

SUICIDAL IDEATION, PLANNING, AND ATTEMPTS AMONG NEW RCMP CADETS

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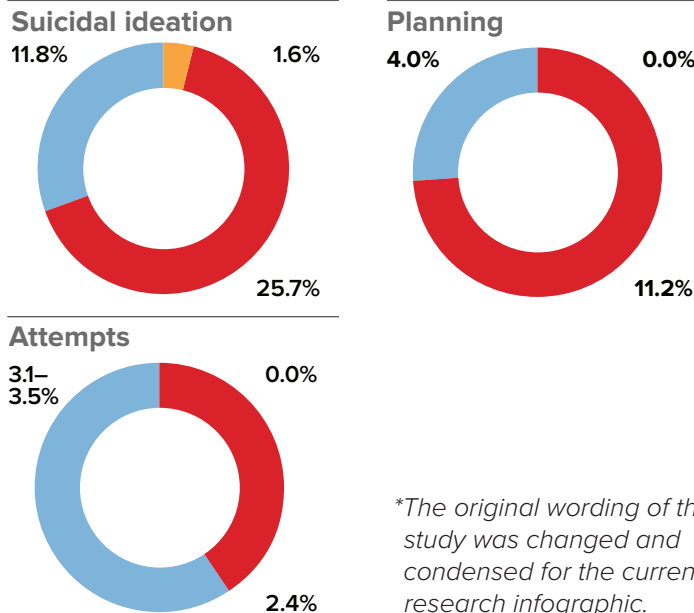
About this study

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.

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Find the full study here

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