

# ASSESSING SELF-HARM

## What factors should be considered when assessing risk for adolescents who self-harm

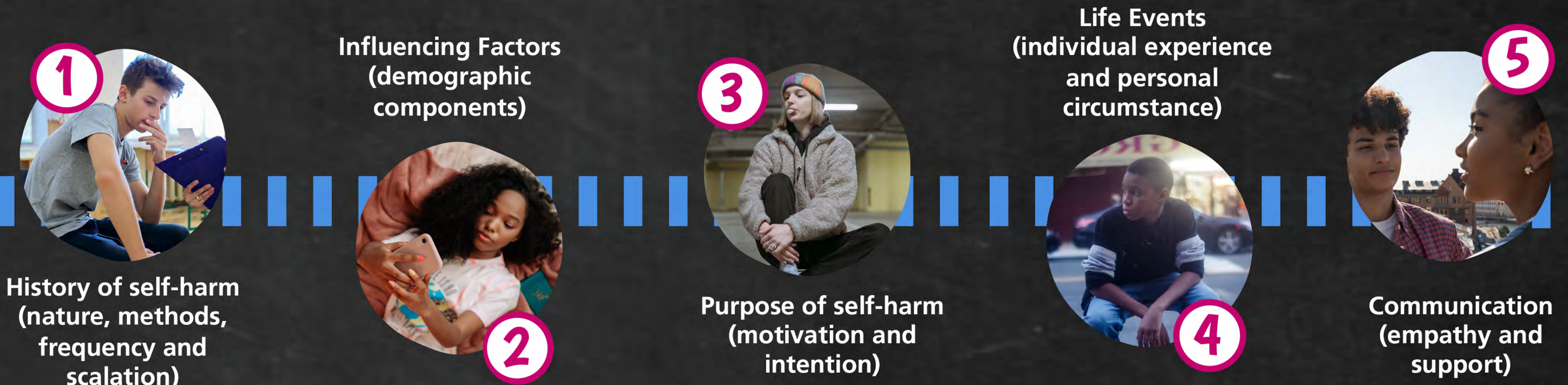
A robust assessment of need is recognised as key in managing risk for adolescents who self-harm. However the use of formal risk assessment tools is not supported by the clinical community and clear guidance around how risk should be evaluated is lacking. This study aimed to explore what components should be considered when evaluating risk in adolescents who deliberately self harm through analysis of the existing evidence-base.

### METHODS

A Systemic Literature Review (SLR) was completed following an integrative approach. Data was analysed using an inductive technique to identify key themes through narratives synthesis. Each theme covered several similar sub-topics.

### RESULTS

Five separate themes were identified:



### CONCLUSION

Assessment of risk for adolescents who self-harm is a complex process and requires clinical skill. There are a number of important components that must be included in this evaluation to gain a comprehensive picture of need. A greater understanding of the lived experience of this population in the community setting would further enhance clinical understanding of this phenomenon.



Hello my name is **Heather Bainton** 😊  
 I'm the Deputy Clinical Lead for the **Cambridgeshire and Peterborough Healthy Child Programme**.

I've made a little video just to say hello. Also you can find the research paper this summary is based on. Just use the links below:

- [www.bit.ly/ash-hello](http://www.bit.ly/ash-hello)
- [www.bit.ly/ash-paper](http://www.bit.ly/ash-paper)

### IMPLICATIONS

To improve outcomes it is essential to have an holistic approach which combines:



**Raising Awareness**



**Health Promotion**



**Support**