnel.
- Average age of participants ranged from 18 — 31 years old.
- All research was conducted on men.
- Majority being of Caucasian or white decent.

**CONCLUSION**

- The high-risk profile for firefighters include individuals with higher levels of negative self-appraisal, difficulty recall memories surround a PTE, heightened biological arousal, high hostility, low self-efficacy, an inability to relax after a PTE, IQ levels and higher levels of depression (Bryant et al., 2007; Bryant & Guthrie, 2007b; Guthrie & Bryant, 2005; Heinrichs et al., 2005; Orr et al., 2012).
- For police officers this high-risk group are officers who have a history of substance abuse, psychotic symptoms, and/or mood disorders, poorer work environment, are more apt to dissociation from PTEs, have higher baseline trait anger, and have a malevolent outlook on the world (Inslicht et al., 2010; Maguen et al., 2009; McCarney et al., 2008; Meffert et al., 2008; Yuan et al., 2011).
- Lastly, the high-risk group for military personnel includes personnel who have poorer physical and mental health, higher levels of trait anger before deployment, Type D personality, nightmares before deployment, and low social functionality (LeardMann et al., 2009; Lommen et al., 2014; Rademaker et al., 2011; Sandweiss et al., 2011; van Liemp et al., 2013; van Zuiden et al., 2011; Vasterling et al., 2008;Wright et al., 2012).

**FUTURE RESEARCH**

Future research focusing on longitudinal prospective studies should be conducted on high risk populations so that training could better equip officers, firefighters, and military personnel to deal with PTEs, thus lowering the overall development of PTSD.

**REFERENCES**