

| Table DS1 Association of lifetime prevalence of self-harm with other variables |          |                          |      |            |          |          |                          |       |            |          |
|--|----------|--------------------------|------|------------|----------|----------|--------------------------|-------|------------|----------|
| Variable   | Girls    |                          |      |            |          | Boys     |                          |       |            |          |
|  | <i>n</i> | Self-harmed <sup>a</sup> | OR   | 95% CI     | <i>P</i> | <i>n</i> | Self-harmed <sup>a</sup> | OR    | 95% CI     | <i>P</i> |
| Ethnicity, % ( <i>n</i> )  |          |                          |      |            |          |          |                          |       |            |          |
| Black  | 11       | 0                        | 1.00 |            |          | 16       | 12.5 (2)                 | 1.00  |            |          |
| Asian  | 71       | 13.0 (9)                 | 0.00 |            | NS       | 33       | 9.1 (3)                  | 0.70  | 0.11–4.67  | NS       |
| White  | 934      | 20.6 (192)               | 0.00 |            | NS       | 842      | 6.3 (53)                 | 0.47  | 0.10–2.12  | NS       |
| Other  | 11       | 27.3 (3)                 | 0.00 |            | NS       | 10       | 20.2 (2)                 | 1.75  | 0.21–14.93 | NS       |
| Living situation, % ( <i>n</i> )   |          |                          |      |            |          |          |                          |       |            |          |
| Both parents   | 696      | 17.2 (120)               | 1.00 |            |          | 628      | 6.7 (42)                 | 1.00  |            |          |
| One parent   | 217      | 24.0 (52)                | 1.51 | 1.05–2.19  | <0.05    | 190      | 6.3 (12)                 | 0.94  | 0.49–1.83  | NS       |
| One parent and step-parent   | 102      | 29.4 (30)                | 2.00 | 1.25–3.20  | <0.01    | 77       | 7.8 (6)                  | 1.18  | 0.48–2.87  | NS       |
| Other family member  | 25       | 20.0 (5)                 | 1.20 | 0.44–3.26  | NS       | 14       | 14.3 (2)                 | 2.33  | 0.50–10.73 | NS       |
| Other  | 7        | 14.3 (1)                 | 0.80 | 0.10–6.71  | NS       | 5        | 20.0 (1)                 | 3.49  | 0.38–31.91 | NS       |
| Divorced parents, <sup>b</sup> % ( <i>n</i> )                                  |          |                          |      |            |          |          |                          |       |            |          |
| No   | 739      | 17.6 (130)               | 1.0  |            |          | 676      | 6.8 (46)                 | 1.00  |            |          |
| Yes  | 309      | 25.6 (79)                | 1.61 | 1.17–2.21  | <0.005   | 234      | 6.4 (15)                 | 0.94  | 0.51–1.71  | NS       |
| Smoking, <sup>c</sup> % ( <i>n</i> )   |          |                          |      |            |          |          |                          |       |            |          |
| Never  | 804      | 13.1 (105)               | 1.00 |            |          | 774      | 4.4 (34)                 | 1.00  |            |          |
| Given up   | 85       | 49.4 (42)                | 6.50 | 4.06–10.43 | <0.001   | 45       | 15.6 (7)                 | 4.01  | 1.67–9.63  | <0.005   |
| Up to 5  | 25       | 36.0 (9)                 | 3.75 | 1.61–8.69  | <0.005   | 19       | 31.6 (6)                 | 10.05 | 3.60–28.04 | <0.001   |
| 6–20   | 65       | 35.4 (23)                | 3.65 | 2.11–6.31  | <0.001   | 29       | 24.1 (7)                 | 6.93  | 2.77–17.33 | <0.001   |
| 21–50  | 48       | 41.7 (20)                | 4.76 | 2.59–8.75  | <0.001   | 19       | 5.3 (1)                  | 1.21  | 0.16–9.33  | NS       |
| 50   | 21       | 47.6 (10)                | 6.05 | 2.51–14.60 | <0.001   | 27       | 22.2 (6)                 | 6.22  | 2.33–16.41 | <0.001   |
| Alcohol use, <sup>d</sup> % ( <i>n</i> )                                       |          |                          |      |            |          |          |                          |       |            |          |
| Never  | 376      | 12.2 (46)                | 1.00 |            |          | 368      | 3.8 (14)                 | 1.00  |            |          |
| 1  | 238      | 16.8 (40)                | 1.45 | 0.92–2.29  | NS       | 191      | 5.8 (11)                 | 1.55  | 0.69–3.47  | NS       |
| 2–5  | 229      | 21.4 (49)                | 1.95 | 1.26–3.04  | <0.005   | 193      | 7.8 (15)                 | 2.13  | 1.01–4.51  | <0.05    |
| 6–10   | 102      | 41.2 (42)                | 5.02 | 3.04–8.29  | <0.001   | 71       | 5.6 (4)                  | 1.51  | 0.48–4.73  | NS       |
| 11–20  | 54       | 37.0 (20)                | 4.22 | 2.24–7.94  | <0.001   | 57       | 24.6 (14)                | 8.23  | 3.68–18.43 | <0.001   |
| >20  | 37       | 29.7 (11)                | 3.04 | 1.41–6.52  | <0.005   | 33       | 15.2 (5)                 | 4.52  | 1.52–13.45 | <0.01    |
| No. of times drunk, <sup>e</sup> % ( <i>n</i> )                                |          |                          |      |            |          |          |                          |       |            |          |
| Never  | 388      | 11.6 (45)                | 1.00 |            |          | 405      | 3.7 (15)                 | 1.00  |            |          |
| Once   | 129      | 15.5 (20)                | 1.40 | 0.79–2.47  | NS       | 113      | 5.3 (6)                  | 1.46  | 0.55–3.85  | NS       |
| 2 or 3 times   | 167      | 19.2 (32)                | 1.81 | 1.10–2.96  | <0.05    | 137      | 4.4 (6)                  | 1.19  | 0.45–3.13  | NS       |
| 4–10 times   | 149      | 30.2 (45)                | 3.30 | 2.07–5.27  | <0.001   | 109      | 9.2 (10)                 | 2.63  | 1.15–6.02  | <0.05    |
| > 10 times   | 212      | 31.1 (66)                | 3.45 | 2.25–5.27  | <0.001   | 147      | 17.0 (25)                | 5.33  | 2.72–10.43 | <0.001   |
| Any drug use, <sup>e</sup> % ( <i>n</i> )                                      |          |                          |      |            |          |          |                          |       |            |          |
| No   | 836      | 14.2 (119)               | 1.00 |            |          | 709      | 6.3 (45)                 | 1.00  |            |          |
| Yes  | 214      | 42.1 (90)                | 4.37 | 3.14–6.11  | <0.001   | 208      | 8.7 (18)                 | 1.40  | 0.79–2.47  | NS       |
| Bullying in school, <sup>b</sup> % ( <i>n</i> )                                |          |                          |      |            |          |          |                          |       |            |          |
| No   | 737      | 13.4 (99)                | 1.00 |            |          | 718      | 4.7 (34)                 | 1.00  |            |          |
| Yes  | 311      | 35.4 (110)               | 3.53 | 2.58–4.83  | <0.001   | 195      | 14.9 (29)                | 3.52  | 2.08–5.93  | <0.001   |
| Physical abuse, <sup>b</sup> % ( <i>n</i> )                                    |          |                          |      |            |          |          |                          |       |            |          |
| No   | 993      | 17.9 (178)               | 1.00 |            |          | 883      | 6.1 (54)                 | 1.00  |            |          |
| Yes  | 52       | 55.8 (29)                | 5.77 | 3.26–10.22 | <0.001   | 31       | 29.0 (9)                 | 6.28  | 2.76–14.30 | <0.001   |

(continued)

Table DS1 (continued)

| Variable   | Girls    |                          |      |           |          | Boys     |                          |       |            |          |
|--|----------|--------------------------|------|-----------|----------|----------|--------------------------|-------|------------|----------|
|  | <i>n</i> | Self-harmed <sup>a</sup> | OR   | 95% CI    | <i>P</i> | <i>n</i> | Self-harmed <sup>a</sup> | OR    | 95% CI     | <i>P</i> |
| Sexual abuse, <sup>b</sup> % ( <i>n</i> )                    |          |                          |      |           |          |          |                          |       |            |          |
| No   | 983      | 18.1 (178)               | 1.00 |           |          | 891      | 6.3 (56)                 | 1.00  |            |          |
| Yes  | 66       | 47.0 (31)                | 4.01 | 2.41–6.67 | <0.001   | 21       | 33.3 (7)                 | 7.46  | 2.89–19.22 | <0.001   |
| Sexual orientation worries, <sup>b</sup> % ( <i>n</i> )      |          |                          |      |           |          |          |                          |       |            |          |
| No   | 987      | 17.7 (175)               | 1.00 |           |          | 870      | 5.4 (47)                 | 1.00  |            |          |
| Yes  | 60       | 55.0 (33)                | 5.67 | 3.32–9.68 | <0.001   | 43       | 37.2 (16)                | 10.38 | 5.23–20.58 | <0.001   |
| Trouble with police, <sup>b</sup> % ( <i>n</i> )             |          |                          |      |           |          |          |                          |       |            |          |
| No   | 824      | 16.6 (137)               | 1.00 |           |          | 596      | 4.9 (29)                 | 1.00  |            |          |
| Yes  | 225      | 32.0 (72)                | 2.36 | 1.69–3.30 | <0.001   | 315      | 10.8 (34)                | 2.37  | 1.41–3.96  | <0.001   |
| Serious boy/girlfriend problems, <sup>b</sup> % ( <i>n</i> ) |          |                          |      |           |          |          |                          |       |            |          |
| No   | 787      | 13.3 (105)               | 1.00 |           |          | 736      | 4.9 (36)                 | 1.00  |            |          |
| Yes  | 261      | 39.8 (104)               | 4.30 | 3.12–5.94 | <0.001   | 177      | 15.3 (27)                | 3.50  | 2.06–5.94  | <0.001   |
| Self-harm by friends, <sup>b</sup> % ( <i>n</i> )            |          |                          |      |           |          |          |                          |       |            |          |
| No   | 660      | 9.7 (64)                 | 1.00 |           |          | 771      | 4.3 (33)                 | 1.00  |            |          |
| Yes  | 386      | 37.3 (144)               | 5.54 | 3.98–7.71 | <0.001   | 143      | 21.0 (30)                | 5.94  | 3.49–10.11 | <0.001   |
| Self-harm by family, <sup>b</sup> % ( <i>n</i> )             |          |                          |      |           |          |          |                          |       |            |          |
| No   | 891      | 14.9 (13.3)              | 1.00 |           |          | 832      | 4.1 (34)                 | 1.00  |            |          |
| Yes  | 157      | 48.4 (76)                | 5.35 | 3.72–7.69 | <0.001   | 79       | 36.7 (29)                | 13.61 | 7.68–24.12 | <0.001   |
| Group norms, <sup>f,g</sup> mean (s.d.)                      |          |                          |      |           |          |          |                          |       |            |          |
| No history of self-harm                                      | 841      | 4.68 (1.85)              | 1.00 |           |          | 854      | 4.43 (1.48)              | 1.00  |            |          |
| History of self-harm   | 209      | 5.78 (3.43)              | 1.19 | 1.11–1.27 | <0.001   | 63       | 6.33 (4.88)              | 1.27  | 1.16–1.38  | <0.001   |
| Depression, <sup>f</sup> mean (s.d.)                         |          |                          |      |           |          |          |                          |       |            |          |
| No history of self-harm                                      | 841      | 3.42 (2.64)              | 1.00 |           |          | 854      | 3.90 (2.94)              | 1.00  |            |          |
| History of self-harm   | 209      | 5.23 (3.44)              | 1.22 | 1.16–1.28 | <0.001   | 63       | 6.19 (4.17)              | 1.20  | 1.13–1.29  | <0.001   |
| Anxiety, <sup>f</sup> mean (s.d.)                            |          |                          |      |           |          |          |                          |       |            |          |
| No history of self-harm                                      | 841      | 8.05 (3.79)              | 1.00 |           |          | 854      | 7.10 (3.57)              | 1.00  |            |          |
| History of self-harm   | 209      | 11.33 (3.92)             | 1.23 | 1.18–1.29 | <0.001   | 63       | 10.43 (3.75)             | 1.25  | 1.17–1.33  | <0.001   |
| Impulsivity, <sup>f</sup> mean (s.d.)                        |          |                          |      |           |          |          |                          |       |            |          |
| No history of self-harm                                      | 841      | 8.15 (2.81)              | 1.00 |           |          | 854      | 8.06 (2.94)              | 1.00  |            |          |
| History of self-harm   | 209      | 9.48 (3.18)              | 1.17 | 1.11–1.23 | <0.001   | 63       | 9.56 (3.13)              | 1.18  | 1.08–1.28  | <0.001   |
| Self-esteem, <sup>f</sup> mean (s.d.)                        |          |                          |      |           |          |          |                          |       |            |          |
| No history of self-harm                                      | 841      | 15.45 (3.62)             | 1.00 |           |          | 854      | 16.23 (3.51)             | 1.00  |            |          |
| History of self-harm   | 209      | 12.80 (3.97)             | 0.83 | 0.80–0.87 | <0.001   | 63       | 13.08 (4.39)             | 0.81  | 0.76–0.86  | <0.001   |
| Optimism, <sup>f</sup> mean (s.d.)                           |          |                          |      |           |          |          |                          |       |            |          |
| No history of self-harm                                      | 841      | 19.55 (4.15)             | 1.00 |           |          | 854      | 19.84 (3.80)             | 1.00  |            |          |
| History of self-harm   | 209      | 17.00 (4.28)             | 0.87 | 0.8–0.90  | <0.001   | 63       | 17.63 (4.27)             | 0.86  | 0.81–0.92  | <0.001   |
| Social perfectionism, <sup>f</sup> mean (s.d.)               |          |                          |      |           |          |          |                          |       |            |          |
| No history of self-harm                                      | 841      | 25.28 (8.42)             | 1.00 |           |          | 854      | 26.80 (8.22)             | 1.00  |            |          |
| History of self-harm   | 209      | 20.91 (9.37)             | 1.06 | 1.04–1.08 | <0.001   | 63       | 30.41 (7.86)             | 1.06  | 1.02–1.09  | <0.001   |

a. Values are % (*n*) or mean (s.d.) as indicated in column 1.

b. Lifetime prevalence.

c. Number of cigarettes smoked in a typical week.

d. Number of alcoholic drinks in a typical week.

e. Past year prevalence.

f. Odds ratio for 1 point increase in score (higher scores indicate higher levels of depression, anxiety, impulsivity, self-esteem, optimism and social perfectionism respectively).

g. Higher scores indicate more positive group norms for self-harm.