

COMMUNICABILITY AND REGRET AS TOOLS TO MODIFY OCCURRENCE AND FUTURE OUTCOME IN CASES OF DELIBERATE SELF HARM

V. Sinha, I. Sharma, R.K. Paswan, H. Khan

Psychiatry, S.N. Medical College, Agra, India

Aims and objectives: To assess the presence of communicability and regret in cases of deliberate self harm in a tertiary care hospital. To establish relation of communicability as a preventive sign and regret as a good prognostic sign in cases of deliberate self harm.

Methodology: All consecutive patients with deliberate self harm presented to the emergency department during a 1 year period were assessed on a preformed Performa designed by authors after being declared physically fit and were screened by Standardized Assessment of Personality Abbreviated Scale (SAPAS), PSLES, HAM-D and HAM-A.

Result: Majority of respondents screened negative by SAPAS scoring. Most of the patient had significant stress in life .Most of them had marital conflicts, family conflicts and economic burden as major stressor leading to suicidal behavior. Verbal communication was the most common mode of communication. Most of the subjects 86.3 % (69 out of 80) had severe regret about their attempt of deliberate self harm. It developed a high motivation in them not to attempt suicide next time in life.

Conclusion: Most of the suicidal acts are impulsive in nature and are not associated with any psychiatric co morbidity. Our study showed that if communicability is enhanced and this is considered seriously, providing supportive care by family most of the suicidal acts can be avoided. Regret arising after the suicidal act can be used to motivate the subject of deliberate self harm to avoid repetition of future attempts.