

9.03 Self-harm and the prevalence of smoking, e-cigarette and dual use - data from Growing Up in Ireland Cohort '98

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Background Self-harm behaviours occur all over the world and are most prevalent in age groups 15–34 years¹. Self-harm behaviours include cutting or burning their skin, punching or hitting or poisoning themselves with tablets or toxic chemicals². Patterns of self-harm are heterogeneous in type, frequency, and severity³ with evidence of increased smoking prevalence⁴. We examine smoking and e-cigarette use in those who self-harm. **Methods** We use data from 5,190, 20 year-olds from Wave 4 of *Growing Up in Ireland* Child Cohort who reported self-harming, and also ever- and current smoking and e-cigarette use. Analyses were performed using SPSS v27. **Results** 7.6% (n=384) of 20-year-olds report self-harming, of whom 58.6% (n=225) are female. Those who report self-harming are significantly more likely to report ever-smoking (84% vs 73%), current smoking (49% vs 37%), ever e-cigarette use (60% vs 47%), and dual use (18% vs 13%). They are also more likely to report higher current e-cigarette use but N/S. **Conclusion** Smoking continues to decrease in the general population, but it remains a serious health threat, especially for some vulnerable groups. It is important to identify those at special risk and to provide tailored policy interventions and appropriate smoking and nicotine cessation services.

References

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