Peer reviewed post—response

Before reading this post, I decided to analyze it with the utmost criticality however I could not find any point to question the validity of information presented in it. This is because the author developed arguments in the most reasonable manner and settled them on the logical and rational grounds of preexisting literature. He presented that stress is the crux of all the adverse mental deteriorations in the individuals regardless of their profession.

The behaviorist school of thought propounded the most intriguing yet compelling notion that human personality is the product of its ongoing experiences—good or bad in nature. Good experiences lead us to develop constructive and healthy personality whereas negative life experiences have the potential to develop unhealthy and maladjusted cognition and behaviors. Experiences might be of two types; mastery and vicarious. Mastery experiences are our personal experiences whereas vicarious experiences are obtained from observing others.

As far as police officers are concerned, they encounter devastating vicarious experiences ranging from murder, violence, rape and other scathing events that they find hard to unplug from their mind even after their working hours are finished. However, their subculture does not allow them to act mentally fragile and exhausted and they are *forced* to repress their emotions and frustrations, pushing them in their unconscious that leads them to develop immense chronic stress. The author explained it quite well with the help of in-text citations.

He argued that police profession itself acts as a strong determinant of suicide behavior due to the above mentioned reasons however it is worth noting that this topic lacks sufficient research validity because of a wide literature gap that is prevalent. The need of the hour is to conduct more researches on this topic and develop psychological techniques and interventions for the professional assistance of in-crisis police officers and educational programs for newly appointed officials.