

Validated Measurement Scales

employed for POWER outcome evaluation (pre/post-intervention)

Mindfulness	Five Facet Mindfulness Questionnaire and Mindfulness Process Questionnaire
Empathy	Interpersonal Reactivity Index
Social Connectedness	Social connected Scale-Revised
Communication	Active-Empathic Listening Scale
Resilience	Brief Resilience Scale
Workplace Connectedness	CJ Survey of Organizational Functioning-Cohesiveness scale
Physical and Mental Health	Global Health Short-Form
Anger	PROMIS –Anger
Fatigue	PROMIS-Fatigue
Sleep Disturbance	PROMIS-Sleep Disturbance
Perceived Stress	Perceived Stress Scale-4
Operational and Organizational Stressors	Police Stress Questionnaire
Burnout Inventory	Oldenburg Burnout Inventory
Emotional Intelligence	Emotional Intelligence Scale
Emotion Regulation	Difficulties in Emotion Regulation Scale
Family Functioning	Family Assessment Device