

Summary

The theme of the dissertation thesis is "*Standardization of early identification of risks of self-harm as a risk reduction tool in psychiatric inpatients*". For the purposes of the thesis, the risk of self-harm means the risk of self-harm with the aim of suicide.

The aim of the dissertation thesis is to propose a standardized process for identifying and managing the risk of self-harm in hospitalized patients at psychiatric inpatient facilities, which is presented in the form of a methodological instruction.

The work is in the theoretical part focused on the process of standardization in the context of risk and quality management in healthcare, the epidemiology of suicides in the general population and in hospitalized patients in psychiatric institutions, the root causes of completed suicides during hospitalization, the possibilities of risk assessment, factors of a safe environment and the current approach to risk assessment in context of the Czech Republic.

The theoretical part is supplemented by author's five scientific publications, which are focused on the current state of self-harm risk assessment and risk management tools in the Czech Republic, practical options for securing the environment and evaluating the level of risks in it, possibilities for early detection of self-harm risks in childhood and adolescence, and the prevalence of depression symptoms and suicide attempts among Charles University students. The last two publications define the context more broadly and complement the importance of creating preventive approaches.

The results of this dissertation confirm that in the Czech Republic there is no standardized process of the suicide risk assessment and managing the risk of self-harm in psychiatric inpatients. The psychiatric environment where care is provided presents a risk that is not managed in a standardized way, although there are examples of safe practice worldwide. With the increasing prevalence of mental problems in the global population, for example also in the subpopulation of Charles University students, or in children and adolescents, there will be a need to think about standardized safe preventive tools in the future as well.

Standardization of processes reduces the variability and unpredictability of outputs, and its application in the field of self-harm risk management appears to be a suitable preventive tool in view of the seriousness of the problem.