Table 2 Time-period comparisons of characteristics of men and women in midlife who attended hospital for self-harm, by year of first attendance

| Variable | Men 2002–2007 *n* = 1752 | Men 2008–2013 *n* = 1760 | Odds Ratio (95% CI) | Women 2002–2007 *n* = 2058 | Women 2008–2013 *n* = 2005 | Odds Ratio (95% CI) |
| --- | --- | --- | --- | --- | --- | --- |
| ***Method of self-harm*a** | | | | | | |
| Self-poisoning only | 1965 (81.7) | 2025 (74.4) | **0.65 (0.57–0.74)** | 2496 (88.5) | 2486 (83.5) | **0.66 (0.57–0.77)** |
| Self-injury only | 357 (14.9) | 600 (22.0) | **1.62 (1.40–1.87)** | 266 (9.4) | 426 (14.3) | **1.60 (1.36–1.89)** |
| Self-poisoning and self-injury | 82 (3.4) | 98 (3.6) | 1.06 (0.78–1.43) | 60 (2.1) | 65 (2.2) | 1.03 (0.72–1.47) |
| Cutting or stabbing | 294 (67.7) | 393 (56.4) | **0.62 (0.48–0.79)** | 261 (80.6) | 329 (67.1) | **0.49 (0.35–0.69)** |
| Jump from a height | 15 (3.5) | 33 (4.7) | 1.39 (0.75–2.59) | 10 (3.1) | 22 (4.5) | 1.48 (0.69–3.16) |
| Hang/asphyxiation | 37 (8.5) | 98 (14.1) | **1.76 (1.18–2.62)** | 14 (4.3) | 36 (7.4) | 1.76 (0.93–3.31) |
| CO2 Gas | 29 (6.7) | 36 (5.2) | 0.76 (0.46–1.26) | 4 (1.2) | 5 (1.0) | 0.82 (0.22–3.09) |
| ***Alcohol consumed at time of self-harm*** | 1081 (65.2) | 1060 (68.0) | 1.13 (0.98–1.31) | 1188 (61.5) | 1077 (60.7) | 0.97 (0.85–1.10) |
| ***Employment*** | | | | | | |
| Employed | 657 (40.8) | 630 (39.5) | 0.95 (0.82–1.09) | 716 (38.7) | 735 (40.7) | 1.08 (0.95–1.24) |
| Unemployed | 541 (33.6) | 730 (45.8) | **1.67 (1.45–1.92)** | 494 (26.7) | 661 (36.6) | **1.58 (1.37–1.82)** |
| Registered sick/disability | 344 (21.4) | 168 (10.5) | **0.43 (0.35–0.53)** | 358 (19.4) | 203 (11.2) | **0.53 (0.44–0.63)** |
| Household duties | 7 (0.4) | 4 (0.3) | 0.58 (0.17–1.97) | 215 (11.6) | 157 (8.7) | **0.72 (0.58–0.90)** |
| Other Employment | 24 (1.5) | 33 (2.1) | 1.39 (0.82–2.37) | 22 (1.2) | 27 (1.5) | 1.26 (0.71–2.22) |
| White | 1512 (95.6) | 1550 (93.8) | 0.69 (0.51–0.95) | 1777 (94.5) | 1753 (93.4) | 0.83 (0.63–1.08) |
| Black | 22 (1.4) | 25 (1.5) | 1.09 (0.61–1.94) | 33 (1.8) | 36 (1.9) | 1.10 (0.68–1.76) |
| South Asian | 26 (1.6) | 38 (2.3) | 1.41 (0.85–2.33) | 48 (2.6) | 42 (2.2) | 0.87 (0.57–1.33) |
| Other ethnicity | 21 (1.3) | 39 (2.4) | **1.80 (1.05–3.07)** | 23 (1.2) | 46 (2.5) | **2.03 (1.23–3.36)** |
| ***Any previous self-harm (self-reported)*** | 774 (50.5) | 873 (54.0) | **1.15 (1.00–1.32)** | 1015 (55.9) | 1053 (57.2) | 1.05 (0.92–1.20) |
| Self-harm <12 months | 310 (20.2) | 369 (22.8) | 1.17 (0.98–1.38) | 339 (18.7) | 389 (21.1) | 1.17 (0.99–1.37) |
| Self-harm >12 months | 423 (27.6) | 496 (30.7) | 1.16 (0.99–1.35) | 627 (34.6) | 662 (35.9) | 1.06 (0.93–1.22) |
| ***Current psychiatric treatment*** | 650 (40.7) | 863 (51.8) | **1.57 (1.37–1.80)** | 942 (49.1) | 1090 (57.5) | **1.40 (1.23–1.59)** |
| ***Previous psychiatric treatment (under secondary mental health services)*** | 877 (55.9) | 968 (59.8) | **1.18 (1.02–1.35)** | 1139 (60.8) | 1125 (60.5) | 0.99 (0.87–1.13) |
| ***Referral from the emergency department*b** | | | | | | |
| Admitted to medical bed | 889 (70.8) | 1119 (70.3) | 0.98 (0.83–1.15) | 1115 (73.6) | 1330 (72.0) | 0.92 (0.79–1.08) |
| Psychiatric outpatient care | 555 (31.6) | 701 (39.9) | **1.43 (1.25–1.65)** | 676 (32.8) | 794 (39.7) | **1.35 (1.19–1.53)** |
| Psychiatric inpatient care | 144 (8.2) | 170 (9.7) | 1.20 (0.95–1.51) | 117 (5.7) | 115 (5.7) | 1.00 (0.77–1.31) |
| Self-discharged | 35 (2.0) | 38 (2.2) | 1.09 (0.68–1.73) | 26 (1.3) | 48 (2.4) | **1.92 (1.18–3.10)** |
| GP carec | 962 (56.4) | 612 (37.8) | **0.47 (0.41–0.54)** | 1210 (61.1) | 780 (42.6) | **0.47 (0.41–0.54)** |
| Drug and alcohol services | 118 (7.1) | 219 (12.8) | **1.93 (1.52–2.44)** | 98 (4.9) | 154 (7.9) | **1.66 (1.28–2.15)** |
| ***Precipitants of self-harm*** | | | | | | |
| Relationship problems – partner/family/friends/others | 912 (51.9) | 942 (53.5) | **1.07 (0.93–1.22)** | 1275 (61.8) | 1180 (58.7) | **0.88 (0.77–0.99)** |
| Employment or study problems | 280 (16.8) | 485 (28.4) | **1.97 (1.67–2.33)** | 202 (10.3) | 362 (18.6) | **1.99 (1.66–2.40)** |
| Financial problems | 295 (17.7) | 434 (25.5) | **1.59 (1.35–1.88)** | 293 (14.9) | 417 (21.4) | **1.56 (1.32–1.84)** |
| Housing problems | 262 (15.7) | 342 (20.1) | **1.35 (1.13–1.61)** | 190 (9.7) | 307 (15.8) | **1.75 (1.44–2.12)** |
| Alcohol problemsd | 366 (31.3) | 614 (36.0) | **1.23 (1.05–1.44)** | 317 (23.0) | 524 (26.9) | **1.24 (1.05–1.45)** |
| Drug problemsd | 54 (4.6) | 137 (8.0) | **1.80 (1.30–2.49)** | 28 (2.0) | 74 (3.8) | **1.91 (1.23–2.97)** |
| Legal problems | 111 (6.6) | 139 (8.2) | 1.25 (0.96–1.61) | 55 (2.8) | 92 (4.7) | **1.72 (1.23–2.42)** |
| Physical health problems | 277 (16.6) | 263 (15.4) | 0.92 (0.76–1.10) | 296 (15.1) | 296 (15.2) | 1.01 (0.85–1.20) |
| Mental health problems | 362 (21.7) | 516 (30.3) | **1.57 (1.34–1.83)** | 468 (23.8) | 662 (34.0) | **1.65 (1.43–1.89)** |

a. Non-assessed cases included: men 2002–2007, *n* = 2404: men 2008–2013, *n* = 2723: women 2002–2007, *n* = 2822: women 2008–2013, *n* = 2978.

b. Data from Manchester only available from 2004 onwards: Significant at *P* ≤ 0.05 in bold.

c. Data only available for Manchester and Derby.

d. Manchester data only available from 2006 onward.

**Table S2**: Comparisons of characteristics between men and women in midlife with a history of self-harm and men and women in midlife with a lifetime first episode of self-harm.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Variable** | **Men**  **Lifetime first self-harm**  **N= 1,744** | **Men**  **Previous self-harm**  **N=2,006** | **Odds Ratio**  **(95% CI)** | **Women**  **Lifetime first self-harm**  **N=1,860** | **Women**  **Previous self-harm**  **N=2,525** | **Odds Ratio**  **(95% CI)** |
| ***Method of self-harm***£ |  |  |  |  |  |  |
| Self-poisoning only | 1,507 (83.4) | 1,769 (78.2) | **0.71 (0.61-0.84)** | 1,816 (92.6) | 2,469 (85.6) | **0.48 (0.39-0.58)** |
| Self-injury only | 230 (12.7) | 400 (17.7) | **1.47 (1.24-1.76)** | 116 (5.9) | 335 (11.6) | **2.09 (1.68-2.60)** |
| Self-poisoning and self-injury | 69 (3.8) | 92 (4.1) | 1.07 (0.78-1.47) | 30 (1.5) | 80 (2.8) | **1.84 (1.20-2.81)** |
| ***Alcohol consumed at time of self-harm*** | 1,047 (63.2) | 1,292 (69.7) | **1.34 (1.16-1.54)** | 1,029 (58.5) | 1,486 (63.9) | **1.25 (1.10-1.42)** |
| ***Employment*** |  |  |  |  |  |  |
| Employed | 856 (51.4) | 558 (29.7) | **0.40 (0.35-0.46)** | 877 (50.2) | 726 (31.1) | **0.45 (0.39-0.51)** |
| Unemployed | 531 (31.9) | 850 (45.3) | **1.77 (1.54-2.03)** | 414 (23.7) | 858 (36.8) | **1.87 (1.63-2.15)** |
| Registered sick/disability | 216 (13.0) | 408 (21.8) | **1.87 (1.56-2.24)** | 198 (11.3) | 450 (19.3) | **1.87 (1.56-2.24)** |
| Household duties | 5 (0.3) | 6 (0.3) | 1.07 (0.32-3.50) | 206 (11.8) | 226 (9.7) | **0.80 (0.66-0.98)** |
| Retired |  |  |  |  |  |  |
| Student |  |  |  |  |  |  |
| Other Employment | 23 (1.4) | 30 (1.6) | 1.16 (0.67-2.01) | 19 (1.1) | 35 (1.5) | 1.38 (0.79-2.43) |
| ***Current psychiatric treatment*** | 561 (33.2) | 1,068 (56.0) | **2.56 (2.23-2.93)** | 733 (40.2) | 1,436 (59.9) | **2.22 (1.96-2.51)** |
| ***Previous psychiatric treatment*** *(under secondary mental health services)* | 613 (37.1) | 1,406 (74.9) | **5.05 (4.37-5.83)** | 686 (38.5) | 1,795 (75.9) | **5.03 (4.40-5.75)** |
| ***Referral from the emergency department***† |  |  |  |  |  |  |
| Admitted to medical bed | 990 (74.4) | 1,001 (69.2) | **0.77 (0.66-0.91)** | 1,112 (75.8) | 1,354 (73.6) | 0.89 (0.76-1.04) |
| Psychiatric outpatient care | 480 (27.5) | 776 (38.9) | **1.67 (1.46-1.92)** | 520 (28.0) | 962 (38.2) | **1.59 (1.40-1.81)** |
| Psychiatric inpatient care | 116 (6.7) | 178 (8.9) | **1.37 (1.07-1.74)** | 64 (3.4) | 162 (6.4) | **1.92 (1.43-2.59)** |
| Self-discharged | 34 (2.0) | 39 (1.9) | 1.00 (0.63-1.59) | 20 (1.1) | 57 (2.3) | **2.12 (1.27-3.55)** |
| GP care◊ | 948 (57.4) | 908 (47.7) | **0.68 (0.59-0.77)** | 1,097 (63.8) | 1,240 (51.70) | **0.61 (0.53-0.69)** |
| Drug and alcohol services | 116 (6.9) | 246 (12.8) | **1.97 (1.56-2.48)** | 83 (4.6) | 184 (7.5) | **1.69 (1.29-2.20)** |
| ***Precipitants of self-harm*** |  |  |  |  |  |  |
| Relationship problems – partner/family/friend/other | 1,039 (59.6) | 1,011 (50.4) | **0.69 (0.61-0.78)** | 1,224 (65.8) | 1,515 (60.0) | **0.78 (0.69-0.88)** |
| Employment or study problems | 424 (25.0) | 386 (20.0) | **0.75 (0.64-0.86)** | 279 (15.4) | 311 (12.8) | **0.80 (0.68-0.96)** |
| Financial problems | 405 (23.9) | 371 (19.2) | **0.76 (0.65-0.89)** | 313 (17.3) | 424 (17.5) | 1.01 (0.86-1.19) |
| Housing problems | 277 (16.3) | 347 (18.0) | 1.12 (0.95-1.34) | 195 (10.7) | 336 (13.8) | **1.33 (1.11-1.61)** |
| Legal problems | 120 (7.1) | 153 (7.9) | 1.13 (0.88-1.45) | 62 (3.4) | 100 (4.1) | 1.22 (0.88-1.68) |
| Alcohol problems^ | 414 (30.6) | 567 (38.6) | **1.42 (1.22-1.66)** | 319 (21.8) | 531 (28.8) | **1.45 (1.24-1.71)** |
| Drug problems^ | 62 (4.6) | 111 (7.6) | **1.70 (1.23-2.34)** | 34 (2.3) | 60 (3.3) | 1.42 (0.92-2.17) |
| Physical health problems | 275 (16.2) | 326 (16.9) | 1.05 (0.88-1.25) | 300 (16.5) | 352 (14.5) | 0.86 (0.72-1.01) |
| Mental health problems | 359 (21.2) | 558 (28.9) | **1.51 (1.30-1.76)** | 410 (22.6) | 783 (32.2) | **1.63 (1.42-1.87)** |
| £ Non-assessed cases included: men lifetime first episode, n=1,806: men history of self-harm, n=2,261: women lifetime first episode, n=1,962: women history of self-harm, n=2,885: ◊Data only available for Derby and Manchester: †Data from Manchester only available from 2004 onwards: Significant at p≤0.05 in bold: ^ Manchester data only available from 2006 onward | | | | | | |