

## Self-Harm Data 2021

### CHO Area 7

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 7 residents who presented to hospital as a result of self-harm in 2021.

In 2021, 1,628 residents of CHO 7, 653 men and 975 women, presented to hospital with a total of 2,032 self-harm presentations. Taking into account the population, the rates of persons presenting to hospital following an act of self-harm were 185 and 288 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 7	Men	653	185
	Women	975	288
Dublin South City	Men	133	173
	Women	164	224
Dublin South West	Men	179	235
	Women	251	329
Kildare/West Wicklow	Men	188	163
	Women	305	261
Dublin West	Men	153	198
	Women	255	344

*Table 1: Number and rate of persons who were CHO 7 residents when they first presented to hospital with self-harm in 2021*

## Age and Sex

In 2021, there were a total of 2,032 self-harm presentations by residents of CHO 7. 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	149	143	170	194	98	62	816
Women	423	159	216	164	148	106	1,216

Table 2: Number of presentations by CHO 7 residents by age and sex

There were 816 presentations by men and 1,216 by women. For men, presentations were highest among those aged 35–44 years (24%); for women, presentations were highest for those aged under 20 years (35%). Approximately three in ten (28%; 572) self-harm presentations involved individuals younger than 20 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
1,302 (64%)	558 (27%)	43 (2%)	182 (9%)	39 (2%)	633 (31%)

\* 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 64% of presentations. Self-cutting was the only other common method, involved in 31% of presentations. Alcohol was involved in 27% of presentations. There were 182 presentations involving attempted hanging while 43 involved poisoning and 39 presentations involved attempted drowning.

## Repetition

The number of CHO 7 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	653	975	1,628
Number who repeated	101	136	237
% who repeated	16%	14%	15%

Table 4: Number and percentage of CHO 7 residents who had a repeat self-harm presentation in 2021

Of the 1,628 individuals who presented with self-harm in 2021, 237 (15%) did so more than once. Based on persons, repetition was higher for men (16%) than in women (14%).

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	1,054	465	33	153	32	484
Number who repeated	131	59	4	22	7	91
% who repeated	12%	13%	12%	14%	22%	19%

\* This includes presentations where alcohol was involved (not just where alcohol was the main method of self-harm). 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 including drug overdose, alcohol and self-cutting, 12%, 13% and 19% repeated self-harm respectively.

## Presenting hospital

The hospitals to which CHO 7 residents presented with self-harm is outlined in table 6.

	Number	Percentage
Tallaght University Hospital	634	31%
St. James's Hospital	515	25%
Naas General Hospital	393	19%
CHI at Tallaght	124	6%
CHI at Crumlin	66	3%
Hospitals outside of CHO 7	300	15%
Total	2,032	100%

*Table 6: Number and percentage of self-harm presentations by residents of CHO 7, by hospital*

Residents of CHO 7 primarily presented to hospitals within their own region (85%). A smaller percentage (15%) presented to hospitals outside of this region, primarily to Connolly Hospital, Blanchardstown.

## Next Care

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

	Number	Percentage
General admission*	660	32%
Psychiatric admission	82	4%
Left without being seen/ against medical advice	14	1%
Not admitted	1,270	63%
Next care not documented	6	<1%
<b>Total</b>	<b>2,032</b>	<b>100%</b>

\* Presentations admitted to ICU have been included under General admission.

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

Most commonly, 63% of presentations were discharged following treatment in the Emergency Department. Of all self-harm presentations, 32% resulted in admission to a ward of the treating hospital and 4% were admitted for psychiatric in-patient treatment from the Emergency Department. Finally, 1% 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.

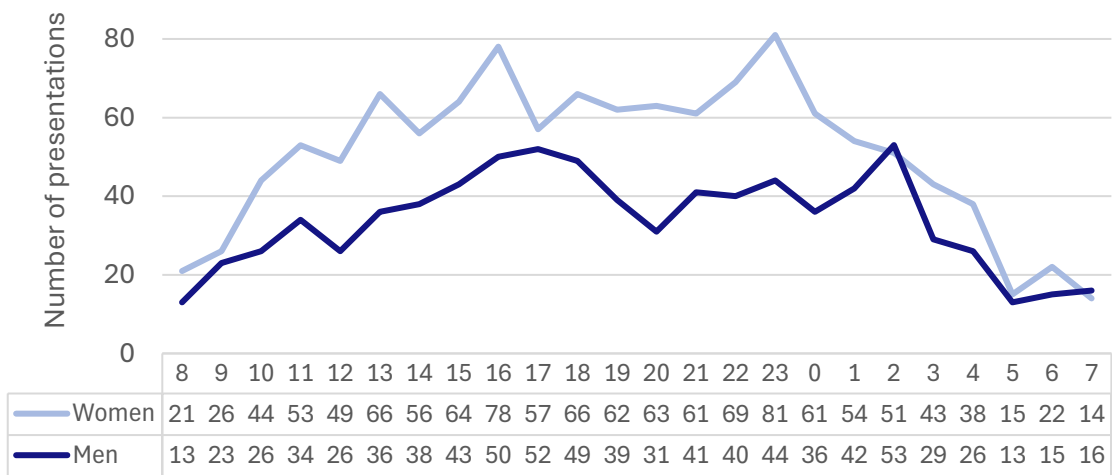


Figure 1: Self-harm presentations for men and women by time of attendance

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 8 a.m. onwards for men and 7 a.m. onwards for women. The peak time for men was 2 a.m. while it was 11 p.m. for 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	143	157	179	194	176	192	166	156	160	186	169	154	2,032

*Table 8: Self-harm presentations by month of attendance*

The monthly average number of self-harm presentations to hospitals in 2021 was 170. In 2021, April saw more self-harm presentations than any other month (n=194) while January saw the fewest presentations for the year (n=143).

*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](mailto:m.joyce@ucc.ie) or Shelly Chakraborty, Data Analyst, [shelly.chakraborty@ucc.ie](mailto:shelly.chakraborty@ucc.ie)