

# DIGITAL SUPPORT FOR YOUNG PEOPLE WHO ENGAGE IN SELF-HARM: THE USERS' PERSPECTIVE

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## METHODS

This on-going qualitative study employs semi-structured interviews with patients presenting to mental health services due to self-harm. Eligible are patients aged 12-18 years who reported more than five episodes of self-harm in the past year. The data is analysed using the thematic analysis approach.

## RESULTS / DISCUSSION

Nine interviews have been conducted thus far. Preliminary results show that some young people have had experiences with seeking help online and found it partially helpful. This study shows that the available tools could be improved by considering the individuality of patients' needs and expectations. Further, while many patients expressed interest in using mobile applications to manage self-harm, the most common motivation to use online support is the perception of digital resources as being effective and experiencing mood improvements after using them.

## CONCLUSION

The study shows that future intervention developments should include target users' perspective in the development of mental health interventions to better respond to their needs and preferences, and to ensure user engagement with developed interventions.

