

Intentional Self-Harm and Personality Traits Using Big Five Factor Model in Patients Presenting To A Tertiary Level Hospital

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Abstract

Introduction: Suicide is an important, largely preventable public health problem. The occurrence of suicide and suicidal behavior has been increasing dramatically. There is a growing recognition that the personality traits is important risk factor for intentional self-harm (suicide/ purposely self-inflicted poisoning or injury). This study was done to assess the personality traits in patients presenting with intentional self-harm and relationship of intent of the self-harm with personality traits. **Material and Method:** A cross sectional study was conducted in patients presenting with Intentional self-harm to tertiary hospital emergency department. Patients who met inclusion criteria and gave consent during six months period were included, Socio demographic information and detailed history was taken. The suicide intent scale and five factor model rating form were administered to the patients. **Results:** Most patients who presented with intentional self-harm scored median score of 4 (high) in anger hostility, self-consciousness, impulsivity and altruism traits while in other traits they scored neutral score, which concluded that patients who presented with intentional self-harm were more bitter, short-tempered, timid, impulsive and sacrificial. The study showed that the relation of certain traits as anxiousness, impulsivity, vulnerability, gregariousness, ideas, trust, straightforwardness, altruism, competence, order and SIS grading was statistically significant ($p < 0.05$). **Conclusion:** Our findings suggest that patients who presented with intentional self-harm were more bitter, short-tempered, timid, impulsive and sacrificial. Further patients who committed intentional self-harm with low intent were more impulsive, vulnerable, outgoing, haphazard and sloppy as compared to those who committed with high intent who were rather more anxious and sacrificial.

Received: May 2, 2022; **Accepted:** May 09, 2022; **Published:** May 15, 2022

Biography

I Dr. Sreya Paudyal, completed my three years doctor in medicine from Institute of Medicine, Tribhuwan University Teaching Hospital, Kathmandu Nepal in 2017. This subject consists of sub-subject viz a viz neurosciences, general psychiatry, child and adolescent psychiatry, community/social and forensic psychiatry, geriatric psychiatry, psychotherapy and pharmacotherapy. Currently, I have

been working as a lecturer in the Department of Psychiatry, Universal College of Medical Sciences. Besides clinical practice and academic work I am involved in researches and several trainings whenever I get opportunity. I have published few articles in several journals and for me it's a continuous process and heading toward it.

