

## Prevalence of Deliberate Self-Harm in Substance Abusers Referring to the Emergency Department of Baradaran e Rezaee Hospital in Damghan

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**Introduction:** Deliberate self-harm is a prevalent behavior among substance abusers that has been less emphasized in studies related to substance abuse in Iran. To contribute to this understanding the present study examines the prevalence of this deviant behavior among a group of substance abusers in Damghan, Iran.

**Methods and Materials :** 54 clients with mean age of 29.4 (SD=10.3) years that were diagnosed with deliberate self-harm and were referred to the Department of Emergency of Baradaran e Rezaee Hospital participated in the study and were interviewed by a questionnaire on demographics, drug use, psychiatric diagnosis of comorbid disorders and details of deliberate self-harm. Data was analyzed by performing descriptive methods of statistics in SPSS.v.21.0 .

**Results:** The study findings revealed the self-poising (64.8%) was the most prevalent type of deliberate self harm among the clients followed by overdose (13%), body cutting (11.1%) and vessel cutting (11.1%) respectively. Further statistical analysis revealed that the clients had comorbid diagnosis of physical disorders (38.9%) and psychiatric disorders including depression (31.5%), psychotic disorder (23%), bipolar disorder (5.6%), stress (5.6%), anxiety, hallucination and schizophrenia with the same proportions (1.9%) respectively .

**Discussion:** The results of this study revealed that deliberate self-harm was a prevalent problem among the participants. Clients with comorbid diagnosis of substance use and deliberate self-harm are groups that warrant specific attention in departments of emergency in hospitals. Further treatment should be conducted in hospitals to ensure that sufficient attention is being paid to the detection and management of deliberate self-harms attempters with substance abuse. The implications of these findings for the clinical management and prevention of deliberate self-harm are discussed.

**Keywords:** Deliberate self-harm; substance abuse, prevalence, comorbid disorder

