

ing and Empowering Young Lives in Europe (SEYLE)

Promoting health through the
prevention of risk-taking and self-
destructive behaviour

National Suicide Research Foundation
Dr Helen Keeley



SEYLE Project Objectives



- “ Gather info on health and well-being on 11,000 students aged 13-16yrs in 11 European countries
- “ Perform 4 different Interventions
- “ Evaluate Interventions

Main outcome measure = ***number of appropriate referrals to mental health services per intervention arm***

- “ Recommend country specific health-promoting models



Seyle consortium countries

"Austria



" Hungary



" Slovenia



"Estonia



" Ireland



" Spain



"France



" Israel



" Sweden



"Germany



" Italy



" Romania



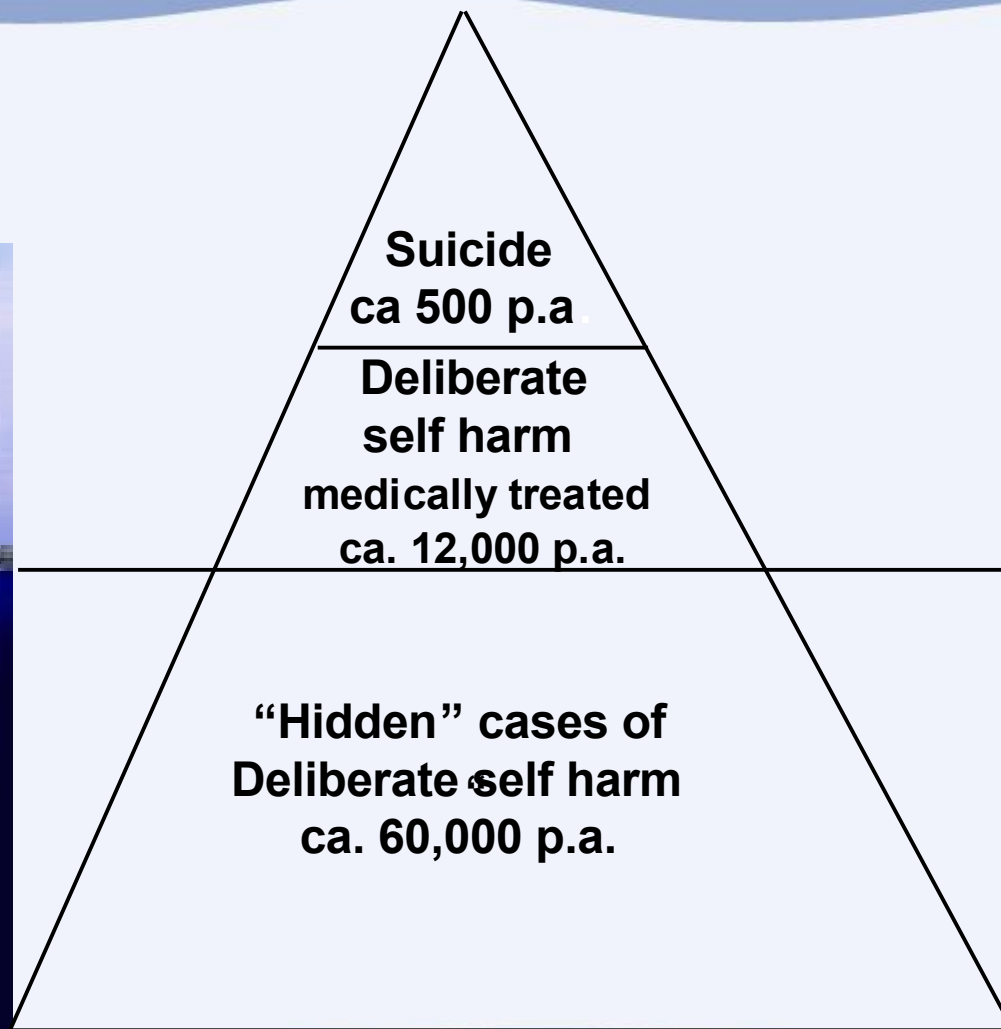
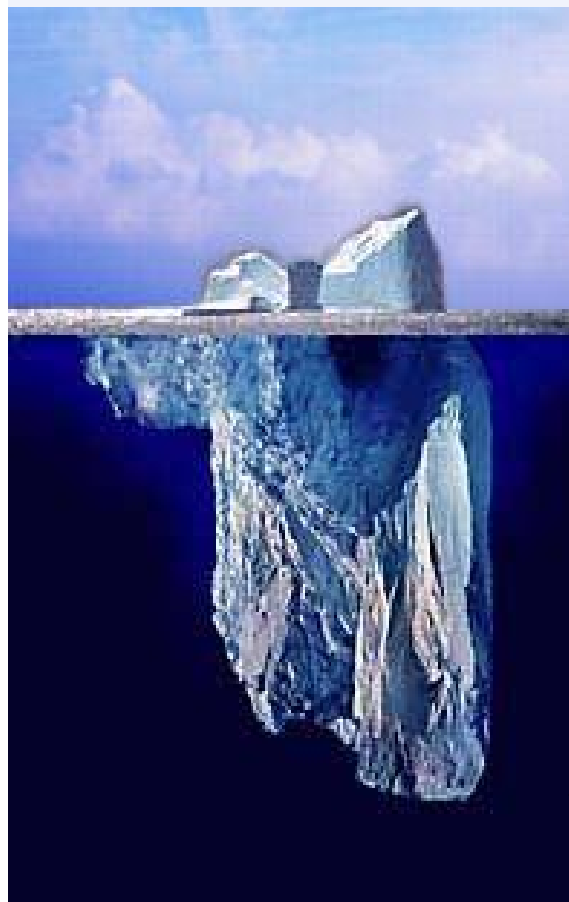
Ethical Approval



- “ Sanctioned by the Cork Clinical Research Ethics Committee of the Cork Teaching Hospitals
- “ Informed consent (opt in) was required for the professional screening arm
- “ Opt-out was approved for the other 3 arms



and medically treated deliberate self harm: The tip of the 'Iceberg'



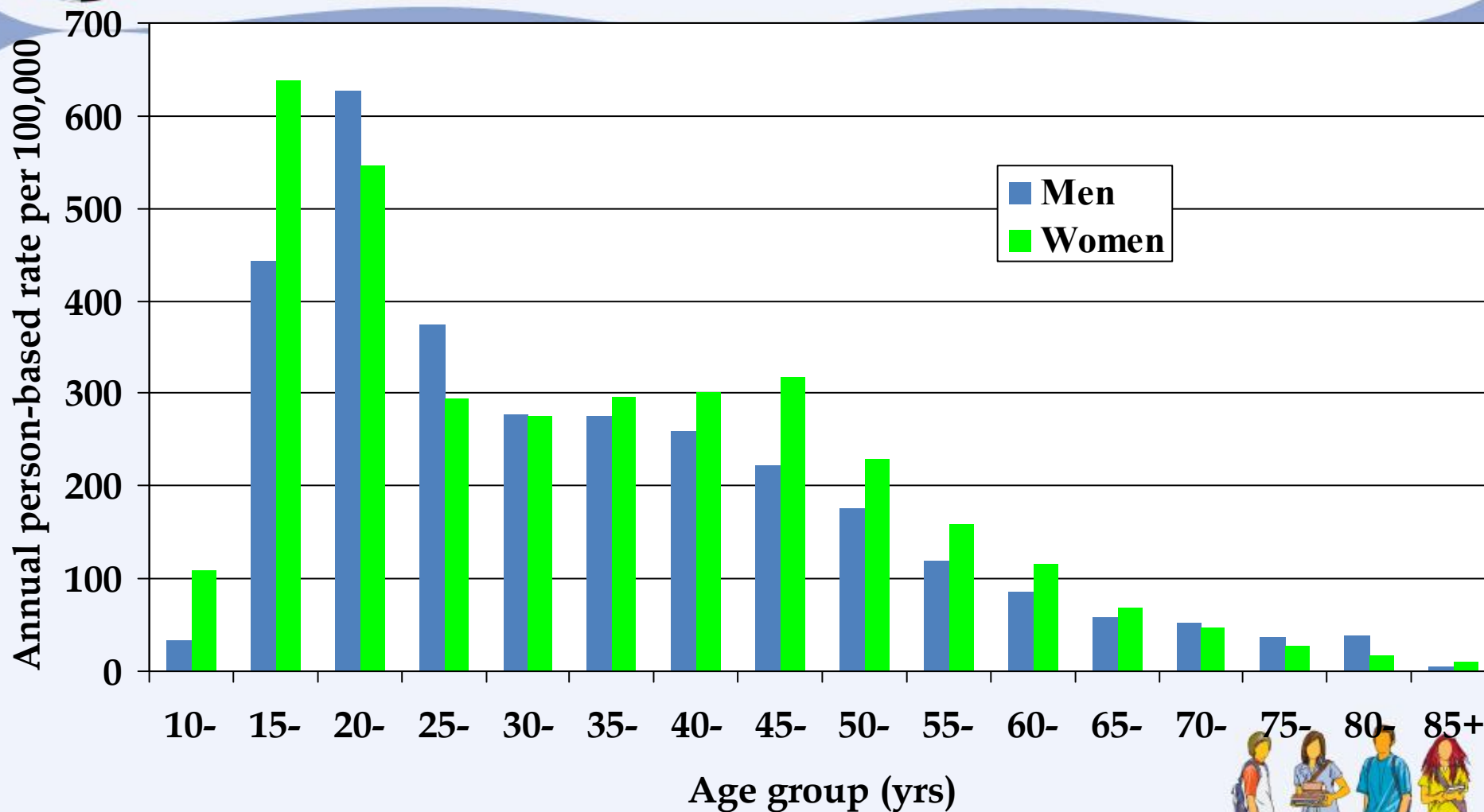
Prevalence of deliberate self-harm (National Registry of DSH)

Year	No of presentations	% diff	No of people	% diff
2002	10,537		8,421	
2003	11,204	+6%	8,805	+5%
2004	11,092	-1%	8,610	-2%
2005	10,789	-3%	8,594	-<1%
2006	10,688	-1%	8,218	-4%
2007	11,084	+4%	8,598	+5%
2008	11,700	+6%	9,218	+7%
2009	11,996	+5%	9493	+3%
2010	11,996	-	9630	+1%

No of DSH presentations and persons who presented in 2002 - 2010.
2002-5 figs extrapolated to adjust for hospitals not contributing to data



Prevalence of DSH by age



The CASE Study

- “ **The Child and Adolescent Self harm in Europe study (CASE)**
- “ **3,830 Irish secondary school students aged 14-17 in the HSE Southern Region completed the survey in 2004 (85% response rate)**
- “ **Aim: to estimate rates of**
 - deliberate self-harm (DSH) / drug and alcohol use**
 - psychological difficulties / coping mechanisms**
- “ **333 (9.1%) young people reported a lifetime history of deliberate self-harm, of these, 85% never received help from health services**
- “ **Females (n= 253,13.9%) were three times more likely to engage in DSH than Males (n= 79, 4.4%)**



Factors associated with Deliberate Self-Harm

- Boys: anxiety, impulsivity, school problems
- Girls: Low self-esteem, relationship difficulties, forced sexual activity
- Boys and Girls: drug taking and knowing others who engage in DSH



Overall Aims



- “ Promote healthy lifestyle choices
- “ Help young people and their parents identify mental health problems:
 - . Anxiety
 - . Depression
 - . Substance Abuse
 - . Suicidal behaviour



SEYLE



Four intervention arms

1. Teacher training (QPR)
2. Awareness training for students
3. Professional screening
4. Minimal intervention

“ All questionnaires screened for *cases needing assessment*

“ All students given SEYLE contact card



Teacher Training in QPR

” QPR – Question, Persuade and Refer

- **Question** somebody displaying warning signs
- **Persuade** them to seek help
- **Refer** to appropriate health services



Professional Screening

- “ All questionnaires screened
- “ Young people who met defined threshold invited to attend clinical interview
- “ Confidentiality was maintained

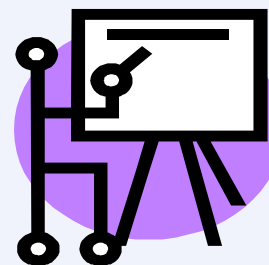
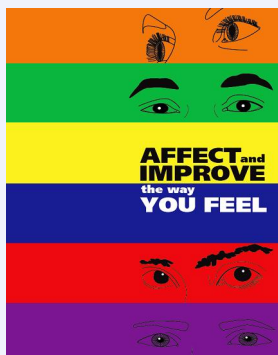
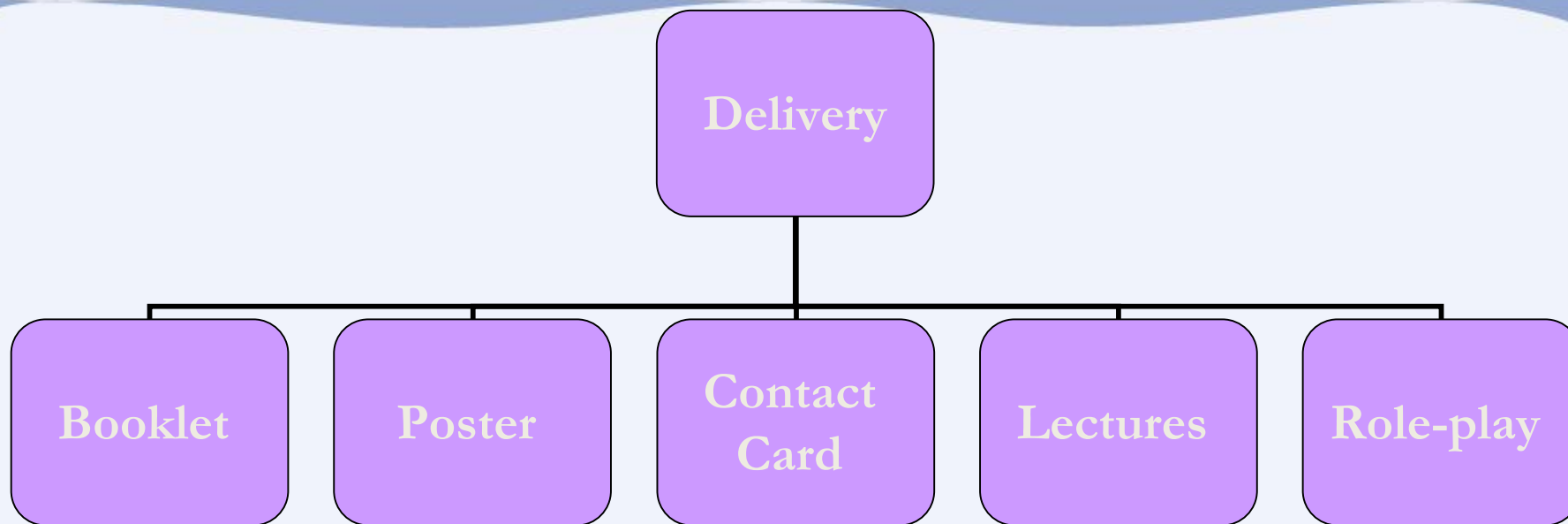
Reasons for assessment

- “ Depressive symptoms
- “ Symptoms of anxiety
- “ Drug and alcohol use
- “ School attendance



Awareness Intervention

'Affect and Improve the way you feel'



Minimal Intervention

- “ Complete questionnaires
- “ Receive contact cards
- “ Posters
 - Awareness of mental health
 - Self-Help advice
 - Stress and crisis
 - Depression and suicidal thoughts
 - Helping a troubled friend
 - Getting Advice: Who to contact



Awareness of Mental Health

- YOUR mental health influences the way you think about yourself and others
- No one is free from problems
- Talking about your feelings can help you
- Using alcohol or drugs, being aggressive, neglecting your physical health, or bullying others may be symptoms of distress, depression or psychological problems
- Life can be challenging, but YOU are not alone

For advice on how to get help:

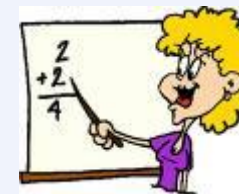
Call/Text: [085 2440661](tel:0852440661)
Email: contactseyle@iol.ie



Key



“ Arm 1 QPR (4 schools):



“ Arm 2 Awareness (4 schools):



“ Arm 3 Prof screen (4 schools):



“ Arm 4 Minimal Intervention
(5 schools):





Major problems

- “ Floods
- “ Swine Flu



Preliminary results

Baseline study



“ Total number of letters sent	1,602
“ Total number of students filling questionnaires	<u>1,112</u>
“ Total number of “cases” identified	78
“ Total number of “cases” seen	29
. Total number of “real” emergencies	3
“ Total number of “prof screen” cases identified	48
“ Total number of “prof screen” cases seen	9



preliminary results: follow-up



“ 3 month follow-up completed in March '10

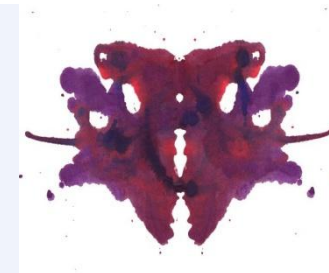
- All schools participated: Total numbers: 1,006
- Total number of “cases” identified 30
- Facilitator number: Baseline – 2 contacts
3 month follow-up – 6 contacts (3 people)

“ 1 year follow-up completed December 2010

- All schools participated: Total numbers: 982
- Total number of “cases” identified 12
- Facilitator number – 1 contact (repeated)



Conclusions (so far) :



- “ NO EVIDENCE OF INCREASED RISK FROM SCREENING
- “ Of the four interventions only screening resulted in any referrals to mental health services
- “ Awareness was the most popular intervention with the young people but did not result in any referrals to mental health services.
- “ Ireland’s results are similar to the other countries



Contact us



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