Supplementary File 1. Poisson regression analysis of annual change in rates of self-harm in older adults

1. Older adults aged 60 years and older: 2007-2019

|  |  |  |  |
| --- | --- | --- | --- |
| Year | Male IRR (95% CIs) | Female  IRR (95% CIs) | All  IRR (95% CIs) |
| 2007 | 1.00 (Ref) | 1.00 (Ref) | 1.00 (Ref) |
| 2008 | 1.10 (0.89-1.36) | 0.98 (0.81-1.18) | 1.03 (0.89-1.18) |
| 2009 | 1.05 (0.85-1.30) | 1.07 (0.89-1.28) | 1.06 (0.92-1.22) |
| 2010 | 1.10 (0.89-1.35) | 0.97 (0.81-1.17) | 1.02 (0.89-1.18) |
| 2011 | 1.09 (0.89-1.34) | 0.96 (0.80-1.16) | 1.02 (0.89-1.17) |
| 2012 | 1.10 (0.89-1.35) | 1.05 (0.88-1.25) | 1.07 (0.93-1.22) |
| 2013 | 0.99 (0.80-1.22) | 1.00 (0.83-1.19) | 0.99 (0.87-1.14) |
| 2014 | 0.98 (0.80-1.21) | 0.92 (0.77-1.10) | 0.94 (0.82-1.08) |
| 2015 | 1.03 (0.84-1.26) | 0.94 (0.78-1.12) | 0.98 (0.85-1.12) |
| 2016 | 1.03 (0.84-1.26) | 0.95 (0.80-1.14) | 0.98 (0.86-1.12) |
| 2017 | 0.95 (0.77-1.16) | 0.89 (0.75-1.07) | 0.91 (0.80-1.05) |
| 2018 | 0.94 (0.76-1.15) | 1.04 (0.88-1.24) | 0.99 (0.87-1.13) |
| 2019 | 0.90 (0.74-1.11) | 1.04 (0.87-1.23) | 0.97 (0.86-1.11) |

1. Older adults aged 60-69 years: 2007-2019

|  |  |  |  |
| --- | --- | --- | --- |
| Year | Male IRR (95% CIs) | Female  IRR (95% CIs) | All  IRR (95% CIs) |
| 2007 | 1.00 (Ref) | 1.00 (Ref) | 1.00 (Ref) |
| 2008 | 1.22 (0.95-1.58) | 0.91 (0.73-1.14) | 1.04 (0.88-1.22) |
| 2009 | 1.21 (0.94-1.56) | 1.00 (0.81-1.24) | 1.08 (0.92-1.27) |
| 2010 | 1.13 (0.88-1.46) | 0.97 (0.0.78-1.20) | 1.03 (0.88-1.22) |
| 2011 | 1.19 (0.93-1.52) | 0.89 (0.72-1.11) | 1.01 (0.86-1.19) |
| 2012 | 1.12 (0.87-1.43) | 1.02 (0.83-1.25) | 1.06 (0.90-1.24) |
| 2013 | 1.04 (0.81-1.34) | 0.86 (0.69-1.06) | 0.93 (0.79-1.10) |
| 2014 | 0.98 (0.76-1.26) | 0.83 (0.67-1.03) | 0.89 (0.76-1.05) |
| 2015 | 1.03 (0.80-1.32) | 0.88 (0.72-1.09) | 0.94 (0.80-1.11) |
| 2016 | 1.06 (0.83-1.32) | 0.79 (0.64-0.98)\* | 0.90 (0.77-1.06) |
| 2017 | 1.00 (0.7801.28) | 0.73 (0.59-90)\*\* | 0.84 (0.71-0.99)\* |
| 2018 | 0.94 (0.74-1.21) | 0.96 (0.79-1.18) | 0.96 (0.82-1.12) |
| 2019 | 0.96 (0.75-1.22) | 0.95 (0.77-1.16) | 0.95 (0.82-1.12) |

1. Older adults aged 70-79 years: 2007-2019

|  |  |  |  |
| --- | --- | --- | --- |
| Year | Male IRR (95% CIs) | Female  IRR (95% CIs) | All  IRR (95% CIs) |
| 2007 | 1.00 (Ref) | 1.00 (Ref) | 1.00 (Ref) |
| 2008 | 0.80 (0.50-1.28) | 0.97 (0.65-1.45) | 0.89 (0.66-1.21) |
| 2009 | 0.70 (0.43-1.15) | 1.22 (0.84-1.78) | 0.99 (0.74-1.33) |
| 2010 | 1.16 (0.75-1.77) | 0.90 (0.60-1.36) | 1.02 (0.76-1.36) |
| 2011 | 0.95 (0.62-1.48) | 1.18 (0.81-1.72) | 1.07 (0.81-1.43) |
| 2012 | 1.16 (0.76-1.77) | 0.98 (0.66-1.45) | 1.06 (0.80-1.41) |
| 2013 | 1.01 (0.66-1.56) | 1.39 (0.97-1.99) | 1.22 (0.92-1.60) |
| 2014 | 1.06 (0.70-1.62) | 0.99 (0.67-1.46) | 1.02 (0.77-1.36) |
| 2015 | 1.09 (0.72-1.65) | 0.95 (0.64-1.40) | 1.01 (0.76-1.35) |
| 2016 | 1.11 (0.74-1.68) | 1.30 (0.90-1.86) | 1.21 (0.92-1.59) |
| 2017 | 0.98 (0.65-1.49) | 1.30 (0.91-1.86) | 1.15 (0.88-1.51) |
| 2018 | 1.15 (0.77-1.71) | 1.09 (0.76-1.58) | 1.12 (0.85-1.46) |
| 2019 | 0.91 (0.60-1.38) | 1.23 (0.86-1.75) | 1.08 (0.82-1.41) |

1. Older adults aged 80 years and older: 2007-2019

|  |  |  |  |
| --- | --- | --- | --- |
| Year | Male IRR (95% CIs) | Female  IRR (95% CIs) | All  IRR (95% CIs) |
| 2007 | 1.00 (Ref) | 1.00 (Ref) | 1.00 (Ref) |
| 2008 | 0.90 (0.44-1.87) | 1.88 (0.90-3.89) | 1.32 (0.79-2.18) |
| 2009 | 0.69 (0.31-1.49) | 1.14 (0.51-2.55) | 0.89 (0.51-1.54) |
| 2010 | 0.66 (0.30-1.43) | 0.94 (0.41-2.17) | 0.78 (0.44-1.38) |
| 2011 | 0.69 (0.32-1.47) | 0.75 (0.31-1.82) | 0.73 (0.41-1.29) |
| 2012 | 0.77 (0.37-1.60) | 1.32 (0.61-2.85) | 1.01 (0.60-1.71) |
| 2013 | 0.53 (0.24-1.18) | 1.06 (0.47-2.36) | 0.76 (0.43-1.33) |
| 2014 | 0.81 (0.40-1.64) | 1.52 (0.72-3.19) | 1.12 (0.68-1.87) |
| 2015 | 0.93 (0.47-1.83) | 1.17 (0.54-2.56) | 1.06 (0.64-1.78) |
| 2016 | 0.65 (0.31-1.35) | 1.53 (0.73-3.20) | 1.03 (0.62-1.71) |
| 2017 | 0.58 (0.28-1.22) | 1.34 (0.63-2.83) | 0.90 (0.54-1.52) |
| 2018 | 0.51 (0.24-1.08) | 1.67 (0.81-3.42) | 0.98 (0.59-1.64) |
| 2019 | 0.68 (0.34-1.37) | 1.19 (0.56-2.54) | 0.92 (0.55-1.53) |