

YSFC01-05 - RISK FACTORS OF DELIBERATE SELF-HARM BEHAVIOR AMONG PSYCHIATRIC HOSPITALIZED ADOLESCENTS

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Objectives: To investigate the risk factors of self-harm behavior in Polish adolescents.

Methods: Patients hospitalized in Adolescent Psychiatric Clinic during a 4-year period were surveyed by attending psychiatrists. The survey contained categories such as: demographic data, familial, social and school problems, history of violent experience, and mental disorders. Stepwise logistic regression was used to evaluate predictors of self-harm behavior.

Results: Out of 611 (362 females and 249 males, mean age 16.1±1.5 years) adolescents who participated in the study, 261 (42.7%) patients admitted to deliberate self-harm behavior by having attempted suicide. Patients with a diagnosis of behavioral or emotional disorders were more prone to self-harm behavior ($p < 0.001$). Risk factors retained in the final regression model were: female gender, diagnosis of behavioral disorders, skipping classes, romantic disappointment, sexual abuse and family conflicts (table).

Conclusions: Acts of deliberate self-harm in adolescence are due to an accumulation of several factors. School-based programs focused on dealing with psychosocial stressors may be considered a feasible means of self-harm prevention.

Keywords: Self-harm behavior, adolescents, risk factors

Variable	Odds Ratio	95% CI
Romantic disappointment	1.82	1.22 to 2.73
Skipping classes	1.89	1.28 to 2.80
Diagnosis of behavioral disorders	2.09	1.34 to 3.24
Sexual abuse	1.78	0.94 to 3.38
Female gender	2.87	1.96 to 4.21
Family conflicts	1.53	1.03 to 2.27

[Variables retained after multivariate analysis.]