

## Psychiatric Co-Morbidities in Patients with Deliberate Self Harm

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### Aims & Objectives

To study the pattern and profile of admitted cases of Deliberate Self harm in hospital in eastern Nepal.

### Material & Methods

A hospital based retrospective study of 132 patients admitted in Department of Internal Medicine, BPKIHS, Nepal between Baisakh 2069-Asar 20695.

35 years old and females outnumbered males (58%:42%). Among the 132 patients, suicide rates were higher in married ones as compared to the unmarried. Out of 132 subjects, 71% received informal education and 6% were uneducated. Majority of the subjects were house-wives (40%) followed by students (20%). 28% of the subjects had psychiatric disorders with personality disorders being the major contributor (51%) followed by depression (46%). Impulsive act contributed to the bulk of the causes with interpersonal conflicts (64%) being the major one.

### Results & Conclusions

Majority of the suicide attempters (79%) were less than

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