

Self-Harm Data 2021

CHO Area 6

For the period from 1 January to 31 December 2021, the National Self-Harm Registry recorded 12,661 self-harm presentations to hospital that were made by 9,533 individuals nationally.

Persons and Rates per 100,000

Table 1 presents the number and rate of CHO 6 residents who presented to hospital as a result of self-harm in 2021.

In 2021, 643 residents of CHO 6, 225 men and 418 women, presented to hospital with a total of 865 self-harm presentations. Taking into account the population, the rates of persons presenting to hospital following an act of self-harm were 121 and 224 per 100,000 for men and women respectively. Nationally, the rates of self-harm for men and women were 160 and 232 per 100,000 respectively.

		Persons	Age-standardised rate per 100,000
CHO Area 6	Men	225	121
	Women	418	224
Dublin South East	Men	44	71
	Women	121	188
Dun Laoghaire	Men	71	113
	Women	154	237
Wicklow	Men	110	195
	Women	143	255

Table 1: Number and rate of persons who were CHO 6 residents when they first presented to hospital with self-harm in 2021

Age and Sex

In 2021, there were a total of 865 self-harm presentations by residents of CHO 6. Table 2 presents a breakdown of the total number of presentations by men and women by age group.

	0–19 yrs	20–24 yrs	25–34 yrs	35–44 yrs	45–54 yrs	55+ yrs	Total
Men	53	48	72	50	33	30	286
Women	223	102	79	68	52	55	579

Table 2: Number of presentations by CHO 6 residents by age and sex

There were 286 presentations by men and 579 by women. For men, presentations were highest for those aged 25–34 years (25%); for women, presentations were highest for those aged under twenty years

of age (39%). Approximately one in three (32%; 276) self-harm presentations involved individuals younger than twenty years of age.

Methods

An overview of the reported methods of self-harm is presented in table 3.

Drug overdose	Alcohol*	Poisoning	Attempted hanging	Attempted drowning	Self-cutting
575 (67%)	318 (37%)	20 (2%)	64 (7%)	18 (2%)	279 (32%)

* This includes presentations where alcohol was involved (not just where alcohol was the main method of self-harm).

Table 3: Method of self-harm

Drug overdose was the most common method of self-harm, involved in 67% of presentations. Self-cutting was the only other common method, involved in 32% of presentations. Alcohol was involved in 37% of presentations. There were 64 presentations involving attempted hanging while 18 involved attempted drowning and 20 presentations involved poisoning.

Repetition

The number of CHO 6 residents who made a repeat self-harm presentation in 2021 is provided by men and women in table 4.

	Men	Women	Total
Number of individuals who presented	225	418	643
Number who repeated	39	90	129
% who repeated	17%	22%	20%

Table 4: Number and percentage of CHO 6 residents who had a repeat self-harm presentation in 2021

Of the 643 individuals who presented with self-harm in 2021, 129 (20%) did so more than once. Based on persons, repetition was higher among women (22%) than men (17%).

Table 5 presents the risk of repetition by method of self-harm.

	Drug overdose	Alcohol*	Poisoning	Attempted hanging	Attempted drowning	Self-cutting
Number of individuals who presented	436	231	14	47	15	200
Number who repeated	85	42	**	8	**	52
% who repeated	20%	18%	**	17%	**	26%

* This includes presentations where alcohol was involved (not just where alcohol was the main method of self-harm)

** Data not provided as the number of individuals who presented with this method was too small to allow for meaningful comparison.

Note that the number of persons and number who repeated is greater than that presented in Table 4 as more than one method may have been used.

Table 5: Number and percentage of individuals who made a repeat self-harm presentation in 2021 by method of self-harm.

The rate of repetition varied according to the method involved in the self-harm act (Table 5). Of those engaging in the most commonly reported methods of drug overdose, alcohol and self-cutting, 20%, 18% and 26% repeated self-harm respectively.

Presenting hospital

The hospitals to which CHO 6 residents presented with self-harm is outlined in table 6.

	Number	Percentage
St. Vincent's University Hospital	667	77%
St. Michael's Hospital, Dún Laoghaire	28	3%
Hospitals outside of CHO 6	170	20%
Total	865	100%

Table 6: Number and percentage of self-harm presentations by residents of CHO 6, by hospital

Residents of CHO 6 primarily presented to hospitals within their own region (80%). A smaller percentage (20%) presented to hospitals outside of this region, mostly to CHI at Crumlin and Tallaght, and St. James's Hospital.

Next Care

Table 7 presents the recommended next care for CHO 6 residents following a self-harm presentation.

	Number	Percentage
General admission*	267	31%
Psychiatric admission	18	2%
Left without being seen/ against medical advice	18	2%
Not admitted	541	63%
Total	865	100%
* Presentations admitted to ICU have been included under General admission.		

Table 7: Recommended next care for presentations by residents of CHO 6.

Most commonly, 63% of presentations were discharged following treatment in the Emergency Department. Of all self-harm presentations, 31% resulted in admission to a ward of the treating hospital and 2% were admitted for psychiatric in-patient treatment from the Emergency Department. Finally, 2% of presentations left the Emergency Department before a next care recommendation could be made.

Time of Day and Month of Presentation

The number of presentations by men and women by time of attendance is presented in figure 1.

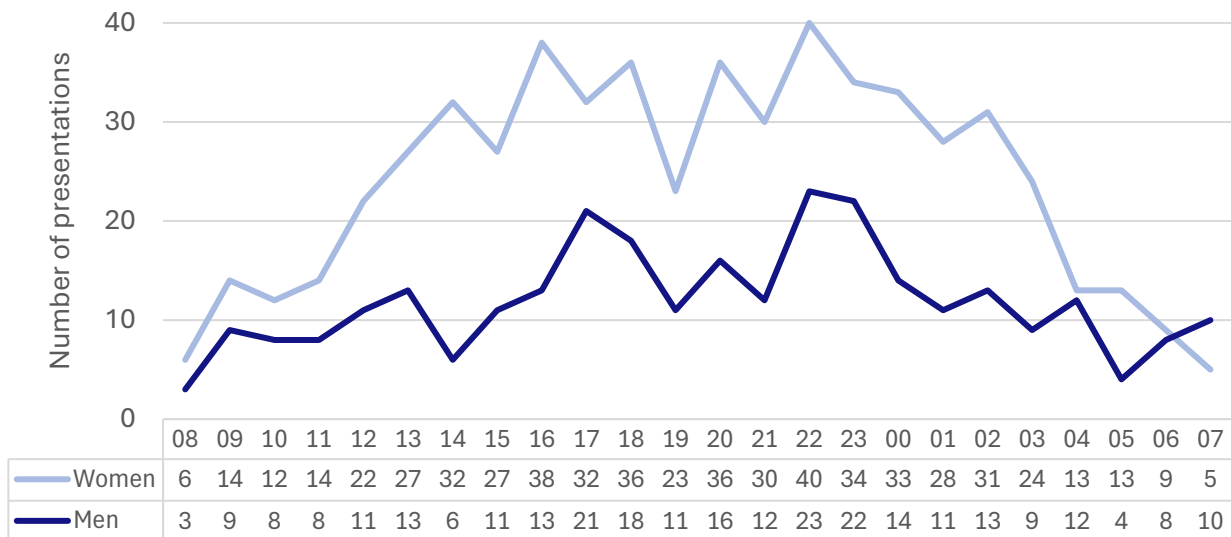


Figure 1: Self-harm presentations for men and women by time of attendance

The number of presentations by both men and women fluctuated throughout the day. However, a pattern in the number of self-harm presentations was observed over the course of the day with an increase in presentations from 7 a.m. onwards for men and 8 a.m. onwards for women. The peak time was 10 p.m. for both men and women.



National Self-Harm Registry Ireland

A breakdown of the number of presentations per calendar month in 2021 is presented in table 8.

Month	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Total
Number	58	68	72	64	85	88	68	71	73	75	64	79	865

Table 8: Self-harm presentations by month of attendance

The monthly average number of self-harm presentations to hospitals in 2021 was 72. In 2021, June saw the highest number of self-harm presentations (n=88) while January saw the fewest presentations (n=58).

To reference information presented in this report, please use the following citation:

Joyce, M, Chakraborty, S, Hursztyn, P, O'Sullivan, G, McGuiggan, JC, Nicholson, S, Arensman, E, Griffin, E, Williamson, E, Corcoran, P (2024). National Self-Harm Registry Ireland Annual Report 2021. Cork: National Suicide Research Foundation.



This data is provided via the National Self-Harm Registry, Ireland. For further information, please contact:
Mary Joyce, Registry Manager, m.joyce@ucc.ie or Shelly Chakraborty, Data Analyst, shelly.chakraborty@ucc.ie