Fig. 1: Farmers’ Suicide Model

Predisposing or Risk or Stress-inducing factors
1. Genetic and biological factors
2. Social and demographic factors – ageing population, gender - male, low education level, low socio-economic status
3. Family characteristics and childhood experiences - Parental psychopathology, discord, abuse and dysfunction
4. Socio-economic factors – Poverty, small size of landholding, indebtedness, family commitments
5. Presence of diagnosable mental disorders
6. Alcohol and substance abuse
7. Previous suicide attempts
8. Presence of multiple stressful life events
9. Long work hours
10. Poor-access to health care services
11. Social isolation and lack of social support
12. Conflicting roles of work and family
13. Regulatory and industry factors beyond the farmer’s control
14. Prolonged periods of climate variability - Drought
15. Psychological factors - Egoistic tendencies, Impulsivity / Aggressiveness, Loss of control, Stoicism

Precipitating factors
1. Sudden crop failure
2. High job demands
3. Breakdown in family relationship
4. Current financial hardship
5. Prolonged illness and pain
6. Failure in business/ politics
7. Hopelessness
8. Fall in social reputation
9. Non-realization of expected market price
10. Unexpected disaster or sudden climatic change

Psychological Stress/ Strain
Vulnerability
Physical and psychological deterioration including stress/ distress conditions

Suicidal Ideation
Thinking about or having an unusual preoccupation with suicide

Other consequences of stress
- Behavioural–diminished ability to think/concentrate; irritability; loss of interest
- Psychological-feelings of worthlessness/guilt; recurrent thoughts of death/suicide
- Physiological-weight loss/gain; sleeping too much or having insomnia

Adapted from:
National Crime Records Bureau (2015); Behere and Behere (2008); Bhise and Behere (2016); Kureshi and Somasundarm (2018); Dandekar and Bhattacharya (2017); Anneshi and Gowda (2015); Macharia (2015); Mohanty and Shroff (2004); Mohanty (2013); Meeta and Rajivlochan (2006); Deshpande (2002); Judd et al. (2006); Tonna et al (2009); Judd et al. (2006); Hossain et al. (2008); Fraser et al. (2005); Mc Shane et al. (2016); Hanigan et al. (2012); Kunde et al. (2017); Manjunatha and Ramappa (2017); Sher (2006); Boergers et al. (1998); Eskin et al. (2007); M. T. Y. Lee et al. (2006); Wild et al. (2004); World Health Organisation (2018); Hawton et al. (1998); Judd et al. (2006); Ramesh and Madhavi (2009)