

SUICIDAL IDEATION, PLANNING, AND ATTEMPTS AMONG NEW RCMP CADETS

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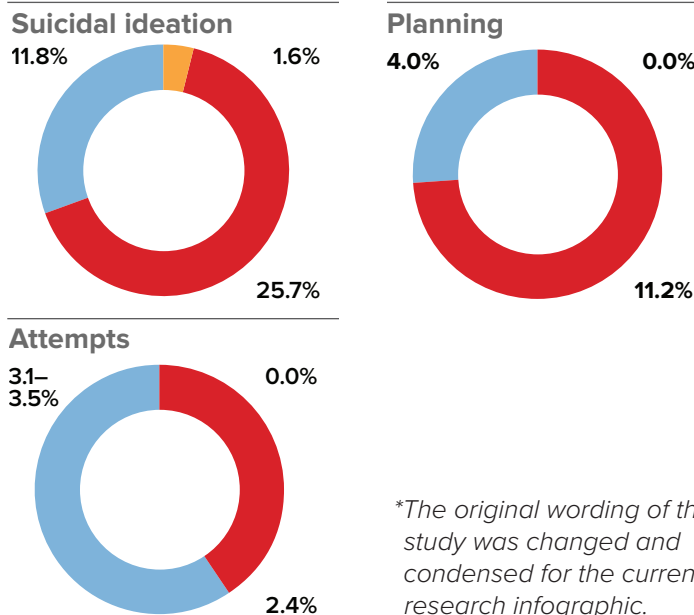
About this study

This study was the first to investigate suicidal thoughts and behaviours among newly recruited Royal Canadian Mounted Police (RCMP) cadets and seeks to gain a baseline understanding of the topic.

Cadets' suicidal thoughts and behaviours compared to serving RCMP and the general population

	Cadets (past month)	RCMP (lifetime)	General population (lifetime)
Suicidal ideation	1.6%	25.7%	11.8%
Planning	0%	11.2%	4.0%
Attempts	0%	2.4%	3.1–3.5%

Additionally, very few (1.5%) cadets reported lifetime suicide attempts.



**The original wording of the study was changed and condensed for the current research infographic.*

Method

A total of 736 cadets, who were less than 14 days into training, completed a clinical interview which included an assessment of past month suicidal thoughts and behaviours, lifetime suicide attempts and sociodemographic information. The data are part of a larger 10-year RCMP Study designed to assess the impact of skills taught to help protect members from Posttraumatic Stress Injuries (PTSI).

Results

None of the cadets reported suicidal planning or attempts in the past-month, and very few (1.6%) reported past-month suicidal ideation. The low prevalence of past-month suicidal ideation prevented detailed sociodemographic comparisons. The cadets reported fewer lifetime suicide attempts than the Canadian general population and a sample of serving RCMP. The results further highlight the overall mental health of newly recruited RCMP cadets.

Further research is required to better understand the differences between RCMP cadets and the wider RCMP. Specifically, the career stage(s) at which suicidal thoughts and behaviours may change, and other occupational factors that may increase suicidal ideation, planning, and attempts. Additional research is needed to better understand how to support RCMP who experience suicidal thoughts and behaviours later in their careers.

The RCMP Study is funded by support from the RCMP, the Government of Canada, and the Ministry of Public Safety and Emergency Preparedness. R. N. Carleton is supported by the Department of Psychology in the Faculty of Arts at The University of Regina, the Canadian Institutes of Health Research, Canada Ministry of Public Safety and Emergency Preparedness, Royal Canadian Mounted Police, and a Medavie Foundation Project Grant. L. Lix is supported by a Tier I Canada Research Chair in Methods for Electronic Health Data Quality. T. O. Afifi is supported by a Tier I Canada Research Chair in Childhood Adversity and Resilience. The development, analyses, and distribution of the current article was made possible by a generous and much-appreciated grant from the Medavie Foundation.



Find the full study here

Nisbet, J., Jamshidi, L., Maguire, K. Q., Afifi, T. O., Brunet, A., Fletcher, A. J., Asmundson, G. J. G., Sareen, J., Shields, R. E., Andrews, K., Sauer-Zavala, S., Neary, J. P., Lix, L., Krätzig, G. P., & Carleton, R. N. Suicidal Ideation, Planning, and Attempts Among new Royal Canadian Mounted Police Cadets. *The Canadian Journal of Psychiatry*. 2023 doi:10.1177/07067437221149469

Special thanks to Kara Vincent for excellent support in creating this infographic.

