

# Psychosocial and Health Factors Associated with Stress among Police Personnel in the Southern Border Provinces of Thailand

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## Abstract

**Background:** Police officers deployed in the conflict areas of Thailand's Southern Border Provinces endure heavy workload and considerable psychological distress. Although systemic social and economic determinants exert a pervasive influence, their impact on the mental and physical wellbeing of these officers has received relatively little attention. **Aim:** The objective of this study was to assess the prevalence rate and association between psychosocial factors, health-related factors and stress among police personnel in Southern Border Provinces of Thailand. **Materials and Methods:** A cross-sectional study was conducted using data were obtained from 11,860 police officers who participated in the 2024 annual mental health screening program. Stress levels were evaluated using the Srithanya Stress Test (ST-5), developed by the Department of Mental Health, Ministry of Public Health, Thailand. Associations between stress and psychosocial and health risk factors were examined using multiple binary logistic regression analysis while adjusting for demographic covariates. **Results:** The overall prevalence of elevated stress among the participants was 2.7 percent. Sleep disturbance was the most widely reported symptom and affected 47.8 percent of the personnel. Multiple logistic regression analysis revealed that significant psychosocial and health factors predicting elevated stress included family and relationship problems (aOR = 6.53, 95% CI 3.40 to 11.90), a history of psychiatric illness (aOR = 6.03, 95% CI 4.24 to 8.48), self-perceived stress (aOR = 5.07, 95% CI 3.56 to 7.44), occupational problems (aOR = 3.93, 95% CI 2.63 to 5.75), financial difficulties (aOR = 3.04, 95% CI 2.19 to 4.17), and a willingness to seek counseling (aOR = 2.49, 95% CI 1.60 to 3.77). **Conclusion:** After controlling for demographic variables, this study found that psychosocial and health factors were associated with increased stress among police officers. These factors included relationship and family problems, a history of mental illness, and financial difficulties. Police organizations need to invest in targeted interventions such as family therapy, financial management, and sleep promotion, as sleep problems remain the most common symptom.

## Keywords

Mental Health, Police Officers, Southern Border Provinces, Occupational Stress, Psychosocial Factors, Health Factors