

SAYLE (Saving Young Lives Everywhere)

Introduction

The research project SAYLE was initiated in 2006 and data collection continues in order to maintain updated information on the changes in the youth culture. Furthermore, SAYLE is a screening tool that helps identify those adolescents who are in need of research-based prevention at school.

Objective

The present study aims to identify and illuminate adolescents' vulnerability, thoughts of self-harm, self-harming actions, suicide attempts and factors related hereto. The objective also covers an examination into which values the adolescents prioritize the highest and whether they can see a connection between those values and the life they lead.

Method:

Electronic questionnaire. In total, 3,819 pupils (age 15-20) from 18 schools have answered the questionnaire.

Results

12.8 % of the adolescents have seriously considered self-harm within the last year. Adolescent women, in particular, experience serious considerations of self-harm, and gender itself is highly significant ($p < 0.00005$). For both genders, being able to count on and matter to one's family are the most important protective factors against serious considerations of self-harm within the last year. It is almost of equal importance to be able to count on and matter to friends and to be comfortable in school. Being able to count on teachers is also a major protective factor against self-harm.

3.8% of the adolescents have committed self-harm and some suffer from both attempted suicide and habitually self-harm. Adolescents who commit self-harm prioritize "social values" lower than adolescents who do not commit self-harm. "Health" is also of low prioritization for self-harming adolescents. In contrast, solidarity, independence, knowledge, freedom and honesty are prioritized higher by self-harming adolescents than by adolescents who do not commit self-harm.