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Supplementary appendix

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Prevalence of non-suicidal self-harm and service contact in England, 2000-14: Supplementary materials

Supplementary Table 1. APMS response rate

	2000^a	2007^b	2014^b
Target households	12792	13171	13313
Interviewed adults	8886	7461	7546
Response rate	69%	57%	57%
Living in England	7247	7461	7546
And aged 16-74	7247	6453	6484
And with valid data on NSSH	7243	6444	6477

^a APMS 2000 covered 16 to 74 year olds living in England, Scotland, or Wales.

^b APMS 2007 and 2014 covered those aged 16 years or over living in England.

Supplementary Table 2. Factors associated with doing the self-completion part of the interview in APMS 2014^a

		Adjusted Odds Ratio	P value	95% CI	
				Upper	Lower
Sex	Men	Ref			
	Women	0.99	0.939	0.76	1.29
Age	16 to 24	Ref	<0.0001		
	25 to 34	0.27	0.002	0.12	0.63
	35 to 44	0.26	<0.0001	0.12	0.53
	45 to 54	0.31	0.002	0.15	0.65
	55 to 64	0.18	<0.0001	0.09	0.37
	65 to 74	0.16	<0.0001	0.07	0.34
Ethnic group	White	Ref	<0.0001		
	Black/Black British	0.65	0.200	0.34	1.25
	Asian/Asian British	0.45	0.002	0.27	0.74
	Mixed, multiple, other	0.23	<0.0001	0.12	0.45
Clinical Interview Schedule – revised (CIS-R)^b score	0 to 5	Ref	0.0010		
	6 to 11	0.81	0.258	0.57	1.16
	12 to 17	0.90	0.661	0.57	1.44
	18 or more	0.48	<0.0001	0.32	0.71

^a In the 2014 survey 283 participants (4.8%) aged 16 to 74 choose to not do the self-completion. These participations were more likely to be aged at least 25, to be Asian or of mixed or other ethnicity, and to have severe symptoms of common mental disorder (CIS-R 18+) than those who did do the self-completion.

^b Higher CIS-R score indicates greater severity of symptoms of common mental disorder.

Supplementary Table 3. Non-suicidal self-harm ever (reported face to face) by age and sex in England, 2000, 2007 and 2014

	16-24		25-34		35-44		45-54		55-64		65-74		16-74	
	%	95% CI	%	95% CI	%	95% CI	%	95% CI	%	95% CI	%	95% CI	%	95% CI
2000														
Men	4.2	2.3-7.5	3.9	2.5-5.9	2.0	1.1-3.4	0.6	0.3-1.5	0.8	0.3-2.0	-		2.1	1.6-2.7
Women	6.5	4.2-10.0	3.7	2.6-5.2	3.0	2.0-4.4	1.4	0.7-2.6	0.9	0.4-2.1	0.2	0.1-0.9	2.7	2.2-3.4
2007														
Men	6.3	4.0-9.8	5.4	3.5-8.1	5.5	3.8-7.9	2.0	1.1-3.6	1.1	0.5-2.3	-		3.7	3.0-4.5
Women	11.7	8.4-16.0	3.9	2.7-5.6	3.9	2.7-5.7	2.2	1.4-3.7	0.8	0.3-1.3	0.2	0.0-1.5	3.8	3.1-4.7
2014														
Men	7.9	5.2-11.9	10.0	6.9-14.3	4.9	3.2-7.5	2.1	1.3-3.3	2.6	1.5-4.5	0.9	0.4-2.4	5.0	4.0-6.1
Women	19.7	15.7-24.5	10.6	8.5-13.1	7.9	6.0-10.2	3.8	2.6-5.5	4.0	2.6-5.9	1.3	0.7-2.5	7.9	6.9-9.0
Non-suicidal self-harm ever (reported face to face or by self-completion) by age and sex in England, 2014														
Men	9.7	6.7-13.8	10.9	7.7-15.3	6.6	4.7-9.3	3.3	2.1-5.0	3.3	1.9-5.6	2.0	1.1-3.9	6.2	5.2-7.3
Women	25.7	21.0-31.0	13.2	10.9-16.0	9.2	7.2-11.8	5.0	3.6-6.7	5.0	3.4-7.2	1.8	1.0-3.2	10.0	8.9-11.2
All	17.5	14.6-20.8	12.1	10.0-14.5	7.9	6.5-9.6	4.1	3.2-5.3	4.1	3.0-5.6	1.9	1.3-3.0	8.1	7.4-8.9
Non-suicidal self-harm in past year (reported face to face or by self-completion) by age and sex in England, 2014														
Men	4.1	2.4-7.0	1.9	0.8-4.4	1.1	0.4-2.8	1.4	0.7-2.6	0.1	0.0-0.9	0.4	0.1-1.4	1.5	1.1-2.2
Women	9.1	6.3-12.9	2.3	1.4-3.7	1.7	1.0-2.9	0.7	0.4-1.4	0.8	0.4-1.8	0.1	0.0-0.6	2.4	1.9-3.1
All	6.5	4.8-8.8	2.1	1.3-3.2	1.4	0.8-2.3	1.1	0.6-1.7	0.5	0.2-1.0	0.2	0.1-0.7	2.0	1.6-2.4

Supplementary Table 4. Methods of non-suicidal self-harm ever used among 16-74-year olds, by sex in 2000, 2007 and 2014

	Men		Women		All		p-value
	%	95% CI	%	95% CI	%	95% CI	for assoc. with sex
2000	n=3237		n=4006		n=7243		
Cutting	1.2	0.8-1.8	1.7	1.3-2.3	1.5	1.2-1.8	0.129
Burning	0.0	0.0-0.1	0.3	0.1-0.5	0.1	0.1-0.3	0.013
Poisoning	0.3	0.1-0.6	0.5	0.3-0.8	0.4	0.2-0.6	0.321
Other	0.8	0.5-1.2	0.8	0.6-1.2	0.8	0.6-1.1	0.839
2007	n=2824		n=3620		n=6444		
Cutting	2.1	1.9-2.8	2.5	2.0-3.3	2.3	1.9-2.8	0.334
Burning	0.6	0.4-1.1	0.3	0.1-0.7	0.5	0.3-0.7	0.179
Poisoning	0.3	0.1-0.6	0.5	0.3-0.9	0.4	0.3-0.6	0.187
Other	1.0	0.7-1.6	0.9	0.7-1.4	1.0	0.8-1.3	0.706
2014	n=2638		n=3839		n=6477		
Cutting	2.6	2.0-3.4	5.3	4.5-6.2	3.9	3.5-4.5	<0.001
Burning	0.7	0.4-1.3	0.5	0.3-0.8	0.6	0.4-0.9	0.268
Poisoning	0.5	0.3-1.0	0.8	0.5-1.1	0.7	0.5-0.9	0.283
Other	1.2	0.8-1.7	1.6	1.2-2.2	1.4	1.1-1.8	0.199
2014, including those only reporting NSSH by self-completion							
2014	n=2501		n=3646		n=6147		
Cutting	3.4	2.7-4.3	7.0	6.1-8.0	5.2	4.6-5.8	<0.001
Burning	0.9	0.5-1.4	0.6	0.4-0.9	0.7	0.5-1.0	0.280
Poisoning	0.9	0.5-1.4	1.1	0.8-1.5	1.0	0.7-1.3	0.534
Other	1.6	1.2-2.3	2.5	1.9-3.2	2.1	1.7-2.5	0.066

Supplementary Table 5. Self-reported motivations for non-suicidal self-harm in 16-74-year-olds, 2000, 2007 and 2014

Engaged in NSSH in order to cope with unpleasant feelings														
	16-24		25-34		35-44		45-54		55-64		65-74		16-74	
	%	95% CI	%	95% CI	%	95% CI	%	95% CI	%	95% CI	%	95% CI	%	95% CI
2000														
Men	3.4	1.7-6.7	2.1	1.2-3.7	1.7	0.9-3.1	0.3	0.1-0.9	0.4	0.1-1.4	-	-	1.4	1.0-2.0
Women	5.8	3.6-9.1	2.9	2.0-4.4	2.3	1.4-3.6	0.5	0.2-1.1	0.6	0.2-1.6	0.2	0.1-0.9	2.1	1.6-2.7
All	4.6	3.1-6.7	2.5	1.8-3.5	2.0	1.4-2.9	0.4	0.2-0.8	0.5	0.2-1.1	0.1	0.0-0.5	1.8	1.4-2.2
2007														
Men	4.3	2.0-7.5	3.3	2.0-5.6	4.4	3.0-6.6	1.7	0.9-3.3	0.7	0.3-1.8	-	-	2.7	2.1-3.4
Women	9.4	6.6-13.3	3.7	2.5-5.3	3.3	2.2-5.1	1.8	1.0-3.2	0.7	0.3-1.7	0.2	0.0-1.5	3.2	2.6-4.0
All	6.9	5.1-9.2	3.5	2.5-4.8	3.9	2.9-5.2	1.7	1.1-2.7	0.7	0.4-1.3	0.1	0.0-0.8	3.0	2.5-3.5
2014														
Men	5.8	3.6-9.3	8.8	5.9-13.1	3.6	2.2-5.9	1.8	1.0-3.0	2.0	1.1-3.8	0.7	0.2-1.8	4.0	3.2-5.0
Women	17.7	13.9-22.3	9.4	7.4-11.8	6.9	5.1-9.1	3.1	2.0-4.6	3.1	2.0-4.8	0.6	0.2-1.5	6.8	6.0-7.8
All	11.6	9.3-14.5	9.1	7.3-11.4	5.3	4.1-6.7	2.4	1.7-3.4	2.6	1.8-3.7	0.6	0.3-1.3	5.4	4.8-6.1
2014, including those only reporting NSSH by self-completion														
Men	7.0	4.6-10.6	9.3	6.3-13.5	4.8	3.2-7.2	1.8	1.0-3.0	2.1	1.1-3.9	1.6	0.8-3.3	4.6	3.8-5.6
Women	22.4	18.0-27.5	11.6	9.4-14.3	7.8	5.9-10.3	4.1	2.9-5.7	3.8	2.5-5.6	0.9	0.4-2.1	8.5	7.5-9.5
All	14.5	11.8-17.7	10.4	8.5-12.8	6.3	5.1-7.9	2.9	2.2-3.9	2.9	2.1-4.1	1.3	0.7-2.2	6.5	5.9-7.3
Engaged in NSSH in order to try to change situation														
2000														
Men	2.6	1.2-5.9	2.6	1.5-4.5	0.9	0.4-2.2	0.5	0.2-1.4	0.8	0.3-2.0	-	-	1.3	0.9-1.9
Women	4.2	2.4-7.2	1.7	1.0-2.9	1.8	1.1-3.1	0.9	0.5-1.8	0.5	0.2-1.3	-	-	1.6	1.2-2.1
All	3.4	2.2-5.4	2.2	1.4-3.2	1.4	0.9-2.1	0.7	0.4-1.3	0.7	0.3-1.3	-	-	1.4	1.2-1.8
2007														
Men	3.1	1.6-6.0	2.3	1.2-4.6	2.3	1.4-3.9	1.3	0.7-2.7	0.6	0.2-1.5	-	-	1.7	1.3-2.4
Women	5.0	3.0-8.2	2.4	1.5-3.8	2.2	1.2-3.8	0.9	0.4-2.0	0.4	0.1-1.3	0.2	0.0-1.5	1.9	1.4-2.5
All	4.0	2.7-6.0	2.4	1.6-3.6	2.2	1.5-3.3	1.1	0.6-1.9	0.5	0.2-1.0	0.1	0.0-0.8	1.8	1.5-2.2
2014														
Men	3.4	1.6-7.2	4.9	2.9-8.2	1.9	1.0-3.4	0.7	0.3-1.7	1.8	0.9-3.6	0.4	0.1-1.2	2.3	1.7-3.1
Women	7.3	4.8-10.9	4.8	3.3-6.8	3.5	2.4-5.2	2.1	1.4-3.3	2.8	1.7-4.5	0.6	0.3-1.4	3.6	2.9-4.3
All	5.3	3.7-7.7	4.8	3.5-6.6	2.7	1.9-3.8	1.4	1.0-2.1	2.3	1.5-3.4	0.5	0.2-1.1	2.9	2.5-3.5
2014, including those only reporting NSSH by self-completion														
Men	3.4	1.6-7.2	5.0	3.0-8.3	2.1	1.2-3.7	1.5	0.7-3.1	1.8	0.9-3.6	0.8	0.3-1.9	2.5	1.9-3.4
Women	9.2	6.3-13.1	5.3	3.7-7.4	4.5	3.1-6.5	2.9	2.0-4.2	3.6	2.3-5.6	0.9	0.4-1.8	4.4	3.7-5.2
All	6.2	4.4-8.7	5.2	3.8-6.9	3.3	2.4-4.5	2.2	1.5-3.1	2.7	1.9-3.9	0.8	0.5-1.5	3.5	3.0-4.1