

# 20. BÖLÜM

## Kendine Zarar Verme Davranışı

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İnsanların çeşitli nedenlerden dolayı kendilerine zarar vermeleri sık görülen bir durumdur. Son zamanlarda medya ve popüler yayınların kendine zarar verme davranışı (KZD) konusuna olan ilgisinin artmasına paralel olarak da bu şikayetlerle profesyonel yardım için başvuran hasta sayısında bir artışa neden olmuştur. KZD ile ilgili yapılan bilimsel çalışma ve tartışmalardaki belirgin artışa karşın, nedenleri, seyri, tanı, değerlendirme ve tedavisi hakkındaki bilgilerimiz sınırlıdır.

Bu davranışın diğer psikiyatrik bozukluklarla olan ilişkisi olduğu, uzun zamandan beri bilinmektedir. En çok ilişkili DSM-5 tanıları arasında; "Obsesif kompulsif bozukluk ve ilişkili bozukluklar" bölümünden "trikotillomani ve deri yolma bozukluğu", "tanımlan-

mamış diğer bir obsesif kompulsif bozukluk ve ilişkili bozukluklar"daki "bedene odaklı yinelemeli davranış bozukluğu" alt grubu, ve "borderline kişilik bozukluğu" yer almaktadır (Kress 2003; APA, 2013). Ruh sağlığı çalışanları açısından KZD'nin doğru bir şekilde teşhis edilip değerlendirilmesinin klinik uygulamada büyük yararı vardır. Böylece bu davranışların tehlike derecesi de anlaşılmış olur ve doğru tedavi yapılır (Kress, 2003).

Bununla birlikte KZD'nin çok çeşitli türleri vardır. Örneğin kendine zarar vermenin hafif formları olan saç yolma ve tırnak yeme çok yaygındır. Birçok kültürde bu davranışın bazı formları kabul görür veya en azından aşırı tepki toplamaz (Favazza, 1996). Örneğin batı kültüründe kulağa ve vücudun çeşitli bölgelerine yapılan piercing uygu-

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vam etmekte olup bu tür çalışmalar, gelecek çalışmalara ışık tutmaktadır (Chapman, 2006).

Taklit, sosyal bulaşıcılık, KZD'nin yayılması açısından son derece önemlidir. Bu durumu irdeleyen bir yazıda; bu riski azaltmak için okullarda ve tedavi programlarında KZD hakkında psikoeğitim ve farkındalığı artırmanın önemine işaret edilmiştir (Jarvi ve ark., 2013).

KZD'si olan hastalar, ulaşılması ve tanımlanması güç bir grubu oluşturmaktadırlar. Standart araştırma gereçleri ve kullanılabilir tanınmış ölçütler geliştirilmediği sürece uygun tedavi stratejileri geliştirmek mümkün olmayacaktır. Bu ölçütler bu heterojen bozukluk kompleksini yeterince tanımlayabilirse, zamanla yapılacak olan ileri çalışmalarla farklı terapötik yaklaşımları ortaya çıkarabilmek mümkün olacaktır (Kocalevent ve ark., 2005).

## SONLANIM

Kendine zarar verme, erken ergenlik döneminde başlamakta ve ritüeller kültürlerle göre değişmektedir (Pattison ve Kahan, 1983; Feldman, 1988; Favazza ve Conterio, 1989; Favazza ve Rosenthal, 1993; Ak ve ark., 1993; Herpetz, 1995; Tarlacı, 1997). KZD'nin zamanla artma, azalma ya da süreğenleşme ile seyredip birçok kişide 10-15 yıl sonra sonlandığı görülmektedir (Favazza ve Rosenthal 1993, Hawton ve Catalan 1987). Profesyonel yardım alan çoğu ergen, yeni başatma stratejileri ve olgun davranışlar sergileyerek KZD'den zaman içerisinde vazgeçecektir. Bu anlamda hasta ve ailelerine bu davranışın sonsuza kadar devam etmeyeceği söylenebilir (Favazza, 1989). Ancak

psikiyatrik bir hastalığa eşlik eden KZD' de ise durum biraz daha farklıdır. Genel hastalık tablosunun şiddeti azaldıkça, buna paralel olarak KZD' de azalabilecektir.

## SONUÇ

Çok çeşitli tanımlamları olan KZD'nin etiolojisinde bir çok faktör yer almakta olup klinik pratikte çok sık karşılaşılan bir durum olmasına karşın, konu hakkında yeterince bilgi ve veri olduğunu söylemek mümkün değildir. KZD'nin altında yatan ya da birlikte gözüktüğü klinik tablonun tedavisi ile ortadan kalkmasını beklemenin klinik uygulamada yeterli olmadığı anlaşılmaktadır. Bu nedenle KZD'yi bir belirti olarak kabul ederek, doğrudan uygun müdahalelerde bulunmak hastanın gördüğü zararı azaltabilir. Ancak KZD'ye yönelik özgül müdahalelerin etkinliği konusunda yeterli sayıda bilgi yoktur. Sonuç olarak hastalığın tedavi edilmesinin yanında KZD'ye özgül müdahale yöntemlerinin geliştirilmesi, bir gereklilik olarak önümüzde durmaktadır.

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