





MaSH Newsletter | Autumn 2024

The Manchester Self-Harm Project is an audit and epidemiological study of self-harm episodes presenting to Manchester A&Es, based at the University of Manchester. We share anonymised data and expertise with similar projects in Derby & Oxford, to form the Multicentre Study of Self-Harm in England. We are funded by the Department of Health & Social Care to support the National Suicide Prevention Strategy.

Upcoming conferences

Join us at the 7th Suicide and Self-Harm Research North-West (SShareNoW) Conference which brings together clinicians, experts by experience and researchers. It is free, on 19/11/24 and at Quaker Meeting House in Liverpool, near Liverpool Central Station.



Register here

SShareNoW is a collaboration between The University of Central Lancashire, Liverpool John Moores University, The University of Manchester, The Manchester Self-Harm Project, Cheshire and Wirral Partnership NHS Trust and the NIHR Applied Research Collaborations (ARCs).

Learn about our last 15 years of research at the Multicentre Study of Self-Harm Conference on 27/11/24 at the Trent Conference Centre, Nottingham, tickets £60.

Register here

*Registration ends 15/11/24 *



Co-hosted by the **Multicentre** and **Storm Skills Training**, providers of self-harm and suicide prevention training.

Speakers include Professor Sir Louis Appleby, Professor Nav Kapur, Professor Emeritus Keith Hawton, Professor Seena Fazel, Dr Caroline Clements, Dr Karen Lascelles, Jenny Ness, Keith Waters



Check out our resources on https://sites.manchester.ac.uk/mash-project







Recent publications





Women in midlife



Access the abstract and full BJPsych paper here

MaSH Project Manager and Research Fellow Dr Caroline Clements led a paper about self-harm in women in midlife (ages 40 to 59) using data from the Multicentre Study of Self-harm in England. This paper was funded by the Department of Health because UK suicide rates in women are highest in this age group. Compared to younger adult women (aged 25-39), women in midlife reported more problems around finances and alcohol use, along with physical and mental health problems.

A novel aspect of this work was an additional comparison between women at different stages of midlife, with midlife being split into 5-year age-bands. Women aged 55 to 59 years were the most likely to die by suicide during the follow-up period, despite being more likely to have received psychosocial assessments and being more likely to have been referred to psychiatric in-patient care following the self-harm presentation. This increased suicide risk in older women in midlife, despite receiving more intensive clinical follow-up care, indicates that more targeted support is needed.

Addressing issues relating to money, mental health, and alcohol misuse, alongside the impact of social and biological transitions commonly associated with midlife, may help reduce self-harm in women in this age group. Awareness of these potential vulnerabilities may help inform clinicians' risk formulation and safety planning.



Gaps in care



Access the full BMJ Open paper here

NIHR Research Fellow, MaSH alumni and long-term collaborator Dr Sarah Steeg led a recent paper using MaSH data, 'Care gaps among people presenting to the hospital following self-harm: observational study of three emergency departments in England'. The study set out to understand the types of services people were in contact with after self-harm, and which groups were experiencing possible gaps in care. Findings suggested that the provision of care may not be sufficient to meet people's needs. Importantly, care gaps were larger for some groups facing increased risks of suicide, including people living in more deprived areas. Improving links between health, social and voluntary, community and social enterprise services may be a key strategy for closing the gaps and reducing inequalities in self-harm aftercare. Read more here.



Self-Harm in students



Access the full J Affective Disorders paper here

Dr Caroline Clements led a study of 'Self-harm in university students' using Multicentre data. It described and identified the care needs of university-aged students who self-harm versus similar-aged non-students who self-harm. Self-harm increased over time in students but not in non-students. Student self-harm presentations peaked in October, November and February. Students reported more problems with studying and mental health than non-students, but repetition and mortality were higher in the non-students. Self-harm in students may be directly related to the student experience, such as academic pressure, relocation, and the transition to independent living. Wellbeing initiatives targeting these factors, alongside mental health awareness training for academic and non-academic staff may help to support students at risk.



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The Lancet Commission on Self-Harm: A global perspective



See the full article **here** or the attached pdf

There are at least 14 million episodes of self-harm annually across the world, equating to a rate of 60 per 100 000 people per year. Research has historically focused in high-income countries despite self-harm being a concern across all nations and cultures. To address this, The Lancet Commission on Self-Harm was published on World Mental Health Day, 10th October, and co-authored by our Professor Nav Kapur and other international leaders in the field. It calls for more clinical, public health and policy action on self-harm. Informed by experts by experience and indigenous peoples, it makes 12 key recommendations for health and social care services, governments, researchers and the media to help improve the experience of people who have self-harmed.

Nav said "It was great to be part of the team which produced this Lancet Commission on self-harm. What was striking with this piece of work was the integration of mental health & public health with global, indigenous, & lived experience perspectives." See **here** for more detail.





Self-Harm eating disorders study



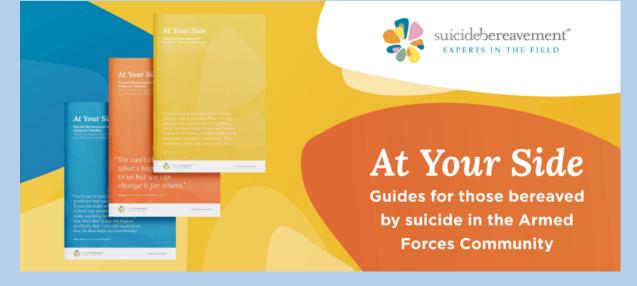
Elana Moore is a Doctoral Trainee Clinical Psychologist with the University of Manchester and Greater Manchester Mental Health NHS Trust. Elana is researching the associations between eating disorders and self-harm using data collected as part of the MaSH Project and is supervised by Dr Caroline Clements and Dr Peter J Taylor. Elana has a Masters in Psychological Research Methods and has worked clinically across a range of NHS mental health services, including eating disorder services, inpatient mental health units and community mental health teams.



Suicide Bereavement Conference



In September we co-hosted a stall with the National Confidential Inquiry into Suicide and Safety in Mental Health (NCISH) at Dr Sharon McDonnell's 13th Suicide Bereavement Conference in Manchester, where we disseminated our infographics which simply summarise our key research findings. As ever, the conference was packed with thought-provoking presentations and moving stories. This year launched the indispensable 'At Your Side' handbooks which are suicide bereavement guides for the armed forces community: one for veterans, one for families and one for serving personnel. Download the handbooks **here**.







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Making a Difference Awards



Photo of Dr Pauline Turnbull (NCISH), Dr Caroline Clements (MaSH) and Dr Leah Quinlivan (NIHR GM PSRC), receiving the award from Nazir Afzal (University of Manchester Chancellor)



In May 2024, our collaboration with the NIHR Greater Manchester Patient Safety Research Centre (NIHR GM PSRC) and NCISH was Highly Commended for Outstanding Benefit to Society through Research at the University of Manchester's 10th Making a Difference Awards. This was for our work 'Improving care for people who have self-harmed: Translating evidence into practice via engagement with patients & carers, clinicians and NHS England'. The team includes Leah Quinlivan, Su-Gwan Tham, Bradley O' Donovan, Caroline Clements, Pauline Rivart, Roger T Webb, Pauline Turnbull, Nav Kapur. The Awards highlight social responsibility initiatives and show how universities create positive change in wider society. Read more **here**.



Research Excellence Awards: Outstanding Contribution to Research Impact



NIHR Greater Manchester Patient Safety Translational Research Centre

Each year, the University of Manchester presents **Research Excellence Awards** to recognise the impact of Research Assistants, Associates and Fellows on the University of Manchester and the wider research community. This year, our Centre for Mental Health and Safety staff won two of six of the available Faculty of Biology, Medicine and Health prizes!

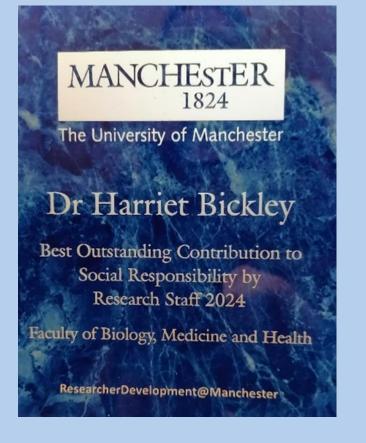
Dr Leah Quinlivan won the 'Best Outstanding Contribution to Research Impact by Research Staff'. This was in recognition of the work to improve community services for self-harm. Leah's research has transformed national services for self-harm patients by improving psychosocial assessments and community care, significantly reducing distress and potentially preventing future suicides. Leah says "This was very much a team effort, alongside the excellent people from NCISH, MaSH and the NIHR GM PSRC." See **here** for our informative videos, slides and infographics about improving community based care for self-harm.



Research Excellence Awards: Outstanding Contribution to Social Responsibility



Social Responsibility is one of the three University of Manchester goals. MaSH researcher Harriet Bickley won 'Best Outstanding Contribution to Social Responsibility by Research Staff', for 26 years of suicide and self-harm research while championing University environmental sustainability through initiatives like the **Easy Eco for All guide**, eco-stalls and community engagement projects, impacting both academic and local communities. Blog post **here**.



Thank you to all our University and non-University collaborators!



