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Suicidal and Non-Suicidal Self-Injury

Taylor Ash
University of Northern Iowa

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Comparing Variances between Suicidal and Non-Suicidal Self- Injury in Adolescents

Taylor Ash

Master's of Social Work Research Project 2015

Introduction

“...any intentional self-directed behavior that causes immediate destruction of body tissues...

...without the intent of taking one's

LIFE”

Introduction

“... a broad range of behaviors that result in damage of body tissue inside or outside of the body”

self-cutting

trichotillomania

punching

overdose

Head banging

BURNING

DERMATILLOMANIA

starvation

Introduction

Adolescents/Young Adults: 15-24 years of age
suicide is the third leading cause of death in this age group



13%-25% some form of self-injury

30%-75% chronic

Previous Research

Only as a precursor to suicide

Little to no mention of different types of self-harm; variances in severity

Intentions and Methodology



Newer Research

Coping mechanism

Adolescents lacking the identification of their behaviors as problematic

Negative experiences



Newer Research

Intent (Self-Harm Questionnaire)

Indicators to the prediction of
suicide

Prevention vs. intervention practices



Larger View

Other countries viewpoints

Stigmas in research

Minority prevalence



Strengths & Limitations

Consciousness

Newer Concept

Awareness

Vulnerable Populations

Benefits to the Field

Measurability

Implications

Effective measuring tools (SHQ)

Stigmas and awareness levels

Involvement from professionals
specializing in adolescents



Conclusion and Questions

“Other times, I look at my scars and see something else: a girl who was trying to cope with something horrible that she should never have had to live through at all. My scars show pain and suffering, but they also show my will to **survive**. They're part of my history that'll always be there.”



- Cheryl Rainfield