



The
Manchester
Self-Harm
Project

The Manchester Self-Harm Project: facts, figures and hospital management of self-harm.

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The Manchester Self-Harm Project

Summary

- Defining self-harm
- The Manchester Self-Harm (MaSH) Project
- What we know about self-harm
- Hospital management of self-harm

What is self-harm?



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Teenagers tempted into self-harm by
grisly images online

Article

[More pictures](#)



What is self-harm?

Intentional self-poisoning or self-injury,
irrespective of type of motivation.

(Hawton et al., 2003)



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Image courtesy of jk1991 at FreeDigitalPhotos.net

What is self-harm?



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“Pain works. Pain heals. If I had never cut myself I probably wouldn’t still be around today... Don’t get me wrong, not in a heartbeat do I think that self-harm is a good or positive thing, or anything besides a heart-breaking desperate act that saddens me every time I hear about it. But there is a reason why people do it.”

[service user]

(Smith, Cox and Saradjian, 1998)



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The Manchester Self-Harm Project



Prof. Nav Kapur
Principal Investigator



Caroline Clements
Project Manager



Harriet Bickley
Researcher



Jackie Ward
Administrator



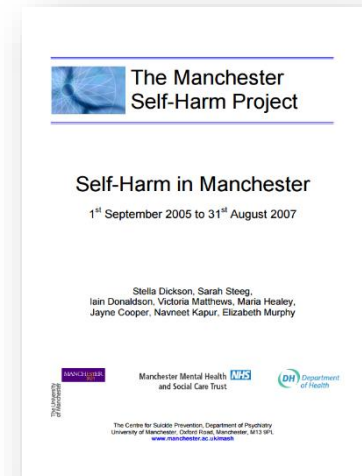
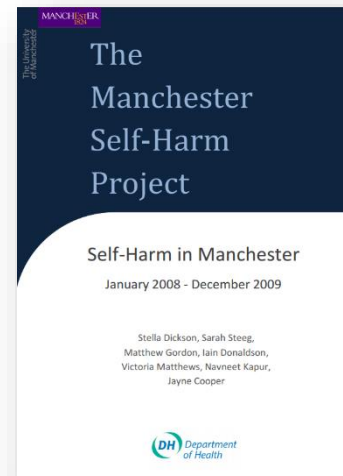
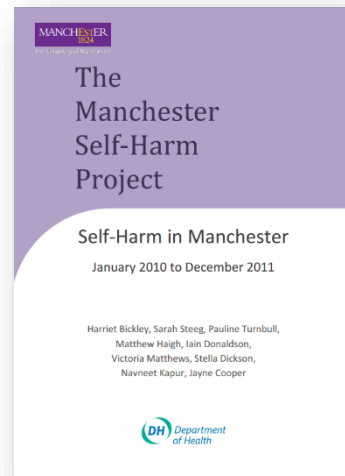
Iain Donaldson
Research Secretary



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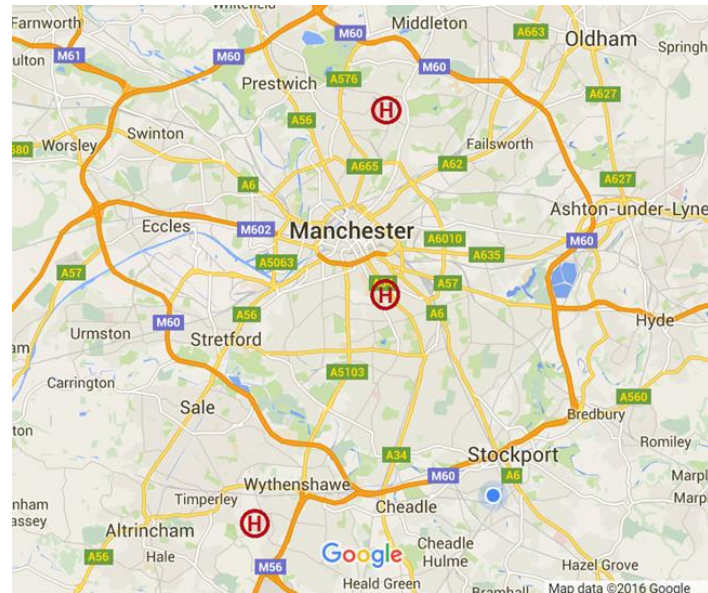
The Manchester Self-Harm Project

- Running continuously since 1997



The Manchester Self-Harm Project


- Running continuously since 1997
- Collect data on people who attend Emergency Departments in the City of Manchester after self-harm



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The Manchester Self-Harm Project

- Running continuously since 1997
- Collect data on people who attend Emergency Departments in the City of Manchester after self-harm
- Part of the Multicentre Study of Self-Harm in England



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<http://cebmh.warne.ox.ac.uk/csr/mcm/>

Multicentre Study of Self-Harm in England

Multicentre Study of Self-harm in England



Oxford



Manchester



Derby



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The Manchester Self-Harm Project

- Data collectors review ALL ED presentations to identify self-harm.
- Collect data from medical records, ED assessments and specialist psychiatric assessments.
- Demographics, psychiatric history, details of self-harm, clinical impression, and referrals.



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Why study hospital presentations for self-harm?

When people present to hospital following self-harm, it is a point of contact for services, and an **opportunity for intervention** to help address any underlying issues and reduce the risk of future self-harm

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Monitoring Self-Harm



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Table 1 Rates of self-harm per 100 000 per year (2010–2012), calculated using national HES admission and emergency department data, and data from the Multicentre Study of Self-harm in England

Rates (2010–2012)	Multicentre study	HES emergency department	Rate ratio* (95% CI)	HES admissions	Rate ratio* (95% CI)
Total	500.86	206.97	0.41 (0.35 to 0.49)	209.01	0.42 (0.36 to 0.49)
Men	424.47	185.58	0.44 (0.37 to 0.52)	172.83	0.41 (0.34 to 0.49)
Women	576.52	227.67	0.39 (0.34 to 0.46)	244.03	0.42 (0.36 to 0.49)
<24 years	433.31	246.90	0.57 (0.49 to 0.67)	227.99	0.53 (0.45 to 0.62)
25–34 years	662.70	332.12	0.50 (0.44 to 0.57)	314.12	0.47 (0.41 to 0.54)
35–54 years	628.46	254.73	0.41 (0.35 to 0.47)	279.59	0.44 (0.39 to 0.51)
55+ years	170.43	55.81	0.33 (0.24 to 0.44)	67.90	0.40 (0.30 to 0.53)

Note: All rates based on episodes not individuals.

*Rate ratios calculated using Multicentre Study data as the reference group.

HES, Hospital Episode Statistics.

**60%
underestimate**

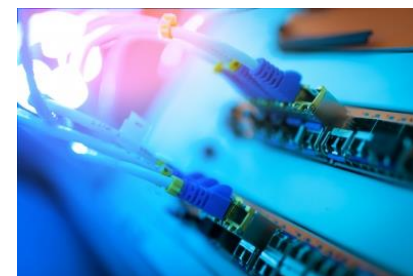
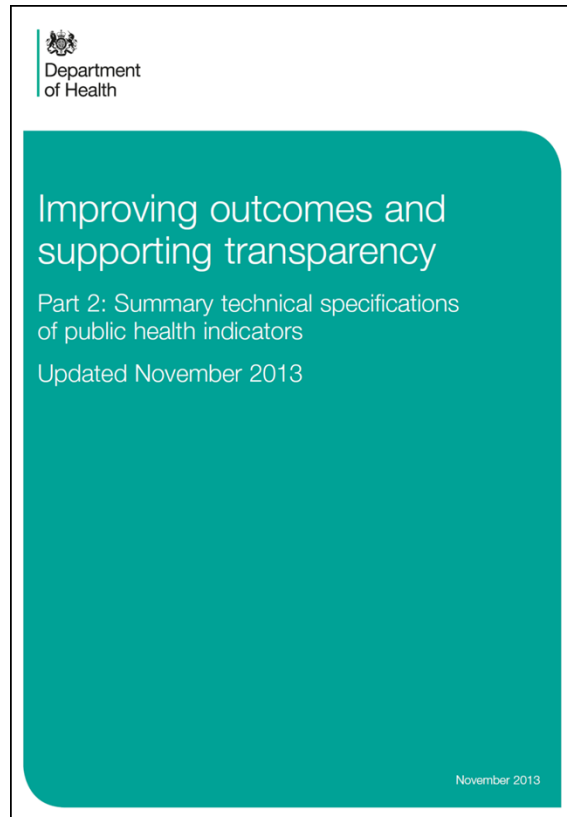


Image courtesy of cookie__cutter

Monitoring Self-Harm



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The indicator will have two elements:

2.10i Attendances at A&E for self-harm per 100,000 population

2.10ii Percentage of attendances at A&E for self-harm that received a psychosocial assessment



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Self-harm in England



220,000
episodes

150,000
people

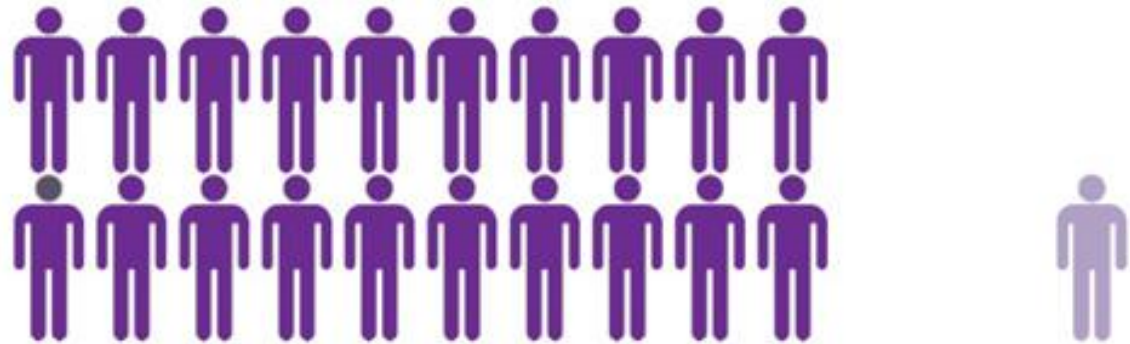


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Every year, hospitals in England deal with around **220,000** self-harm episodes by **150,000** people

(Hawton et al., 2007)

Self-harm in England



People who attend hospital with self-harm in Manchester are up to **20 times** more likely to die by **suicide** than the general population
(Cooper et al., 2005)

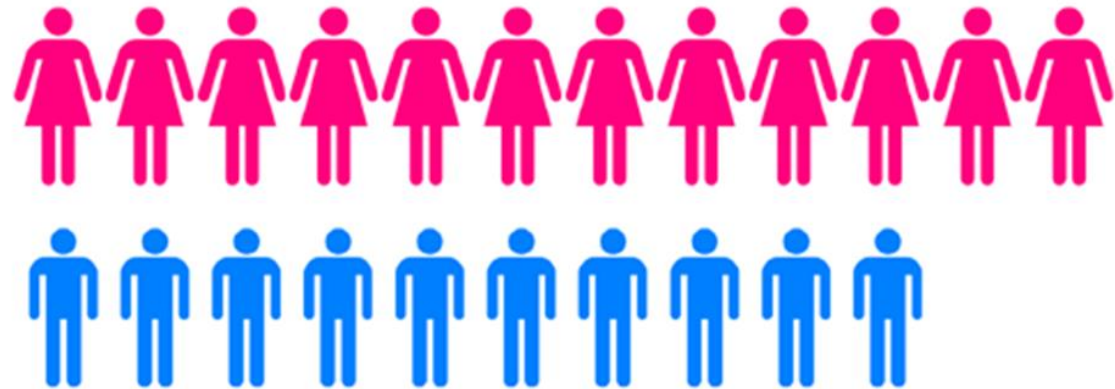
National estimates are higher – **49 times** the risk of the general population

(Hawton et al., 2015)



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Self-harm in England



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Hospital presentations following self-harm are **more common in women** than men.

The highest rate of self-harm is in young **women** aged 15-19.

(Bickley et al., 2013)

Self-harm in England

Alcohol is involved in 58% of all first assessed episodes of self-harm

Over one third of people who self-harm misuse alcohol



(Ness et al., 2015)



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Self-harm in England

Methods

Male

**1/3
switched
methods**

Younger



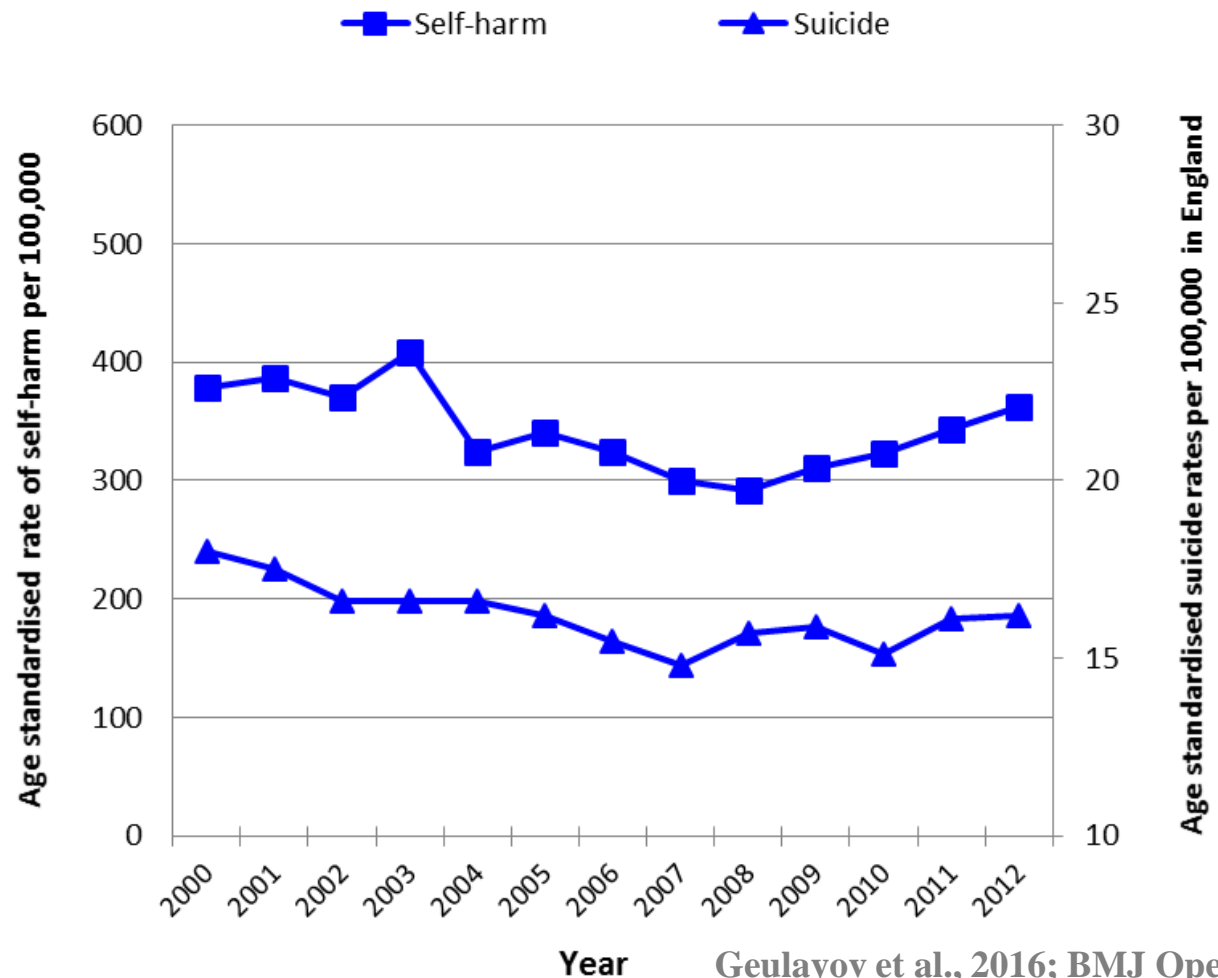
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Self-harm in England

Self-harm and suicide

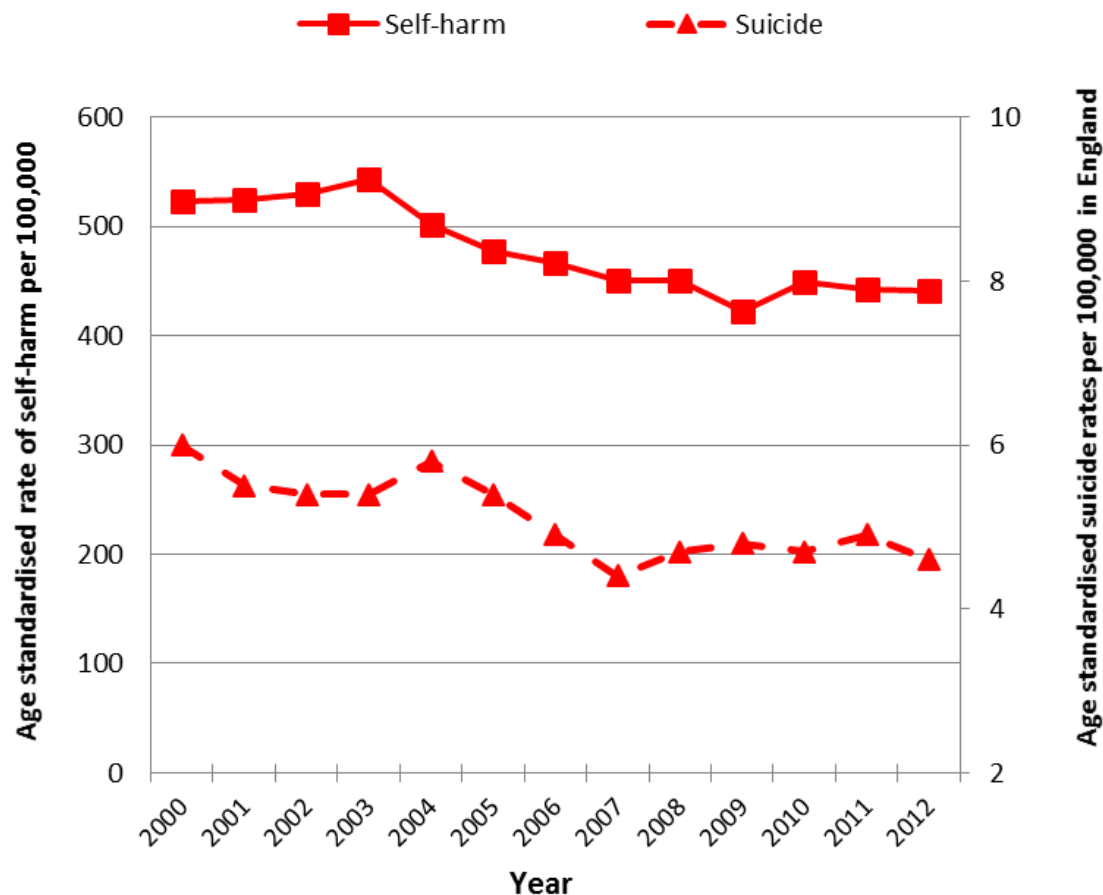


Self-harm in England

Self-harm and suicide



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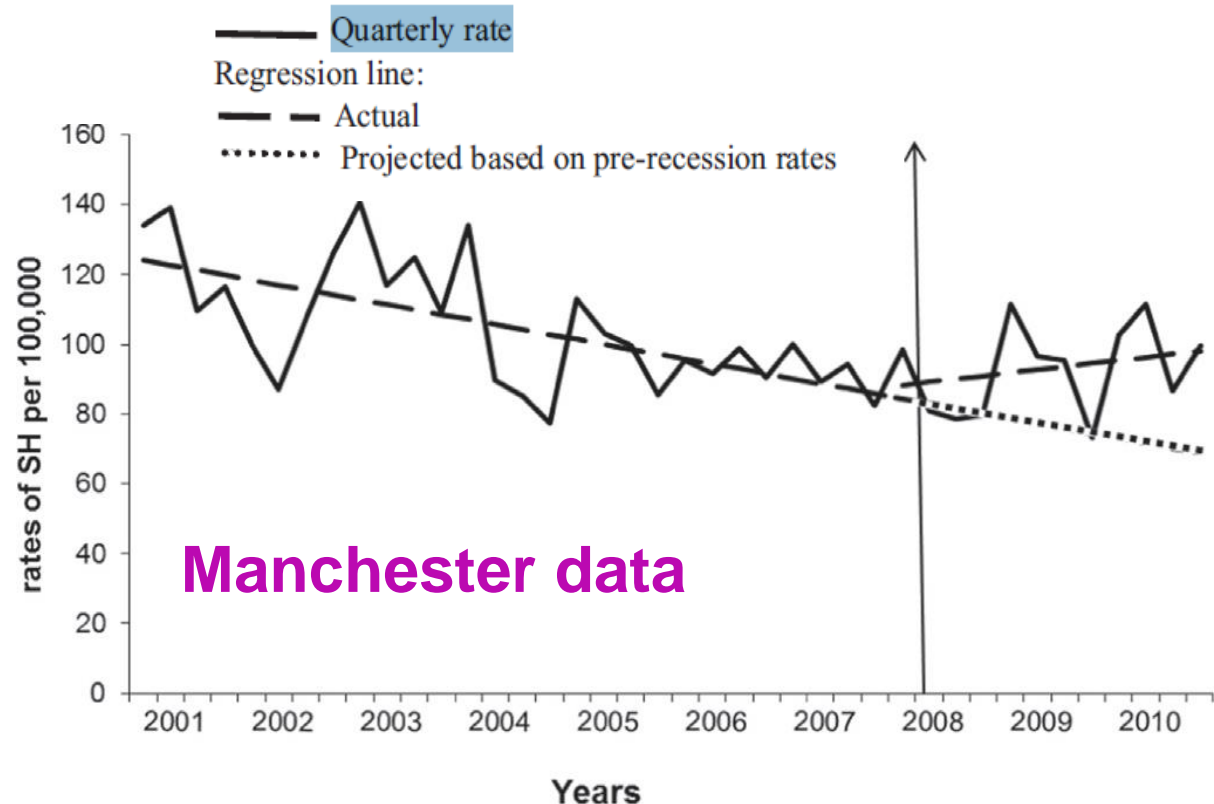


Self-harm in England

Self-harm and unemployment



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Hospital management of self-harm



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Preventing suicide in England

A cross-government outcomes strategy to save lives


HM Government

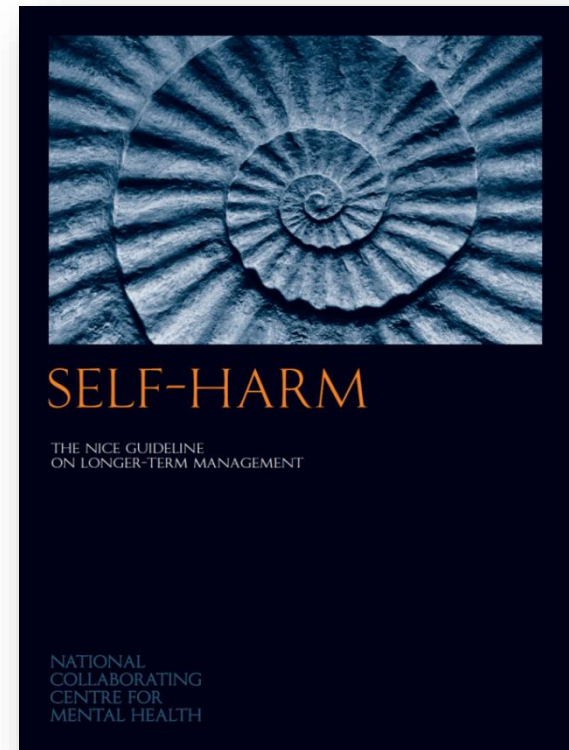
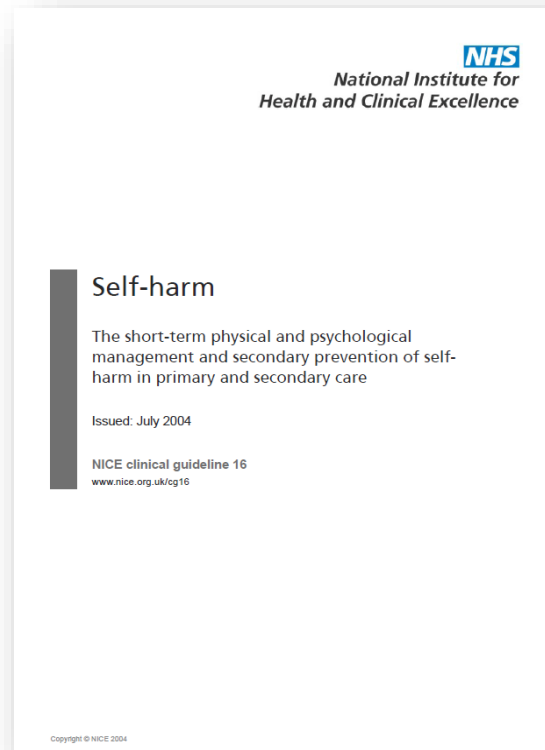
Preventing suicide in England:

Third progress report of the
cross-government
outcomes strategy to save
lives

Hospital management of self-harm



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Hospital management of self-harm



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NICE National Institute for
Health and Care Excellence

Quality standard for self-harm

Issued: June 2013

NICE quality standard 34
[guidance.nice.org.uk/qs34](https://www.nice.org.uk/qs34)

Hospital management of self-harm



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SAD PERS
(10 items)

S Sex
A Age
D Depression
P Previous Attempts
E Ethanol Abuse

al Thinking Loss
Support Lacking
sed Plan
ouse
ss

Poor predictors
of future
suicidal
behaviour
(Quinlivan et al, 2016)

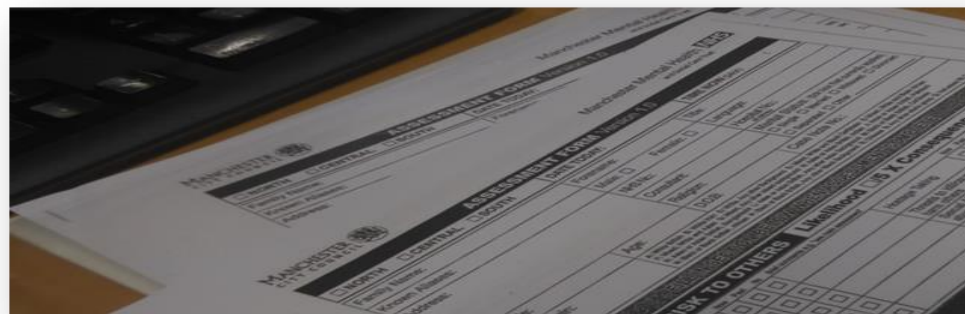
Still widely used
in emergency
departments
(Quinlivan et al., 2014)

Hospital management of self-harm

Psychosocial assessment following
hospital presentation for self-harm
could reduce the risk of repetition by
40%

(Kapur et al., 2013)

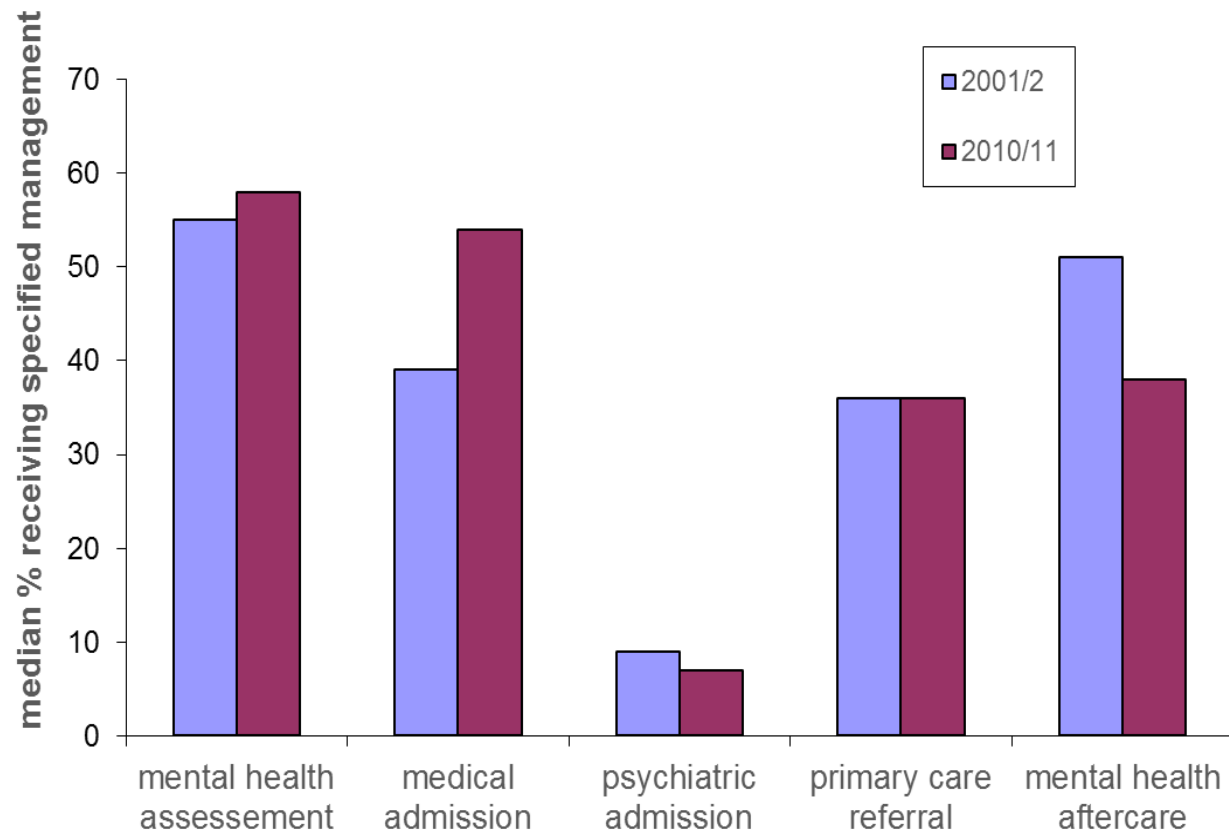
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Hospital management of self-harm



Change in self-harm service provision in 31 hospitals in England
(2001/2 vs 2010/11) - Cooper et al (2013)

Get in touch at...

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Facebook: [@centre-for-mental-health-and-risk](https://www.facebook.com/centre-for-mental-health-and-risk)

Website: manchester.ac.uk/mash



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