The findings show how feelings of hopelessness may compound the effect of other life events and problems. Encouragingly, feelings of hopelessness have the potential to be addressed therapeutically to lessen their impact.


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The importance of assessing hopelessness following self-harm

Feelings of hopelessness have been linked to initiation of self-harm, repetition of self-harm and future suicide.

In this study, clinicians assessing an individual after self-harm recorded whether they thought hopelessness was present or absent. We used this to explore the effect hopelessness might have on other known risk factors for further self-harm and future suicide.

Some characteristics increased peoples’ future risk, even without hopelessness.

- Living alone
- Homelessness
- Unemployment
- Housing problems
- Mental health problems

And, for people who also had feelings of hopelessness, the risk increased even more.

There were other factors that, without hopelessness, did not increase risk.

- Bereavement
- Legal problems
- Physical health problems

But where hopelessness was also experienced, risk of further self-harm increased.

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Does routinely collected hospital data accurately capture rates of self-harm presenting to general hospitals?

In a study recently published in BMJ Open we compared rates of self-harm based on routinely collected Hospital Episode Statistics (HES) admission and emergency department data—which are often used in health statistics, to inform service provision, and quoted in the media—to detailed self-harm data collected by the Multicentre Study of Self-Harm in England. Nationally, HES underestimated overall rates of hospital presentations for self-harm by around 60% in comparison to rates based on data from the Multicentre Study. When we looked at these data in more detail, using only HES data from people living within the areas covered by the Multicentre Study (i.e. Manchester, Oxford, and Derby) the underestimate was confirmed, although the size of the difference in rates varied between locations. We also found that HES data did not capture important trends in self-harm rates over time.

The full research paper is open access and freely available:

Papers published in 2015


Our publications can be found at www.manchester.ac.uk/mash

We are very pleased to introduce our new Project Manager, Caroline Clements, who has been in post since the 1st of January.

Caroline has worked on various suicide and self-harm research projects at the Centre for Suicide Prevention over the last 10 years.

She is also in the final stages of writing up her PhD, which used mixed methods to investigate suicidal behaviour in bipolar disorder.

Multicentre Study of Self-harm in England

One-Day Conference
9.00-16.30, 22nd March 2016
University of Nottingham, University Park Campus, NG7 2RG

What is the Multicentre study of self-Harm?
The multicentre study of self-harm is a partnership of 3 centres which conduct studies on the epidemiology, causes, clinical management and outcome of self-harm. It has produces clinically essential knowledge and contributes to National strategies and practice guidelines e.g. Suicide Prevention Strategy for England, (2012), NICE guidelines (2011).

Conference aims
The conference will share and discuss the study’s findings and their clinical implications. Topics will include:

- Myths and misconceptions
- Rates and trends in England
- Impact of the 2008 economic recession
- Precipitating life problems
- Alcohol misuse
- Older adults
- Children & adolescents
- Clinical management
- Suicide and premature death
- Implications for services and policy

Speakers include:
Professor Keith Hawton
Professor Nav Kapur
Mr Keith Waters
Dr Ellen Townsend

Target audience
It is suitable for anyone who may experience self-harm within their professional role, e.g. clinicians, researchers, service providers, policy makers, charities, school teachers, support workers, police.

To register for a place visit: http://surveys.derbysho.nhs.uk/s/MCMconference2016/

For further details, please contact us at MCM.conference@derbysho.nhs.uk or on 01332 623700 ext. 33681

Attendance Costs
Full Delegate: £75
Student: £50