



Self-harm data, 2020

CHO Area 7

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 7, and LHOs within CHO 7, 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, 1,412 residents of CHO 7, 590 male and 822 female, presented to hospital with a total of 1,858 self-harm presentations. Taking into account the population, the rate of persons presenting to hospital following an act of self-harm was 168 and 237 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 7 | Male | 590 | 168 |
| | Female | 822 | 237 |
| Dublin South City | Male | 87 | 112 |
| | Female | 138 | 194 |
| Dublin South West | Male | 174 | 223 |
| | Female | 203 | 260 |
| Kildare/ West Wicklow | Male | 184 | 162 |
| | Female | 257 | 220 |
| Dublin West | Male | 145 | 186 |
| | Female | 224 | 297 |

Table 1: Number of persons residing in CHO 7 and LHOs within CHO 7 who presented to hospital with self-harm and person-based age-standardized rates per 100,000



In 2020, there were a total of 1,858 self-harm presentations by residents of CHO 7. 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 |
|---------------|---------|----------|----------|----------|----------|--------|-------|
| Male | 120 | 138 | 178 | 176 | 105 | 49 | 766 |
| Female | 289 | 161 | 193 | 230 | 120 | 99 | 1092 |

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

There were 766 male and 1092 female presentations. Presentations were highest for males aged 25-34 years (23%) and females aged under 20 years (27%). Approximately one in five (22%; 409) 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 |
|---------------|-----------|-----------|-------------------|--------------------|--------------|
| 1,239 (67%) | 553 (30%) | 35 (2%) | 176 (10%) | 31 (2%) | 523 (28%) |

*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 28% of presentations. Alcohol was involved in 30% of presentations. There were 176 presentations involving attempted hanging while 35 presentations involved poisoning and 31 involved attempted drowning.

A breakdown of the number of CHO 7 residents who made a repeat self-harm presentation in 2020 is provided by males and females in table 4.

| | Male | Female | Total |
|--|------|--------|-------|
| Number of individuals who presented | 590 | 822 | 1412 |
| Number who repeated | 95 | 134 | 229 |
| % who repeated | 16% | 16% | 16% |

Table 4: Number and percentage of CHO 7 residents who had a repeat self-harm presentation in 2020

Of the 1,412 residents who presented with self-harm in 2020, 229 (16%) did so more than once. Based on persons, repetition was similar for males and females (16% for both).

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 |
|--|---------------|----------|-----------|-------------------|--------------------|--------------|
| Number of individuals who presented | 964 | 442 | 23 | 136 | 17 | 387 |
| Number who repeated | 161 | 70 | <10 | 27 | <10 | 76 |
| % who repeated | 17% | 16% | <20% | 20% | <25% | 20% |

*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 2020 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, attempted hanging and self-cutting, 17%, 20% and 20% repeated self-harm respectively.

A breakdown of the number of presentations to various hospitals by residents of CHO 7 is outlined in table 6.

| | Number | Percentage |
|--|--------|------------|
| Tallaght University Hospital | 542 | 29% |
| St. James's Hospital | 399 | 22% |
| Naas General Hospital | 443 | 24% |
| National Children's Hospital at Tallaght Hospital | 62 | 3% |
| Our Lady's Children's Hospital, Crumlin | 74 | 4% |
| Hospitals outside of CHO 7 | 338 | 18% |
| Total | 1,858 | 100% |

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

Residents of CHO 7 primarily presented to the acute hospitals within their own region (82%). A smaller percentage (18%) presented to hospitals outside of this region, primarily to Connolly Hospital Blanchardstown.



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

| | Number | Percentage |
|--|--------|------------|
| General admission | 572 | 31% |
| Psychiatric admission | 88 | 5% |
| Admission ICU | 22 | <5% |
| Left without being seen/ refused to be admitted | 12 | <5% |
| Not admitted | 1,154 | 62% |
| Total | 1,855 | 100% |

*For 1% of presentations the admission pathway was not documented.

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

Most commonly, 62% 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, 5% were admitted for psychiatric inpatient treatment from the emergency department, and <5% of presentations resulted in admission to ICU. Finally, <5% 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.

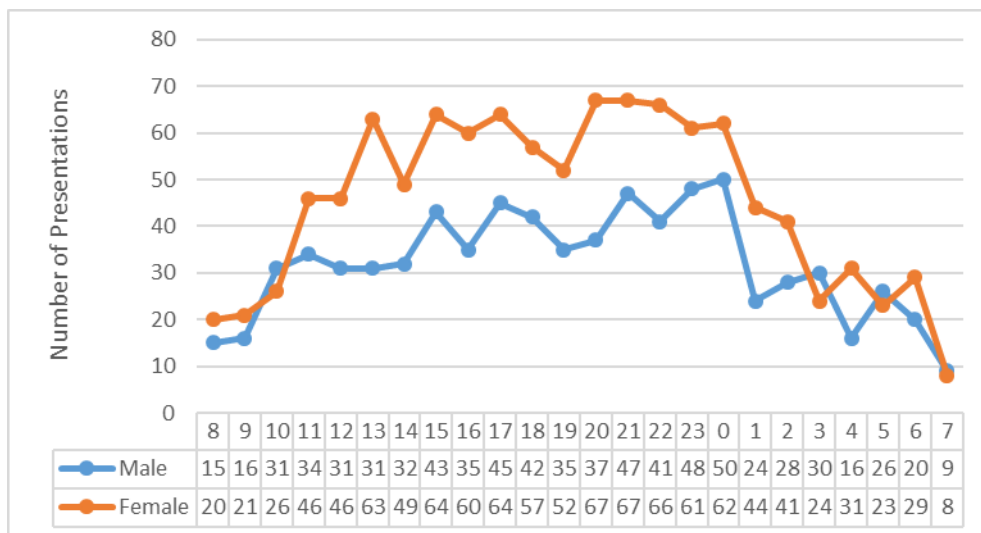


Figure 1: Self-harm presentations for males and females by time of attendance





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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 9 a.m. onwards for males and 9 a.m. onwards for females. The peak time was midnight for both males and 8pm for females.

Table 8 presents a breakdown of the number of presentations per calendar month in 2020.

| Month | Jan | Feb | Mar | Apr | May | Jun | Jul | Aug | Sep | Oct | Nov | Dec | Total |
|--------|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-------|
| Number | 177 | 161 | 142 | 102 | 160 | 155 | 163 | 173 | 162 | 149 | 161 | 153 | 1,858 |

Table 8: Self-harm presentations by month of attendance

The monthly average number of self-harm presentations to hospitals in 2020 was 155. In 2020, January saw more self-harm presentations than any other month (n=177) while April saw the fewest presentations for the year (n=102) which is consistent with the first lockdown of COVID 19.

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

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