



National Registry of Deliberate Self Harm

Report for January-June 2012

- In the first six months of 2012, the Registry recorded 6,079 presentations to hospital due to deliberate self harm. This is 3% lower than the number recorded for the same period of 2011 (n=6,259).
- More than half of the presentations were made by women (n=3,224, 53%).
- In total, 5,081 individuals were treated following deliberate self harm. Thus, 998 (16%) of the presentations recorded were due to repetition.
- Drug overdose was the most common method of self harm, involved in 66% of cases. Alcohol was involved in 39% of cases. Self-cutting was the only other common method, involved in 24% of cases.
- These figures are in line with the equivalent figures for the same period of 2011.
- There were 413 acts involving attempted hanging. While only accounting for 7% of all self harm cases, this number is 8% higher than that recorded in the first six months of 2011 (n=382), an increase that was wholly due to men.

Incidence Rate in Ireland

Table 1: Incidence rate per 100,000

	2011	2012	Change
Male	219	210	-4.4%
Female	244	237	-3.0%
Overall	232	223	-3.6%

- Taking into account the population, the national rate of persons presenting to hospital following deliberate self harm was 223 per 100,000 in first six months of 2012. The female rate was 13% higher than the male rate.
- The national rate for the first six months of 2012 was 4% lower than the equivalent rate for 2011 (4% lower for men, 3% lower for women).

**Table 2: Incidence rates per 100,000 by HSE Region, January-June 2012**

	HSE Dublin/ Mid-Leinster	HSE Dublin/ North East	HSE South	HSE West	Ireland
Male	185	242	251	180	210
Female	236	274	231	222	237
Overall	210	257	241	201	223

- The incidence of deliberate self harm was highest in the HSE regions Dublin/ North East and South. The female rate was higher than the male rate in all but one HSE region (HSE South).
- The male deliberate self harm rate was 16% lower in the HSE West in the first half of 2012 than it was in the same period of 2011. In contrast, the male rate in HSE Dublin/ North East increased by 9%.

Incidence Rate by Age and Gender

Table 3: Incidence rates per 100,000 by HSE Region and Age Group, January-June 2012

	HSE Dublin/ Mid-Leinster	HSE Dublin/ North East	HSE South	HSE West	Ireland
10-14 years	81	133	99	54	91
15-19 years	531	646	623	480	561
20-24 years	442	560	687	571	550
25-29 years	314	399	345	393	353
30-34 years	286	335	314	229	287
35-39 years	259	327	243	255	263
40-44 years	272	369	309	272	298
45-49 years	282	280	257	211	257
50-54 years	279	283	225	184	241
55-59 years	152	179	198	93	155
60-64 years	84	131	96	113	104
65years+	43	59	60	34	49

- The incidence of deliberate self harm was highest, at about 550 per 100,000, among 15-24 year olds while the lowest rate was among those aged over 65 years.
- This pattern was broadly similar across the four HSE regions though the peak rate was among 15-19 year olds in HSE Dublin/ Mid-Leinster and HSE Dublin/ North East whereas in HSE South and HSE West, the peak rate was among 20-24 year olds.

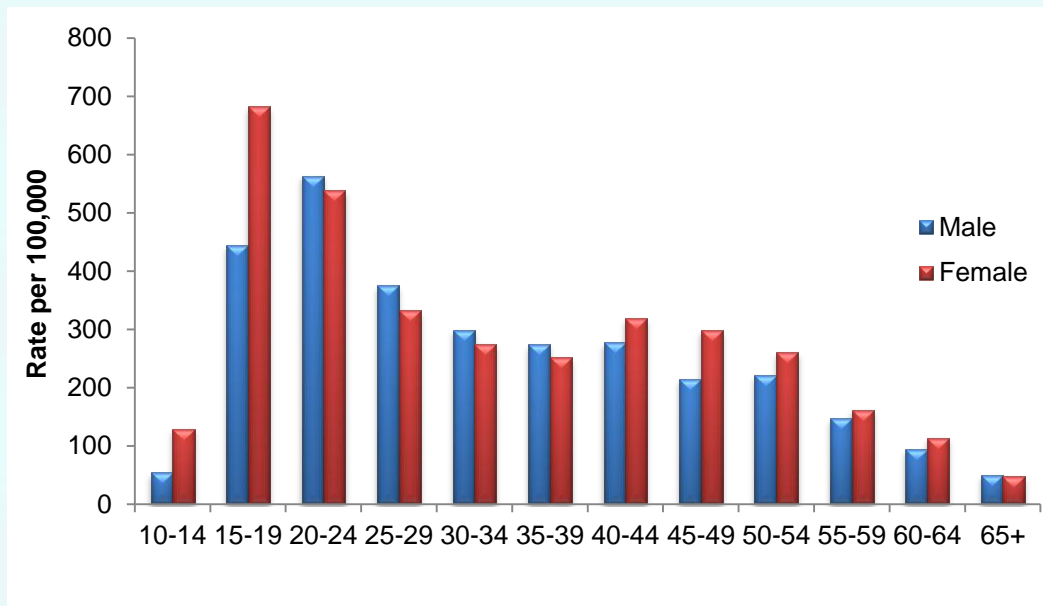


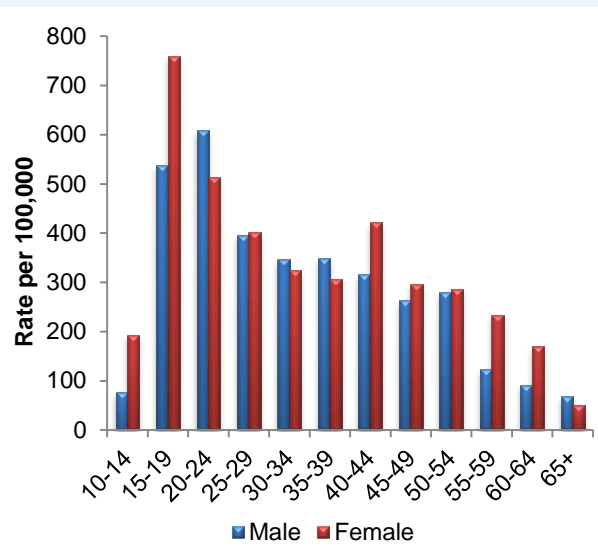
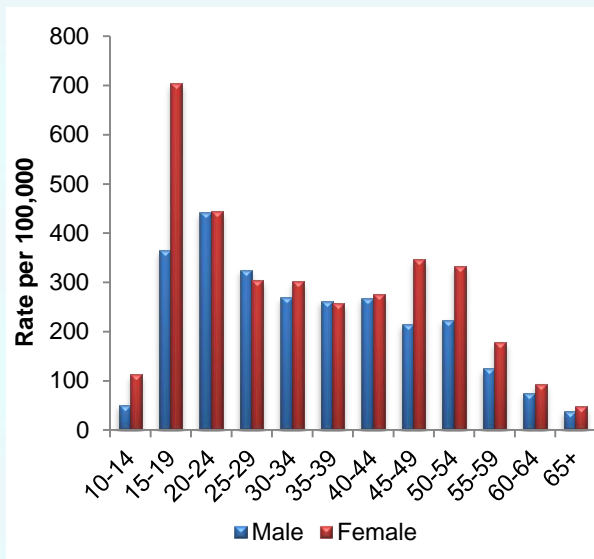
Figure 1: Age/sex-specific rate of deliberate self harm in Ireland

- The highest rate of deliberate self harm, for both genders, was among adolescents and young adults.
- The peak female rate was 683 per 100,000, among 15-19 year olds.
- The peak male rate was 563 per 100,000 among 20-24 year olds.
- In most age groups there was little difference in incidence rates by gender.
- The exception was among 15-19 year olds, where the female rate was 54% higher than the male rate.



(a) HSE Dublin/ Mid-Leinster

(b) HSE Dublin/ North East



(c) HSE South

(d) HSE West

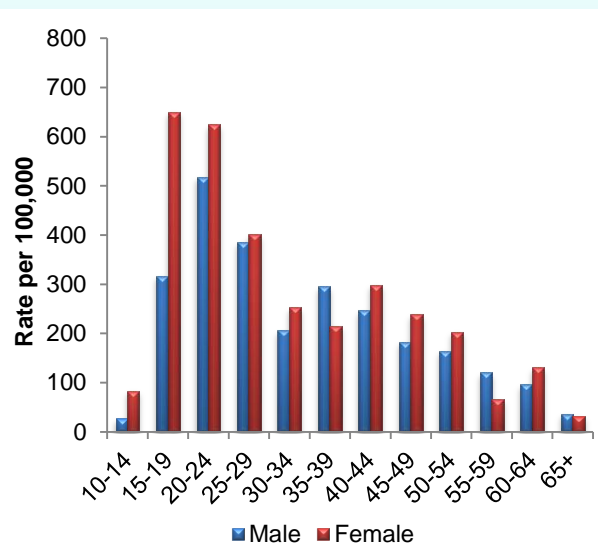
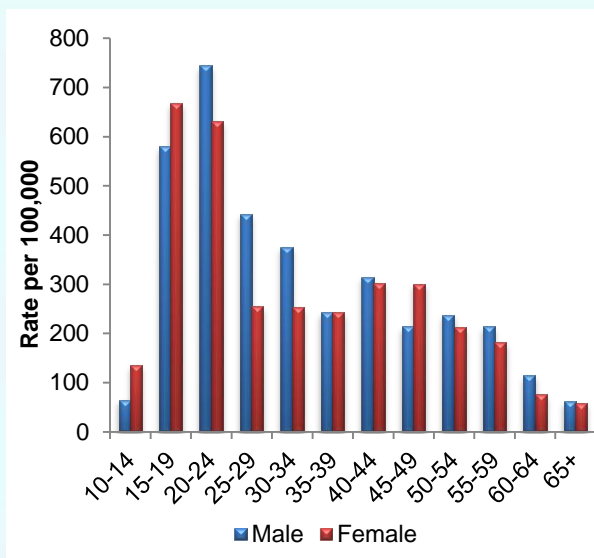


Figure 2: Age/sex-specific rate of deliberate self harm by HSE region

- The age pattern in the rate of self harm was similar across the HSE regions.
- The female rate was far higher than the male rate among 15-19 year-olds except in HSE South.
- Uniquely, the HSE South saw a significantly higher male rate of self harm across the age range 20-34 years.

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