



## Self-harm data, 2020

### CHO Area 6

For the period from 1 January to 31 December 2020, the Registry recorded 12,553 self-harm presentations to hospital that were made by 9,550 individuals nationally. Table 1 presents an overview of the number of persons residing in CHO 6, and LHOs within CHO 6, who presented to hospital as a result of self-harm in 2020. The corresponding age-standardized rate per 100,000 population is also included.

In 2020, 588 residents of CHO 6, 220 male and 368 female, presented to hospital with a total of 744 self-harm presentations. Taking into account the population, the rate of persons presenting to hospital following an act of self-harm was 119 and 194 per 100,000 for males and females respectively. Nationally, the rate of self-harm for males and females was 176 and 224 per 100,000 respectively.

		Persons	Age-standardized rate per 100,000
CHO Area 6	Male	220	119
	Female	368	194
Dublin South East	Male	58	87
	Female	93	147
Dun Laoghaire	Male	63	102
	Female	127	193
Wicklow	Male	99	186
	Female	148	255

*Table 1: Number of persons residing in CHO 6 and LHOs within CHO 6 who presented to hospital with self-harm and person-based age-standardized rates per 100,000*



In 2020, there were a total of 744 self-harm presentations by residents of CHO 6. Table 2 presents a breakdown of the total number of presentations by age and gender.

	0-19yrs	20-24yrs	25-34yrs	35-44yrs	45-54yrs	55+yrs	Total
<b>Male</b>	44	53	89	41	22	27	276
<b>Female</b>	157	61	78	75	53	44	468

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

There were 276 male and 468 female presentations. Presentations were highest for males aged 25-34 years (32%) and females aged under 20 years (34%). Approximately one in four (27%; 200) self-harm presentations involved individuals younger than 20 years of age.

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

Drug overdose	Alcohol*	Poisoning	Attempted Hanging	Attempted drowning	Self-cutting
481 (65%)	287 (39%)	13 (2%)	49 (7%)	14 (2%)	247 (33%)

\*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 65% of presentations. Self-cutting was the only other common method, involved in 33% of presentations. Alcohol was involved in 39% of presentations. There were 49 presentations involving attempted hanging while 13 involved poisoning and 14 presentations involved attempted drowning.

A breakdown of the number of CHO 6 residents who made a repeat self-harm presentation in 2020 is provided by males and females in table 4.

	Male	Female	Total
<b>Number of individuals who presented</b>	220	368	588
<b>Number who repeated</b>	28	59	87
<b>% who repeated</b>	13%	16%	15%

Table 4: Number and percentage of CHO 6 residents who had a repeat self-harm presentation in 2020

Of the 588 residents who presented with self-harm in 2020, 87 (15%) did so more than once. Based on persons, repetition was higher for females than males (16% and 13% respectively).

Table 5 presents a breakdown of the number of persons who had repeat presentations by method of self-harm.

	Drug overdose	Alcohol*	Poisoning	Attempted Hanging	Attempted drowning	Self-cutting
<b>Number of individuals who presented</b>	394	240	13	37	13	193
<b>Number who repeated</b>	56	36	<5	<5	<5	33
<b>% who repeated</b>	14%	15%	<5%	<10%	<20%	17%

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

Note: 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 by each person in an act of self-harm.

*Table 5: Number and percentage of individuals who made a repeat self-harm presentation in 2019 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, 14%, 15% and 17% repeated self-harm respectively.

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

	Number	Percentage
<b>General admission</b>	171	23%
<b>Psychiatric admission</b>	19	2%
<b>Admission ICU</b>	19	2%
<b>Left without being seen/ against medical advice</b>	11	2%
<b>Not admitted</b>	484	65%
<b>Total</b>	744	100%

\*For 5% of presentations the admission pathway was not documented.

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

Most commonly, 65% of presentations were discharged following treatment in the emergency department. Of all self-harm presentations, 23% resulted in admission to a ward of the treating hospital, 2% were admitted for psychiatric inpatient treatment from the emergency department, and 2% of presentations resulted in admission to ICU. Finally, 2% of presentations left the emergency department before a next care recommendation could be made.

The number of presentations by males and females by time of attendance is presented in figure 1.

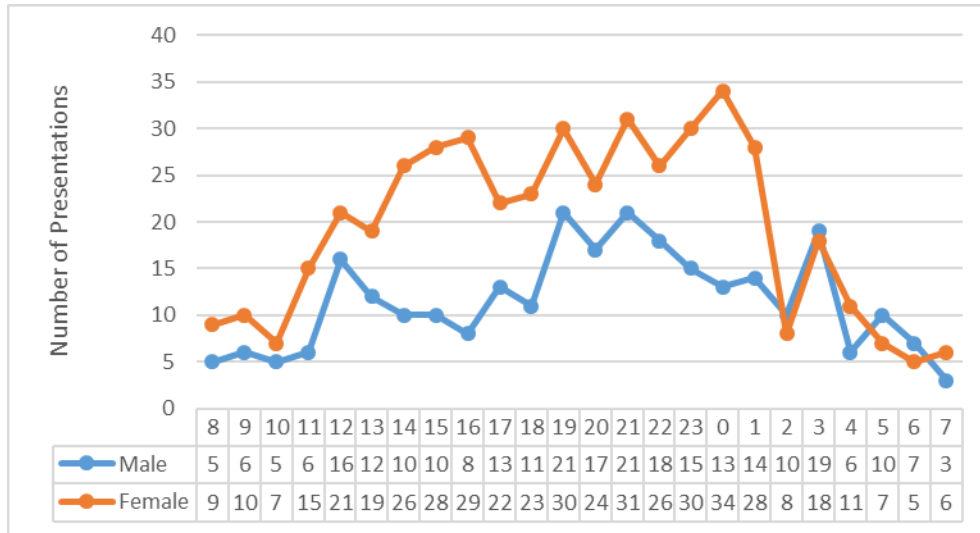


Figure 1: Self-harm presentations for males and females by time of attendance

The number of presentations by both males and females 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 10a.m. onwards for males and females. The peak time for females was midnight while it was 7 p.m. for males.

A breakdown of the number of presentations per calendar month in 2020 is presented in table 7.

Month	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Total
Number	55	59	51	44	48	81	64	70	64	62	78	68	744

Table 7: Self-harm presentations by month of attendance

The monthly average number of self-harm presentations to hospitals in 2020 was 62. In 2020, June saw more self-harm presentations than any other month (n=81) while April saw the fewest presentations for the year (n=44) which is consistent with the first lockdown of COVID 19. .

\*To reference information presented in this report, please use the following citation:  
 Joyce, M, Chakraborty, S, O’Sullivan, G, Hursztyn, P, Daly, C, McTernan, N, Nicholson, S, Arensman, E, Williamson, E, Corcoran, P (2022). National Self-Harm Registry Ireland Annual Report 2020. Cork: National Suicide Research Foundation.