

SAYLE (Saving Young Lives Everywhere)

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SAYLE was initiated in 2006 and is a:

- research project to identify risk and protective factors related to vulnerability, thoughts of self-harm, and self-harming actions among adolescents
- screening tool to identify adolescents in need of prevention and intervention against self-harm

Data: Electronic questionnaire 3,819 pupils at grammar-school (upper secondary level) aged 16 to 20 years.

Table 1. Percentage of pupils:

- being **vulnerable** (having serious problems in need of professional help) within the last year
- having **serious thoughts of harming themselves** within the last year
- ever **harmed themselves intentionally**
 - either **habitual self-harm, self-mutilation**
 - or **attempted suicide**

	Males	Females
Vulnerable within the last year	5.8 %	16.9 %
Serious thought of self-harm	6.9 %	17.5 %
Self-harm ever	4.4 %	19.3 %
Habitual self-harm ever	1.1 %	5.9 %
Attempted suicide ever	4.1 %	16.0 %

Figure 1

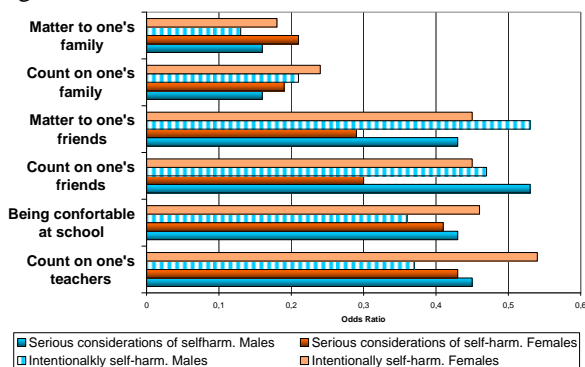


Figure 1. Importance of social factors for self-harm and serious consideration of self-harm indicated by odds ratios.

OR < 1 signifies a social factor protective against self-harm/considerations of self-harm and OR > 1 signifies a risk factor. For both genders being able to count on and matter to one's family are the most important protective factors against self-harm and considerations of self-harm

Figure 2

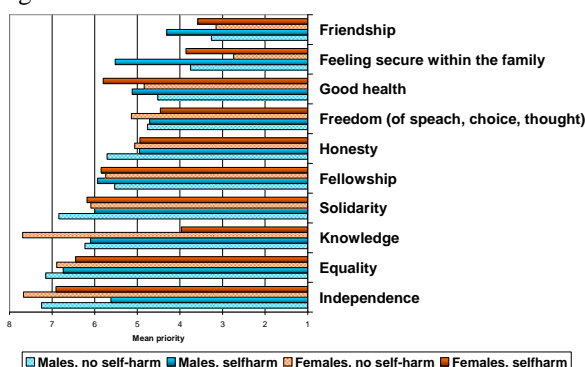


Figure 2. Mean priority of ten values for pupils who had ever harmed themselves and pupils never having harmed themselves for each gender.

High priority is indicated by numbers close to 1 and low priority close to 10. "Social values" like friendship and feeling secure within the family had a high priority among pupils, especially pupils who had never harmed themselves. On the other hand, female pupils who had harmed themselves gave higher priority to knowledge and male pupils who had harmed themselves gave higher priority to independence.

Seeing a correlation between their values and the life they are leading is a protective factor against self-harm (OR = 0.41 for males and OR = 0.51 for females).

