



TRANSFORMING TOXICOLOGY LANDSCAPE FOR SAFER AND SUSTAINABLE TOMORROW

## POSTER PRESENTATIONS

### [ID-P#042] Factors associated with deliberate self-ingestion among adults: Cross sectional study from the Tertiary care hospital of Northern Province of Sri Lanka

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**Background:** Self-ingestion of various poisons on purpose is a prevalent problem in Sri Lanka. Numerous studies have revealed a variety of direct and indirect factors that contribute to deliberate self-harm across the globe. There had been no previous comprehensive study of the factors influencing intentional poisoning in the Northern Province of Sri Lanka. So we aimed to study the variation in socio-demographic factors, substances used, and circumstance of poisoning among the patients admitted to Teaching Hospital Jaffna, Sri Lanka after self-ingestion of poison.

**Methods:** This cross-sectional study included 448 patients aged 18 years and above who were admitted with self-ingestion from April to September 2019. Data were collected via pretested questionnaire by a trained medical officer.

**Results:** Majority of the patients were female (52.2%) and 78.8% of them are less than 40 years of age. Among the participants, 86.6% of them had low monthly income (less than 30000 Sri Lankan rupees per month). Commonly used substances for self-ingestion were medical substances (medications) (27.7%), naturally available substances (25.7%), chemical substances (11.2%), agricultural poisons (15.2%) and 20.3% of participants used various other substances. Oleander seeds and medicines (around 50%) were more commonly used than agricultural poisons (15.2%). There was significant variation in age ( $P=0.006$ ), sex ( $P=0.005$ ) and level of education ( $P=0.024$ ) with the category of poisoning. Further, 78.3% of participants reported either family or social problem as the precipitating factor for ingestion of poison whereas only 2.5% of them declared that poverty as a direct precipitating factor.

**Conclusion:** Our study shows the deliberate self-poisoning predominantly affects the young generation and breadwinners of the community. Naturally available substances and medicines accounted in majority as commonly used agents. Social issues and financial problems were identified as common precipitating factors.