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Non Lethal Self-injurious Behaviour in Trieste Between 2000-2007.

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Introduction:

The suicidal behaviours constitute a significant problem in terms of public health, thus a major goal of the WHO is to reduce these behaviours.

In the '80s suicide rates and suicide attempts in the Trieste were the highest in Italy, comparable with those of Central Europe. Since the '90s a project was launched to prevent suicidal behaviour and suicide rates and non-lethal self-harm gestures have plummeted.

Objectives:

We study the sociodemographic variables of this phenomenon.

Aims:

The aim of our study is to monitor the performance of non-lethal self-harm over time and identify evidences to implement prevention strategies

Methods:

We conducted retrospective study in the period 01.01.2000- 31.12.2007.

We analyzed the records of hospital emergency rooms in Trieste, screened according to the keywords that indicate the diagnosis of access "self-harm" and "voluntary intoxication".

Socio-demographic variables were stratified by age and gender.

Outcome variables were evaluated. Data were compared with those of a study conducted from 1993 to 1990.

Results:

The study showed a mean of 85/100,000 inhabitants. The methods most frequently used were drug intoxication and cutting. There was a reduction in hospitalisations rates and an increased number of appointments in the Mental Health Department by the subjects with a suicide attempt history.

Conclusions:

The rates of non-lethal self-harm in the period considered decreased compared to the '80s, while the average age of those who commit the act increased. These data can be used to enhance the primary and secondary prevention strategies.