

## National Self-Harm Registry Ireland Report for January-June 2016<sup>1</sup>

---

- In the first six months of 2016, the Registry recorded 5,471 presentations to hospital due to self-harm. This is equivalent to the number recorded for the same period of 2015 (n=5,475).
- More than half of the presentations were made by women (n=3,065, 56%).
- In total, 4,575 individuals were treated following self-harm. Thus, 896 (16%) of the presentations recorded were due to repetition.
- Drug overdose was the most common method of self-harm, involved in 67% of cases. Alcohol was involved in 32% of cases (28% for women and 36% for men). Self-cutting was the only other common method, involved in 27% of cases.
- These figures are in line with the equivalent figures for the same period of 2015.
- There were 365 acts involving attempted hanging, accounting for 7% of all self-harm cases. This number is 4% lower than that recorded in the first six months of 2015 (n=379).

**Table 1: Incidence rate (EASR) per 100,000**

|               | <b>2015</b> | <b>2016</b> | <b>Change</b> |
|---------------|-------------|-------------|---------------|
| <b>Male</b>   | 193         | 190         | -1.6%         |
| <b>Female</b> | 238         | 235         | -1.3%         |
| <b>All</b>    | 215         | 212         | -1.4%         |

- Taking into account the population, the national rate of persons presenting to hospital following self-harm was 212 per 100,000 in first six months of 2016. The female rate was 24% higher than the male rate.
- The national rate for the first six months of 2016 was 1.4% lower than the rate for the same period of 2015 (1.6% lower for males, 1.3% lower for females).

---

<sup>1</sup> Data are provisional

Table 2: Incidence rates (EASR) per 100,000 by HSE Region

|               | HSE Dublin/ Mid-Leinster | HSE Dublin/ North East | HSE South | HSE West | Ireland    |
|---------------|--------------------------|------------------------|-----------|----------|------------|
| <b>Male</b>   | 205                      | 202                    | 222       | 216      | <b>190</b> |
| <b>Female</b> | 259                      | 261                    | 254       | 285      | <b>235</b> |
| <b>All</b>    | 232                      | 230                    | 237       | 249      | <b>212</b> |

- The incidence of self-harm was highest in the HSE region West. The female rate was higher than the male rate in all HSE regions.
- The incidence of self-harm was highest – at 587 per 100,000 – among 15-19 year olds, while the lowest rates was among those aged under 10 years and over 60 years.

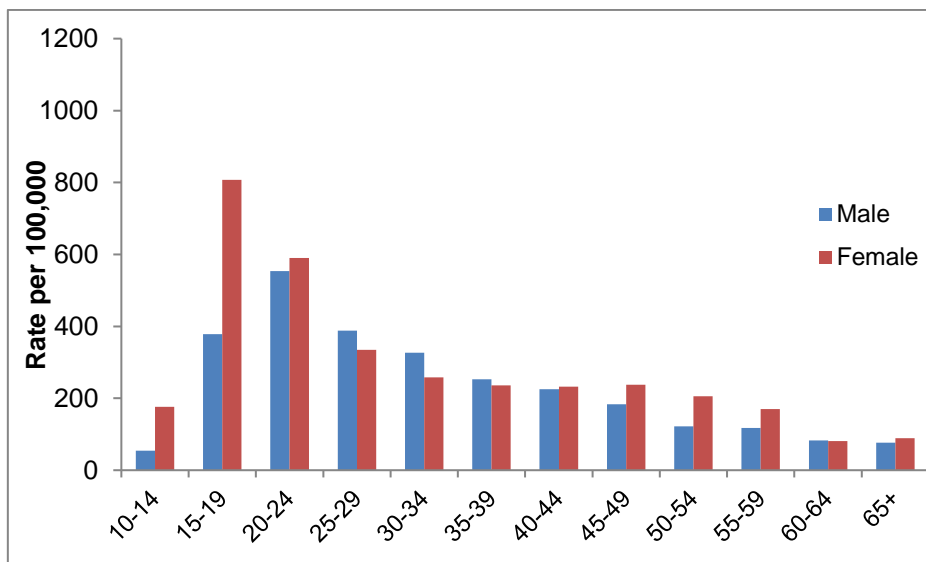


Figure 1: Age/sex-specific rate of self-harm in Ireland

- The highest rate of self-harm, for both genders, were among adolescents and young adults. The peak female rate was 808 per 100,000, among 15-19 year olds. The peak male rate was 553 per 100,000 among 20-24 year olds.
- In many age groups there was little difference in incidence rates by gender. The exceptions were among 10-14 year olds and 15-19 year olds where the female rate was 226% higher and 113% higher than the male rate, respectively.



Figure 2: Age/sex-specific rate (per 100,000) of self-harm by HSE region

- The age pattern in the rate of self-harm was similar across the HSE regions with the exception of HSE West where the peak rate of self-harm was among 20-24 year-olds.

The outcomes of the Registry continue to highlight the importance of improving access to services for people engaging in self-harm, in line with strategic goals 4 and 7 of *Connecting for Life*, Ireland's new National Strategy to Reduce Suicide, 2016-2020. This involves access to real-time surveillance data on self-harm, and improving the provision of psychosocial and psychiatric assessment for self-harm patients in the emergency department, as well as delivering targeted interventions for self-harm.

**For more information, please contact:** National Suicide Research Foundation, 4<sup>th</sup> Floor, Western Gateway Building, University College Cork, Ireland | Tel: +353 21 420 5551 | Web: [www.nsrp.ie](http://www.nsrp.ie) | Email Eve Griffin or Christina Dillon: [evegriffin@ucc.ie](mailto:evegriffin@ucc.ie) / [c.dillon@ucc.ie](mailto:c.dillon@ucc.ie)



The National Self-Harm Registry Ireland is funded by the HSE's National Office for Suicide Prevention