



# IACAPAP 2018

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## Self-harm and suicidal behavior in adolescents

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Adolescent self-harm is a common phenomenon that according to the DSM-5 can be distinguished by intent to die into nonsuicidal self-injury and suicidal behavior. Both nonsuicidal self-injury and suicidal behavior are commonly associated with the development of various mental disorders but are also closely related to each other. While they show distinct characteristics, there is a growing body of evidence for a so-called continuum of self-destructiveness and a potential cascade of severity that leads from nonsuicidal self-injury to suicide attempt. This lecture will present current knowledge on the prevalence and phenomenology of adolescent self-harm, give an overview on potential pathways leading to those behaviors and also leading from one behavior to the other. Finally, latest data and knowledge on the prevention and treatment efforts for adolescent self-harm will be presented.