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1ST INTERNATIONAL VILNIUS NEUROSCIENCE CONFERENCE FOR YOUNG RESEARCHERS

ABSTRACT BOOK

MAY 9–10, 2025

2025, PRIEDAS

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VILNIUS UNIVERSITY
Vilnius, Lithuania

The conference is organised by researchers of the Faculty of Medicine of Vilnius University and endorsed by the Lithuanian Neurologists' Association, the Lithuanian Society for Epileptology, the Lithuanian Stroke Association, the Lithuanian Neuroscience Association and the Lithuanian Association of Apheresis and Clinical Toxicology.

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Self-Harm and Mental Health Disorders in Adolescence

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Aim. To identify mental health disorders associated with self-harm in adolescence.

Methods. A retrospective analysis of patients hospitalized at the RVPL University Child and Adolescent Unit from 2022 to 2025. Data included ICD-10 psychiatric diagnoses, self-harm episodes and recurrence, and sociodemographic indicators. Statistical analysis was performed using R-Commander; results were significant at $p < 0.05$.

Results. The sample included 600 patients (mean age 15.13; 27% male, 73% female). Self-harm was reported in 71.3% of cases. The most frequent diagnoses among those who self-harmed were depressive disorders (F32.10, F32.30, F33.1), comprising 25.7% of cases. All patients with recurrent depressive disorders (F33.1, F33.2, F33.3) had self-harmed ($\chi^2 = 195.279$, $df = 62$, $p < .001$). Recurrent self-harm was most common in patients diagnosed with moderate depression (F32.10, 20.9%) and paranoid schizophrenia (F20.0, 15.6%). No self-harm was recorded among patients with certain developmental disorders (F84.8, F71.1, F72.1).

Conclusions. Over 70% of hospitalized adolescents had self-harmed. Recurrent depressive disorders strongly predicted self-harm. Moderate depression and paranoid schizophrenia accounted for over one-third of repeated self-harm cases, suggesting these diagnoses indicate increased risk.