

Introduction

- Suicide is a significant public health concern in the United States, and particularly in the U.S. Army.
- Interpersonal relationships are central to suicide risk.
- This study identifies distinct interpersonal profiles based on three insecure attachment styles and social support network (SSN) size and examines their associations with suicide ideation (SI) among U.S. Army soldiers.

Methods

Participants

- U.S. Army soldiers (N = 8,558) from the Pre-Post Deployment Study, a component of the Army Study to Assess Risk and Resilience in Servicemembers (Army STARRS)¹
 - **Gender:** 93.6% male, 6.4% female
 - **Age:** 18-50 (M = 26.1, SD = 6.0)
 - **Married:** 52.9% married, 47.1% other
 - **Education:** high school or less: 48.2%, some college or more: 51.8%
 - **Race:** White, 73.1%; other: 26.9%

Measures

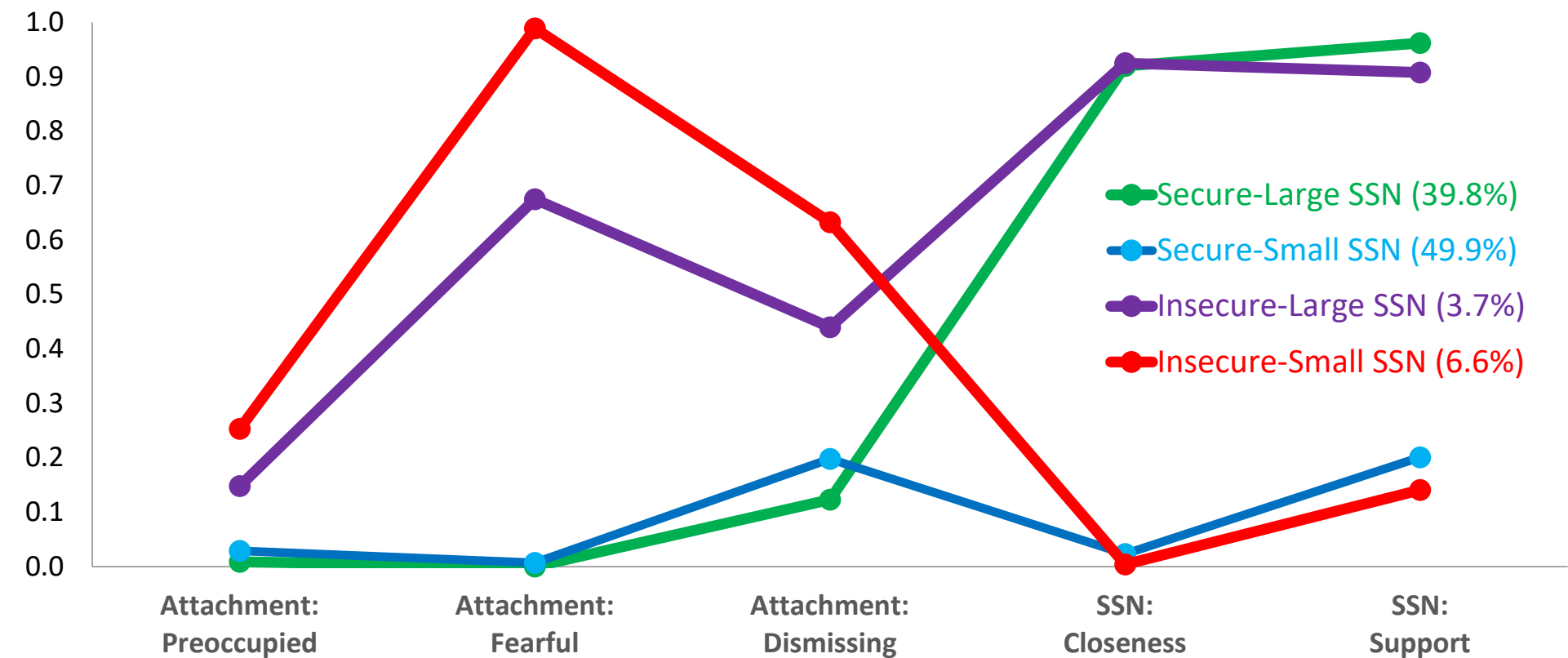
- **Insecure Attachment Styles and SSN Size:**
 - **Preoccupied²:** “People I care about sometimes don’t want to be as close to me as I want. I worry they might leave me. This sometimes makes me too clingy.”
 - **Fearful²:** “I want to have relationships, but have a hard time letting people get close. I worry I will be hurt if I let people get too close.”
 - **Dismissing:** “It is very important to me to feel independent. I don’t need close relationships. I prefer not to depend on other people.”
 - **SSN - Closeness:** How many people “who you feel really close to”;
 - **SSN - Support:** How many people “who really care for you and would be there if you needed them.”
- **Lifetime SI** was assessed using a modified Columbia Suicide Severity Rating Scale (C-SSRS) (“Did you ever in your life have thoughts of killing yourself?” or “Did you ever wish you were dead or would go to sleep and never wake up?”).

Analysis

- Latent class analysis was conducted on binary indicators of attachment styles and SSN size.

Results

Figure. Latent Class Profiles of Attachment Insecurity and Social Support Networks Among U.S. Army Soldiers



- Model fit indices supported a four-class solution representing distinct interpersonal profiles.
- Lifetime suicide ideation differed substantially across the four interpersonal profiles:
 - 6.7% (Secure-Large SSN)
 - 11.3% (Secure-Small SSN)
 - 20.9% (Insecure-Large SSN)
 - 31.7% (Insecure-Small SSN)

Conclusions

- Distinct interpersonal profiles combining attachment styles and social support networks were identified among U.S. Army soldiers. Soldiers with insecure attachment and limited social support showed the highest prevalence of suicidal ideation.
- Interpersonal profiling may help identify subgroups of soldiers who could benefit from targeted suicide prevention and support strategies.

¹Ursano, R. J., Colpe, L. J., Heeringa, S. G., Kessler, R. C., Schoenbaum, M., & Stein, M. B. (2014). The Army study to assess risk and resilience in servicemembers (Army STARRS). *Psychiatry*, 77(2), 107-119. <https://doi.org/10.1521/psyc.2014.77.2.107>

²Bartholomew, K., & Horowitz, L. M. (1991). Attachment styles among young adults: a test of a four-category model. *Journal of Personality and Social Psychology*, 61(2), 226-244. <https://doi.org/10.1037//0022-3514.61.2.226>