

Forms of Deliberate Self-Harm and Their Prevalence in Adolescence

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ABSTRACT

The self-harming behaviour in adolescence as a form of high risk behaviour has recently undergone several changes, which involve three main areas – the prevalence, comorbidity and forms of self-harm. The problem of most studies which have tried to present relevant data with regard to self-harming behaviour is the question of which forms should be included in the study or which forms belong under the notion of self-harm. The ambiguous definition makes it problematic to observe the development of this phenomenon or to compare the data from multiple studies or countries. This study attempts to bring preliminary data related to the prevalence and forms of self-harming behaviour from three perspectives: 1/ self-harm as an intentional self-inflicted damage to the surface of the body, with the expectation that the injury will only lead to minor or moderate physical harm (called "Direct Physical Self-Harm"); 2/ self-harm as an intentional self-inflicted damage to the body, including indirect forms – e.g. through substance abuse (alcohol, medication etc.) or an intervention into the way the organism functions (called "Indirect Physical Self-Harm"); 3/ self-harm as any intentional self-inflicted damage to the body or mind of a person, including forms that cause psychological harm (called "Mental Self-Harm"). The study presents the prevalence of self-harming behaviour in the context of three perspectives and discusses the benefits of these views, their risks as well as the stimuli for further research in the area of self-harming behaviour in the adolescent population.

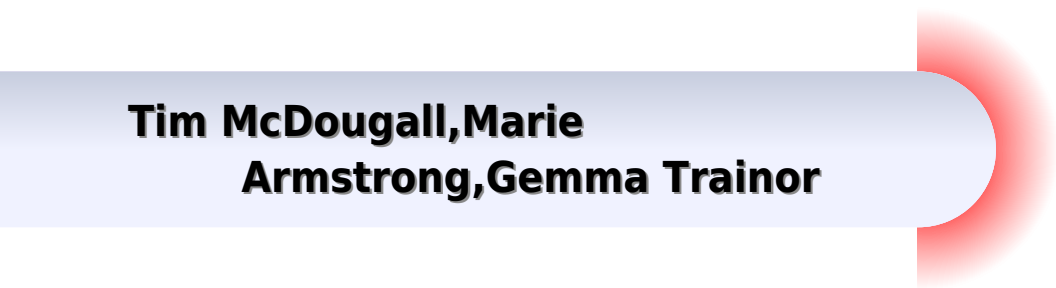
Keywords: Self-harm, prevalence, forms (direct, indirect, mental), adolescence, DSM

1. Introduction

Self-harming behaviour as a form of high risk behaviour has recently undergone several changes, which has motivated the scientific community to review its knowledge and approach to this issue. These changes involve three main areas – the prevalence, comorbidity and forms of

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Deliberate Self-Harm in Adolescence Claudie Fox,Keith Hawton,Claudine Fox,2004-06-15 The authors discuss risk factors for self harm including depression substance abuse and antisocial behaviour and critically examine key screening instruments that can be used to assess risk They describe how suicidal behaviour can be managed and prevented and look at the effectiveness of aftercare treatment for those who self harm Deliberate Self-harm in Adolescence Claudine Fox,Keith Hawton,2004 Denne bog fungerer som guide for s vel professionelle som for for ldre til b rn og unge i risikogrupper i forhold til selvbeskadigelse og selvmord Behavioral and Emotional Disorders in Adolescents David A. Wolfe,Eric J. Mash,2013-12-09 Systematic authoritative and timely this is an outstanding reference and text for anyone working with or studying adolescents More than 50 leading experts comprehensively review current knowledge on adolescent externalizing disorders internalizing disorders developmental disorders personality and health related disorders gender identity and sexual disorders and maltreatment and trauma Chapters identify the core features of each disorder explore its etiology course and outcome address diagnostic issues specific to adolescents and describe effective assessment and treatment approaches The book also provides an integrative conceptual framework for understanding both healthy and maladaptive adolescent development Self-Injury in Youth Mary K. Nixon,Nancy L. Heath,2008-07-11 This edited volume features evidence based reviews and practical approaches for the professional in the hospital clinic community and school with case examples throughout Divided into five major sections the book offers background historical and cultural information discussion of self injury etiology assessment and intervention prevention issues and relevant resources for those working with youths who self injure Working With Self Harm and Suicidal Behaviour Louise Doyle,Brian Keogh,Jean Morrissey,2015-03-04 Suicide and self harm are world wide public health issues that can have devastating effects on families friends and communities They are both a priority for anyone working in mental health social work emergency departments and related fields however suicidal and self harming behaviour can take place anywhere anytime it may be a pupil in a school an inmate in a prison or a colleague or family member For this reason this book has been written in a clear accessible and practical style for anyone who wants to learn more about working with and preventing suicidal and self harming behaviour It identifies common risk and protective factors as well as specific warning signs of imminent suicidal behaviour It provides essential communication skills for undertaking a risk assessment illustrating how each skill can be used in real life practice It looks specifically at the issue of self harm and suicide in prisons schools and emergency departments It lays out clear strategies for identifying and addressing issues of self care when working with people who are suicidal or who self harm It identifies how we can assist those who are bereaved following the death of a loved one by suicide Packed with learning outcomes case scenarios and reflective questions this book acts as a toolkit for anyone working in this difficult field **Helping Children and Young People who Self-harm** Tim McDougall,Marie Armstrong,Gemma Trainor,2010-07-12 Helping Children and Young People

who Self harm will provide clear and practical guidance for nurses and other health professionals confronted by this complex and difficult area

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