Suicidal and Non-Suicidal Self-Injury

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

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Master’s of Social Work Research Project 2015
“...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  overdose  BURNING
trichotillomania  Head banging  DERMATILLOMANIA
punching  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
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
“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