

Our Ref: IM-FOI-2022-0931
Date: 04 May 2022



FREEDOM OF INFORMATION (SCOTLAND) ACT 2002

I refer to your recent request for information which has been handled in accordance with the Freedom of Information (Scotland) Act 2002.

For ease of reference, your request is replicated below together with the response.

How many officers took sick leave for depression, anxiety, stress or post-traumatic stress between April 2021 and March 2022. By this, I mean where any of the terms 'depression', 'anxiety' or 'stress' or 'post-traumatic stress' appear in the description of the officer's illness.

The tables below detail the **number** of officers/ staff who were absent due to one of the reasons listed in your request and also the associated **working days lost**.

We have also provided data for other categories of absence which fall under our broad heading of 'psychological disorders'.

All data is for the period 1 April 2021 to 31 March 2022.

| Number of Officers/ Staff Absent by Category | Police Officer | Police Staff |
|---|----------------|--------------|
| Anxiety | 567 | 483 |
| Depression | 417 | 212 |
| Other Stress | 92 | 65 |
| Post Natal Depression | 40 | 5 |
| Post traumatic stress | 103 | 34 |
| Stress | 1952 | 957 |
| Total | 3171 | 1756 |
| <i>Other categories - Alcohol Problems, Bereavement Problems, Bipolar, Debility, Insomnia, Nervous/Other Mental and other Psychological Disorders</i> | 248 | 167 |

| Working Days Lost by Category | Police Officer | Police Staff |
|---|----------------|--------------|
| Anxiety | 8170 | 6025 |
| Depression | 7180 | 2916 |
| Other Stress | 1369 | 926 |
| Post Natal Depression | 645 | 67 |
| Post traumatic stress | 1619 | 519 |
| Stress | 28811 | 12565 |
| Total | 47794 | 23018 |
| <i>Other categories - Alcohol Problems, Bereavement Problems, Bipolar, Debility, Insomnia, Nervous/Other Mental and other Psychological Disorders</i> | 3496 | 2124 |

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Should you require any further assistance please contact Information Management - Dundee on foidundee@scotland.police.uk quoting the reference number given.

If you are dissatisfied with the way in which Police Scotland has dealt with your request, you are entitled, in the first instance, to request a review of our actions and decisions.

Your request must specify the matter which gives rise to your dissatisfaction and it must be submitted within 40 working days of receiving this response - either by email to foi@scotland.police.uk or by post to Information Management (Disclosure), Police Scotland, Clyde Gateway, 2 French Street, Dalrnock, G40 4EH.

If you remain dissatisfied following the outcome of that review, you are thereafter entitled to apply to the Office of the Scottish Information Commissioner within six months for a decision. You can apply [online](#), by email to enquiries@itspublicknowledge.info or by post to Office of the Scottish Information Commissioner, Kinburn Castle, Doubledykes Road, St Andrews, Fife, KY16 9DS.

Should you wish to appeal against the Office of the Scottish Information Commissioner's decision, there is an appeal to the Court of Session on a point of law only.

As part of our commitment to demonstrate openness and transparency in respect of the information we hold, an anonymised version of this response will be posted to the Police Scotland Freedom of Information [Disclosure Log](#) in seven days' time.

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