

Non-suicidal Self-injury in the Over 40s: Results from a Large National Epidemiological Survey

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Gender	Female (61.9%); Male (38.1%)
Age groups	40-49 (24.6%); 50-59 (28.4%); 60-69 (24.4%); 70-79 (15.4%); 80 (7.1%)
Sexual orientation	Heterosexual (97.9%)
Index education and occupation	Lower half (51.5%); Upper half (48.5%)
Index relative social disadvantage	Upper half (47.6%); Lower half (52.3%)
State/Territory of residence	New South Wales (32.2%); Victoria (23.8%); Queensland (20.4%);
	Western Australia (8.8%); South Australia (8.7%); Tasmania (3.5%);
	Australian Capital Territory (2.3%); Northern Territory (0.3%)
Region of birth	Australia and New Zealand (77.8%); Europe and the United Kingdom (16.7%); Asia, Japan, Korea, Melanesia, Micronesia, Polynesia (2.8%); Africa and the Middle East (1.7%); The Americas and the Caribbean (0.9%)
Indigenous status	Aboriginal and/or Torres Strait Islander (1.3%)
Main language spoken at home	English (95.9%); Italian (1.1%); Chinese (0.5%); Greek (0.3%); Other (2.3%)
Marital status	Married (58.9%); Widowed (13.5%); Separated/divorced (11.6%); Single (10.6%); De facto (4.9%); Partnered but not living together (0.5%)
Educational status	Finished high school/certificate/diploma (68.7%); Bachelor's degree (16.1%); Post-graduate study (12.0%); Did not finish high school (1.7%); Other (1.5%)
Work status	Retired (36.6%); Full-time employed (31.8%); Part-time employed (13.9%); Other (17.7%)

Overall, mean age of onset was 18.85 years (SD=10.92, range 5-60), with most (80.3%) beginning before age 25 years and fewer (19.7%) beginning ≥25 years. For the ≥40 group, mean age of onset was 25.4 years (SD=14.66, range 5-60) with 60.3% beginning <25 years and 39.7% beginning ≥25 years.

However, self-injurers were more likely to have received a psychiatric diagnosis (OR 21.22, 95% CI [3.90, 115.52]), score high on

constructs, but used only one or two key questions to represent complex questionnaires.

