

THESIS

**THE CORRELATION BETWEEN DEPRESSION AND SELF-HARM BEHAVIOR
IN TEENAGERS – A SYSTEMATIC NARRATIVE REVIEW**



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Thesis

Proposed as One of The Requirements for Completing the Medical Study Program
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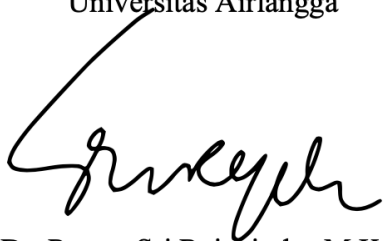


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As the author, I realize that this thesis may have many flaws. Any constructive suggestions from readers will be greatly appreciated. However, I hope this thesis may be beneficial to others.

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SUMMARY

Depression is a common mental disorder, characterized by persistent sadness and loss of interest in activities, accompanied by an inability to carry out daily activities, for at least two weeks. Self-harm occurs relative commonly which is the most common in teenagers and young adults. Self-harm is often defined as self-harm without the intent to die. There was an increase of prevalence of depression in teenagers in 2015. Aside that, self-harm behavior, had reported that 62.000 people died from self-harm behavior in 2016. There is a theory that stated depression is correlated with self-harm behavior while there is another one that stated not everyone who do self-harm are suffered from depression.

This research aims to determine the correlation of self-harm behavior and depression. This research is an observational analytic using the method of systematic review based on based on cross-sectional, longitudinal and cohort researches about depression and self-harm on teenagers. The population of this research is teenagers from research articles about depression and self-harm behavior in teenagers from PubMed, Science Direct and Google Scholar. The research articles that were found from those databases were selected based on the inclusion and exclusion criteria of this research using the PRISMA flow diagram. The total sample of this research consists of 2 research articles from PubMed and 2 research articles from Google Scholar.

The result of this research confirmed that there is a correlation between depression and self-harm as it was mentioned in all 4 of the studies that were included in this research. However, There is a different theory about the outcome of self-harm behavior between

two genders. It is also found that female teenagers is more likely to have depression than male teenagers.

The limitation of this systematic review is there are no data about the amount of sample who has depression and there are only a few studies who has the data about the amount of sample who do self-harm and the total amount between female and male sample.

ABSTRACT

Depression is the ninth leading cause of illness and disability in all teenagers. There was an increase of depression in teenagers in 2015. Aside that, self-harm behavior, which is common in teenagers, had reported that 62.000 people died from self-harm behavior in 2016. There is a theory that stated depression is correlated with self-harm behavior while there is another one that stated not everyone who do self-harm are suffered from depression. Aim of this study is to determine the correlation of self-harm behavior and depression. This research used an observational analytic using the method of systematic review based on cross-sectional, longitudinal and cohort researches about depression and self-harm on teenagers.

Result: four studies are included in this research and show that depression is correlated to self-harm behavior in teenagers. The severity of depression correlates with self-harm and the greater the depressive symptoms, the greater self-harm behavior outcome as well. Increased severity of self-harm is associated with higher levels of depression and also self-harm itself can act as a trigger for depression on teenagers. A study shows that there is an association between gender and self-harm. However, there is another study that stated there is no association between gender and self-harm in teenagers.

In conclusion there is a correlation between depression self-harm behavior in teenagers.

Keywords : *Correlation, Depression, Self-harm behavior, Teenagers, Systematic Review.*