



I S S S

International Society for the  
Study of Self-Injury

| Abstract Book

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Universitätsklinik für Kinder- und Jugendpsychiatrie | AKH Wien

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# Symposia



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## Collaborative Research Program 2022 - 2023 Presentations

The ISSS Collaborative Research Program provides an opportunity for doctoral students and early career researchers (less than 5 years post-PhD) to work with a leading NSSI researcher, who is not their supervisor, on a dedicated research project. Each year, participants in the program present their progress in the CRP Symposium.

### Presentation 1

#### Barriers to youth disclosing self-injurious thoughts and behaviours to therapists

Mirichlis, Sylvanna (Curtin University) & Fox, Kathryn (University of Denver)

##### Introduction

Disclosure of self-injurious thoughts and behaviours (SITBs) can serve as a catalyst to receiving potentially lifesaving mental health; yet, many young people do not disclose these experiences to their therapists.

##### Objectives

The primary aim of this study was to identify reasons adolescents had not disclosed their SITBs to their therapists. Secondly, we aimed to investigate how these barriers compared across SITBs (suicidal ideation, suicidal behaviour, and NSSI).

##### Methods

Content analysis was used to analyse 637 open-ended responses, 281 of which pertained to non-disclosure of suicidal ideation, 109 for suicidal behaviour, and 247 responses for NSSI non-disclosure. Participants were aged between 13 and 17 years ( $M = 15.56$ ,  $SD = 1.20$ ); most identified as cisgender girls (67.9%; 1.7% cisgender boys; 9.7% non-binary; 5.4% gender queer; 4.3% transgender).

##### Results

Preliminary findings indicate that common barriers to disclosing SITBs to therapists include: characteristics of the therapeutic relationship, concerns of confidentiality breaches, fear of repercussions, internalised stigma, and SITB not relevant to therapeutic goals. Findings provide valuable considerations for clinicians working with young people who experience SITB.

### Presentation 2

#### Treating NSSI: The STAR Online RCT

Kaess, Michael (University Hospital Heidelberg, Germany; University of Bern, Switzerland), van der Venne, P (University Hospital Heidelberg, Germany), Bauer, S (University of Heidelberg, Germany), Moessner, M (University of Heidelberg, Germany), Koenig, J (University of Cologne, Germany)

##### Introduction

Evidence-based, specific, time-, and cost-effective treatment approaches for nonsuicidal self-injury are scarce albeit urgently needed due to the high prevalence of young people affected.

##### Objectives

The current help-seeking and treatment gap in young people with NSSI can potentially be alleviated by online interventions.

##### Methods

The talks reports the development, implementation and preliminary results of the STAR-Online Trial.

##### Results

An online version of the evidence-based "Cutting Down Program" (named STAR-Online) was developed and is currently evaluated with a randomized controlled trial (RCT) comparing STAR-Online with online psychoeducation. The primary endpoint is frequency of NSSI at 6-months follow-up. Recruitment of the RCT is ongoing (currently at  $N=420$ ). Data on implementation, usage of the intervention as well as preliminary efficacy data will be presented.

### Presentation 3

#### Conducting Research with LGBTQA+ young people in the US and Australia

Hird, Kirsty (Curtin University) & Taliaferro, Lindsay (University of Central Florida)

##### Introduction

In the US, there are currently many discriminatory bills being proposed and legislation being passed that attack the rights of LGBTQ+ people. Some of these bills also have the ability to impact research concerning the LGBTQ+ community. Colloquially named 'Don't Say Gay' bills hope to prohibit researchers from recruiting participants under the age of 18 for any research concerning sexuality or gender diversity. In some universities, researchers are being discouraged from conducting any research about identity-specific issues, leaving many questioning the future of their research. These political attacks serve to silence the voices of LGBTQ+ young people and exclude them from health research, while simultaneously putting their mental and physical health at risk. In contrast, conducting research with LGBTQ+ young people in Australia requires certain ethical considerations, but is not met with any political or legal discouragement.

##### Objectives

For this project we intend to look at gender-specific risk and protective factors for NSSI among trans young people in the US.

##### Methods

We are still collecting data at this stage; however, through participating in the Collaborative Research Project I have learned about some challenges for conducting research with LGBTQ+ youth in the US, and how it differs from conducting similar research in Australia.

##### Results

The impact that the current political climate in the US has on LGBTQ+ research begs the question: what can the global research community do to help? I encourage everybody to think about how they can use their research to help people feel supported, respected, and valued.

## Symposium One

### STAR: A Collaborative Approach to Shed Light on Different Aspects of NSSI

The STAR (Self-Injury: Treatment-Assessment-Recovery) consortium was established in 2016 to address several aspects of adolescent NSSI: neurobiology (STAR NEURO), real-world settings (STAR EMA), psychological influences on NSSI trajectories (STAR ASSESS), training of professionals (STAR TRAIN) and online therapy (STAR ONLINE). This symposium will provide an overview on first analyzes and provide a starting point for discussion about further initiatives of research cooperation and data-sharing.

### Presentation 1

#### The Severity of NSSI in the STAR Sample

In-Albon, Tina (University of Koblenz-Landau, Germany) & Kraus, L (University of Koblenz-Landau, Germany)

##### Introduction

In the STAR study, adolescents and young adults with repetitive NSSI are assessed repeatedly using several self-report measures and interviews.

##### Objectives

We present a primary overview on the STAR sample regarding NSSI severity, psychopathology, emotion regulation, childhood trauma, self-efficacy, media use, contagion, suicidality, screening for personality disorder, and quality of life at baseline.

##### Methods

The sample consists currently of 731 youths with repetitive NSSI between 15 and 21 years of age. NSSI severity is assessed with the NSSI severity questionnaire that considers frequency, intra- and interpersonal functions, methods, localization, injury severity, and impulsivity.

##### Results

Results will be presented with a focus on the NSSI severity and associations with other self-report measures..

## Presentation 2

### Treating NSSI: The STAR Online RCT

Kaess, Michael (University Hospital Heidelberg, Germany; University of Bern, Switzerland), van der Venne, P (University Hospital Heidelberg, Germany), Bauer, S (University of Heidelberg, Germany), Moessner, M (University of Heidelberg, Germany), Koenig, J (University of Cologne, Germany)

#### Introduction

Evidence-based, specific, time-, and cost-effective treatment approaches for nonsuicidal self-injury are scarce albeit urgently needed due to the high prevalence of young people affected.

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## Presentation 3

### Pain-Dependence & Cognitive Emotion Regulation in NSSI: An fMRI Study

Sicorello, Maurizio (Central Institute of Mental Health Mannheim, Germany), Spohrs, J (University of Ulm, Germany), Nickel, S (University of Ulm, Germany), Niedtfeld, I (Central Institute of Mental Health Mannheim, Germany), Ablner, B (University of Ulm, Germany), Schmahl, C (Central Institute of Mental Health Mannheim, Germany)

#### Introduction

Prominent theories propose heightened emotional sensitivity and deficits in cognitive emotion regulation abilities in individuals engaging in non-suicidal self-injury (NSSI). These deficits are argued to be compensated by acts of self-injury as pain-dependent emotion regulation attempts.

#### Objectives

Still, theories differ regarding whether pain as an emotion regulation strategy is effective (1) even in individuals who do not engage in self-injury, (2) only in people engaging in NSSI, or (3) dependent on self-punishment tendencies.

#### Methods

To test these theories on a neurobiology level, we conducted a functional magnetic resonance imaging (fMRI) study on 120 female adolescents (60 NSSI, 60 controls). Participants were shown pictures of neutral and negative scenes and either prompted to (1) just view the stimuli, (2) cognitively reappraise the stimuli to lower their negative affect or (3) concurrently received an individualized painful heat stimulus.

#### Results

The data is analyzed based on brain regions of interest involved in emotion generation and regulation. Moreover, machine learning-based neural signatures for negative affect are used as more reliable and valid measures of affective functioning. This allows the investigation of neurobiological deficits in the generation and regulation of negative emotions in NSSI, as well as a competitive tests between different accounts on when, why, and for whom physical pain can be an effective regulator.

## Presentation 4

### Social Exclusion, Bullying, & NSSI: An fMRI Study

Spohrs, Jennifer (University of Ulm, Germany), Ablner, B (University of Ulm, Germany), Nickel, S (University of Ulm, Germany), Sittenberger, E (University of Ulm, Germany), Schmahl, C (Central Institute of Mental Health Mannheim, Germany), Sicorello, M (Central Institute of Mental Health Mannheim, Germany), Sachser, C (University of Ulm, Germany), Witt, A (University of Ulm, Germany), Grön, G (University of Ulm, Germany), Ulrich, M (University of Ulm, Germany)

### Introduction

NSSI is highly prevalent and often linked to other mental disorders. Social exclusion has been described to promote NSSI and altered neural processing of social exclusion has been found in young adults engaging in NSSI.

### Objectives

Aim of the present study was to investigate the neural correlates of social exclusion and their relationship with individual experiences of bullying in a large sample of 30 adolescents with NSSI and 30 controls.

### Methods

Using MR-based perfusion imaging (pCASL), neural processing during social exclusion (paradigm: Cyberball) was assessed. Participants filled out the Olweus Bullying Questionnaire (OWQ) after the MRI task.

### Results

Exploring group differences during social exclusion, we found increased activation in the amygdala in the NSSI group versus control group. This activation was modulated by the experienced bullying frequency as revealed in a four group model. The results yield an inverse U-shaped model with the greatest activation in patients with moderate bullying experience and lower activations upon none and high frequencies of bullying.

## Presentation 5

### NSSI in Adolescents: A Descriptive Analysis of Circumstances & Context Factors in Patients' Everyday Lives

Santangelo, Philip S (FernUniversität in Hagen, Berlin, Germany), Ebner-Priemer, U. W (Institute of Technology, Karlsruhe, Germany; University of Heidelberg, Heidelberg, Germany)

### Introduction

NSSI is prevalent among adolescents. It is assumed to serve various purposes, with maladaptive affective coping attempts being among the most often used conceptualizations. Conducting ecological momentary assessments (EMA) via a smartphone while participants go about their daily lives offers the possibility to gain data with high ecological validity.

### Objectives

In order to gain insights into the circumstances and context factors of occurrences of NSSI and the urge to engage in NSSI, participants carried an electronic diary for one week.

### Methods

We gathered data of a total of 341 participants, 182 adolescents engaging in NSSI and 159 non-clinical controls. Participants carried an electronic diary on seven consecutive days and were repeatedly asked to report on their psychological states, interpersonal behaviors, and whether they engaged in NSSI or felt the urge to do so while going about their everyday life activities.

### Results

Participants responded to 15,432 prompts. The 182 adolescents engaging in NSSI reported 324 acts of NSSI. We will take a descriptive perspective and report on the time of day and the day of the week of reports of NSSI and heightened urge to engage in NSSI. Furthermore, we will test whether states of negative affect precede NSSI and heightened urge as well as whether NSSI has an affect regulating effect. Another aspect is whether negative interpersonal behaviors by others predict engaging in NSSI.

## Symposium Two

### Utilizing Experience Sampling Methods to Improve Our Understanding of NSSI at the Daily Level

## Presentation 1

### Clarifying the Short-Term Course of NSSI among Treatment-Seeking Individuals

Kiekens, Glenn (KU Leuven, Belgium), Claes, L (KU Leuven, Belgium; University of Antwerp, Antwerp, Belgium), Kleiman, E (State University of New Jersey, USA), Coppersmith, D. L. D (Harvard University, USA), Fortgang, R. G (Harvard University, USA), Myin-Germeys, I. (KU Leuven, Belgium); Nock, M. K. (Harvard University, USA)

### Introduction

NSSI is a major mental health concern. Most studies thus far have focused on establishing ...

... the prevalence and correlates of the presence or severity of NSSI. We still lack basic knowledge of the short-term course of NSSI among those currently receiving mental health treatment for NSSI. Such information would be helpful for better informing clinicians and allocating treatment resources.

**Objectives**

This study address: how much do NSSI thoughts, urges, self-efficacy to resist self-injury, and NSSI behavior vary (1) among individuals, (2) within individuals, (3) throughout the day and week, and (4) simultaneously co-occur and predict each other.

**Methods**

Intensive longitudinal data come from the Detection of Acute rIsk of seLf-injurY (DAILY) Project, a 28-day Ecological Momentary Assessment study. NSSI thoughts, urges, self-efficacy to resist self-injury, and NSSI behavior are assessed in an EMA protocol that consists of (a) 6 daily semi-random observations taken at hourly intervals, (b) 3 burst observations spaced at a higher frequency of ten minutes apart when people report experiencing intense NSSI urges, and (c) event sampling when people engage in NSSI behavior. The data will be analyzed using descriptive (e.g., intra-class coefficient) and time-invariant statistics (e.g., RMSSD).

**Results**

Data recruitment will be complete in spring 2023. There is currently a median compliance of 74% (n=99, December 2022). Findings will provide the most detailed characterization to date of the course of NSSI during treatment by considering NSSI thoughts, urges, self-efficacy to resist self-injury, and NSSI behavior across minutes and hours in the daily lives of treatment-seeking individuals, thereby informing science and clinical practice about the dynamic and heterogeneous nature of NSSI.

**Presentation 2**

**Quality and quantity of daily-life social interaction and their relationship to self-harm thoughts and behaviours in adolescents**

Kirtley, Olivia J (KU Leuven, Belgium), Lafit, G ( KU Leuven, Belgium), Achterhof, R (KU Leuven, Belgium), Simsa, B (KU Leuven, Belgium), Hagemann, N (KU Leuven, Belgium), Hermans, K. S. F. M (Leiden University, The Netherlands), Hiekkaranta, A. P (KU Leuven, Belgium), Lecei, A (KU Leuven, Belgium), Myin-Germeys, I (KU Leuven, Belgium)

**Introduction**

All major ideation-to-action theoretical models of suicidal behaviour underscore the role of interpersonal processes in the development and escalation of self-harm thoughts. Adolescence is a critical period of interpersonal development and also the typical age of onset for self-harm. However, little research has investigated how naturally occurring social interactions relate to self-harm thoughts and behaviours in adolescents.

**Objectives**

We investigate the between- and within-person relationships between quality and quantity of daily life social interaction, and lifetime and current history of self-harm thoughts and behaviours in adolescents.

**Methods**

Data were pre-existing and came from Wave 1 of the N=1913 SIGMA project, a longitudinal study of adolescent mental health and development in Flanders, Belgium. Adolescents were aged 12 – 16 years-old and recruited via schools. Lifetime history of self-harm thoughts and quality and quantity of social interaction in daily life, we used the experience sampling method (ESM) — a type of real-time monitoring technique — to collect data from adolescents via smartphone ten times per day for six days.

**Results**

Preregistration is in progress. To our knowledge, this is the first study to investigate the relationship between quality and quantity of daily-life social interaction and self-harm thoughts and behaviours in adolescents. As such, this study will contribute to ideation-to-action frameworks for understanding self-harm and advance our knowledge about short-term risk and protective factors for self-harm thoughts and behaviours.

**Presentation 3**

**Examining the dynamic relationship between alcohol use and NSSI at the group and individual levels**

Jacobucci, Ross (University of Notre Dame), Ammerman, B (University of Notre Dame)

**Introduction**

Although a robust literature has supported a cross-sectional link between NSSI and alcohol ...



... use, limited research has directly examined this relationship at the daily level.

#### **Objectives**

First, we aimed to replicate findings that, at the sample level, alcohol use and NSSI co-occur at the daily level. Secondly, we aimed to extend prior work to examine the concurrent and prospective relationship between alcohol use and NSSI engagement.

#### **Methods**

Utilizing two independent sample (total n = 85), the current study examined both the concurrent and prospective risk relationship between these two behaviors via ecological momentary assessment. Analyses at the sample level utilized multilevel models, while we applied group iterative multiple model estimation to identify idiographic relationships.

#### **Results**

At the sample level, results highlight the co-occurrence of NSSI and alcohol use, wherein drinking alcohol increased NSSI risk 4-fold. At the individual level, NSSI engagement was prospectively linked to alcohol use whereas alcohol use predicted NSSI for others; yet no prospective relationship existed for the majority. Together, findings highlight that individual risk patterns are necessary to consider to optimize prevention and intervention efforts.

### Presentation 4

#### **The association between daily smartphone use patterns and the experience of NSSI urges**

Ammerman, Brooke (University of Notre Dame), Shao, S (University of Notre Dame), Jacobucci, R (University of Notre Dame)

#### **Introduction**

All major ideation-to-action theoretical models of suicidal behaviour underscore the role of interpersonal processes in the development and escalation of self-harm thoughts. Adolescence is a critical period of interpersonal development and also the typical age of onset for self-harm. However, little research has investigated how naturally occurring social interactions relate to self-harm thoughts and behaviours in adolescents.

#### **Objectives**

We investigate the between- and within-person relationships between quality and quantity of daily life social interaction, and lifetime and current history of self-harm thoughts and behaviours in adolescents.

#### **Methods**

Data were pre-existing and came from Wave 1 of the N=1913 SIGMA project, a longitudinal study of adolescent mental health and development in Flanders, Belgium. Adolescents were aged 12 – 16 years-old and recruited via schools. Lifetime history of self-harm thoughts and behaviours were assessed with an adapted Dutch version of the Child and Adolescent Self-Harm in Europe (CASE) questionnaire. To assess self-harm thoughts and behaviours and quality and quantity of social interaction in daily life, we used the experience sampling method (ESM) — a type of real-time monitoring technique — to collect data from adolescents via smartphone ten times per day for six days.

#### **Results**

Preregistration is in progress. To our knowledge, this is the first study to investigate the relationship between quality and quantity of daily-life social interaction and self-harm thoughts and behaviours in adolescents. As such, this study will contribute to ideation-to-action frameworks for understanding self-harm and advance our knowledge about short-term risk and protective factors for self-harm thoughts and behaviours.

## Symposium Three

### NSSI and Disordered Eating from a Longitudinal 15-year Perspective

#### Presentation 1

#### **Do adolescents feel worse today? Comparing prevalence of NSSI and disordered eating from 2007 to 2023 in Swedish adolescents**

Bjärehed, Jonas (Lund University, Sweden), Daukantaitė, D (Lund University, Sweden), Claréus, B (Lund University, Sweden), Wångby Lundh, M (Lund University, Sweden), Lundh, L-G (Lund University, Sweden)



## Introduction

The prevalence of mental health issues is rising, especially among youth. Research shows that diagnosable and subthreshold mood disorder symptoms are increasing. Notably, and particularly troublesome, there are indications that some mental health issues, such as NSSI and disordered eating (DE) behaviors, have increased during the last decades, these reports, however, do not always have a sound scientific basis.

## Objectives

We aim to study the changes in mental health, particularly NSSI and DE, over the past 16 years by comparing data collected in 2023 from a community cohort of adolescents with the results from a corresponding cohort who participated in the survey 2007.

## Methods

Preliminary results presented here are based on a pilot sample of adolescents (mean age 14 years, N = 354) collected in preparation for the main data collection (planned date Mars-April 2023) in a large community cohort of adolescents. The new data will be collected in the same municipality as 2007 inviting all regular school students in grades 7-9. We expect that about 1500 students will participate in the new data collection and the cohort of students will be compared to a cohort of students (N=973) in grades 7-8 collected in 2007.

## Results

No significant overall mean differences in NSSI and DE were found between the 2022 and 2007 samples. However, significant interaction effects were found between gender and year with girls in 2022 reporting significantly more NSSI compared to the girls in 2007. Furthermore, significantly more girls also reported repetitive ( $\geq 5$  instances) NSSI (32.6% and 20.5%). Concerning DE, boys reported a significantly lower frequency of DE in 2022 compared to 2007.

## Presentation 2

### What happens to adults who have engaged in self-injurious behavior as adolescents? A 15-year follow up

Claréus, Benjamin (Lund University, Sweden), Daukantaitė, D (Lund University, Sweden), Lundh, L-G (Lund University, Sweden), Wångby Lundh, M (Lund University, Sweden), Bjärehed, J (Lund University, Sweden)

## Introduction

Although it is well known that NSSI peaks in mid-adolescence and diminishes afterward, for a substantial number of young people, especially women, it may be long-lasting and also have long-lasting effects on mental health. In our 10-year follow up study (Daukantaitė et al., 2021), we found that the youths (mean age 13.7) who reported self-harm and other signs of psychopathology in adolescence showed significantly worse mental health (e.g., anxiety, depression) after 10 years.

## Objectives

We aim to study further changes in NSSI prevalence from adolescence (2007/2008) to adulthood (2017/2023) and investigate the longitudinal associations between NSSI in adolescence and various positive and negative aspects of mental health in adulthood.

## Methods

At the conference we will present results, based on four data points collected in a large community sample of youth in 2007 when the participants were 13-15 years old (N = 991; 50.1% girls), 2008 when participants were 14-16 years old (N = 984; 51.1% girls), 2018 when participants were on average 25 years old (N = 546; 59.2% women) and 2023, when they are about 30 years old. Data for the 15-year follow-up will be collected in February 2023 by once again contacting all eligible participants.

## Results

Data are not yet collected, but we expect that the findings will provide important and additional knowledge beyond the only longitudinal study on the 15-year outcomes of adolescents' NSSI (i.e., Moran et al., 2012) available now. This includes operationalizing NSSI with a validated measure (i.e., the DSHI-9r) as well as assessing longitudinal associations with both positive and negative aspects of psychosocial functioning.

## Presentation 3

### Stability and change in individual development of repetitive self-harm: Longitudinal pathways from adolescence into young adulthood

Wångby Lundh, Margit (Lund University, Sweden), Lundh, L-G (Lund University, Sweden), Claréus, B (Lund University, Sweden), Bjärehed, J (Lund University, Sweden), & Daukantaitė, D (Lund University, Sweden)

## Introduction

Much research has been carried out on non-suicidal self-injury (NSSI) during the last decades. However, still little research has focused on stability and change of NSSI from early adolescence into young adulthood, and on finding predictors for, and outcomes of, different developmental patterns during this period.

## Objectives

The aim of the present study was to investigate developmental patterns of repetitive non-suicidal self-injury (NSSI) from adolescence into young adulthood, as well as adolescent predictors and adult psychological outcomes of these patterns.

## Methods

Data were taken from a cohort of regular school students (N=1064) in grades 7-8 in a Swedish municipality who were part of a three-wave longitudinal project. We included all individuals (n = 475) with NSSI data from all three time points: T1 (when they were 13-15 years old); T2 (one year later); and T3 (ten years later). Repetitive NSSI (repNSSI) was operationalized as a self-report of at least 5 instances of NSSI during the past six/twelve months. Four different developmental patterns were targeted: (1) No RepNSSI; (2) Stable Adolescence-Limited RepNSSI (i.e., stable repNSSI from T1 to T2, but no reported repNSSI at T3); (3) Prolonged RepNSSI; and (4) Late-Onset RepNSSI.

## Results

The three first patterns were observed significantly more often than expected by chance, and the strongest over-representation was found for the Prolonged RepNSSI pattern indicating high stability. Depressive symptoms at T1/T2 were found to predict late onset of repNSSI. Although the stable adolescent-limited group (i.e., those who had stopped engaging in NSSI) did not differ from the prolonged group on measures of negative adjustment in young adulthood, they reported higher life satisfaction.

## Presentation 4

### Individual stability of the co-occurring disordered eating and NSSI among Swedish youth: A 10-year follow up

Daukantaité, Daiva (Lund University, Sweden), Lundh, L-G (Lund University, Sweden), & Foster, L (Lund University, Sweden)

## Introduction

Disordered eating (DE) and NSSI are significant and apparently increasing public health problems among adolescents and young adults. Although it is rather common for individuals with DE to simultaneously engage in other self-injurious behaviors, these two behaviors in combination have only been studied cross-sectionally; research on the individual stability of the co-occurrence of these behaviours from adolescence to young adulthood youth is lacking.

## Objectives

We aimed to explore the individual stability of the co-occurring of DE and NSSI from adolescence to young adulthood and study the risk factors that predict these behaviors (separately and in combination) in young adulthood.

## Methods

We used data from our longitudinal project and included all individuals (n = 442) with NSSI and DE data from all three time points. Six different subgroups were targeted at each time point: (1) No NSSI and no DE (i.e., none in the risk group of DE); (2) Infrequent (1-4 instances) NSSI, but not in the DE risk group; (3) No NSSI, but in the DE risk group; (4) Repetitive ( $\geq 5$  instances) NSSI, but not in the DE risk group; (5) In the DE risk group and reporting infrequent NSSI, and (6) In the DE risk group and reporting repetitive NSSI. Individual change and stability was studied by cross-tabulating group membership between T1 and T2 as well as between T2 and T3. We looked for significant types.

## Results

High individual stability was found for all DE and/or NSSI groups between the three time points except group 5. For five of the six groups it was 1.5 to 5 times (T1 to T2) and 1.2 to 4.7 times (T2 to T3) more common than expected by chance that the individual would be identified with similar NSSI/DE pattern one year and also 10 years later. Body dissatisfaction measured in adolescence was the strongest predictor differentiating the group of DE and repetitive NSSI from the groups reporting NSSI.

## Presentation 5

### Experienced embodiment, disordered eating, and NSSI in adolescents

Foster, Lo (Lund University, Sweden), Lundh, L-G (Lund University, Sweden), & Daukantaité, D (Lund University, Sweden)

### **Introduction**

Previous research has shown that low body esteem is associated with both disordered eating (DE) and NSSI. The concept of embodiment represents another approach to the role of body awareness in psychopathology, where the focus is more on the role of the body in the experience of a person's identity. According to Stanghellini et al. (2015), the primary disturbance in eating disorders is "being weakly anchored in one's own body" (p. 20) while coping with this by relying on one's visual appearance.

### **Objectives**

The purpose of the present study was to develop a psychometrically sound measure of experienced embodiment that is suitable to young adolescents, and to use this instrument to study how experienced embodiment is associated with DE and NSSI.

### **Methods**

An Embodiment Scale for Adolescents (ESA) was developed in a three-stage process. In a first stage, the authors together with other members of the research group generated possible items for the ESA. This resulted in a 45-items version of the questionnaire. In the second stage, a pilot study was carried out where this 45-items version was tested in a sample of 361 adolescents by means of exploratory factor analysis, and the number of items was reduced to 13. In the third stage, this 13-item version was administered to a new sample of 530 adolescents and subjected to confirmatory factor analysis and preliminary psychometric evaluation. Correlations were studied with DE and NSSI.

### **Results**

The pilot study of the ESA suggested a three-factor solution, and this was confirmed by the study of the 13-items version. The three subscales, which were named Harmonious Body, Disharmonious Body, and Body-for-Others, showed good internal consistency, test-retest reliability, and construct and divergent validity. Among girls all three embodiment factors showed strong correlations ( $r = -.67, .61, \text{ and } .52$ , respectively) with DE and weaker correlations with NSSI ( $r = -.46, .51, \text{ and } .22$ ).

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# Paper Presentations



I S S S I

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## Session One

### Directions of NSSI Research and Classification

#### Presentation 1

##### Where does NSSI fit? Evaluating structural and theoretical models of the relationships between self-damaging behaviours

Turner, Brianna (University of Victoria), Switzer, A (University of Victoria), & Robillard, C (University of Victoria)

##### Introduction

Researchers have proposed that NSSI fits in a broader class of non-suicidal self-damaging behaviours, which can be divided into those involving direct injury (i.e., NSSI) versus indirect harm (e.g., disordered eating, risky substance use, reckless driving; Bresin, 2020; Green et al., 2017; St Germain & Hooley, 2012). There remains disagreement, however, about the superordinate classes, their definitions, and how to think about the relationships between different types of non-suicidal self-harm.

##### Objectives

The aims of this project were to: (1) examine patterns of co-occurrence among self-damaging behaviours, (2) evaluate three structural models of self-damaging behaviours, proposed by Bresin (2020), Green et al. (2017), and St. Germain & Hooley (2012).

##### Methods

Sample 1 included 1,018 adults (45% female, MAge = 35 {19-70}) recruited via Amazon's Mechanical Turk, who were eligible if they endorsed recent engagement in at least one of the following behaviours: NSSI, restrictive eating, binge eating, risky alcohol use, or risky drug use (n~200 per group). Sample 1 analyses focused on examining conditional probabilities of co-occurrences between self-damaging behaviours.

Sample 2 included 627 first-year undergraduate students (75% female, MAge = 18 {17-25}) who reported on a broader set of self-damaging behaviours and the Ten Item Personality Inventory. We used confirmatory factor analyses to compare structural models and bivariate correlations.

##### Results

In Sample 1, the conditional probability of NSSI was highest for participants who also endorsed risky illicit substance use, followed by risky alcohol use then DE. Conversely, for participants with NSSI, the conditional probability of DE was highest, followed by risky alcohol then illicit substance use. Preliminary CFA results from Sample 2 show strongest support for Bresin's model (RMSEA=.051, CFI=.93, TLI=.92) and theoretically expected correlations with Big 5 personality traits.

#### Presentation 2

##### Nonsuicidal self-injury disorder: A 5-year follow-up

Zetterqvist, Maria (Linköping University, Sweden), Andersson, H (Linköping university, Sweden), Mayo, L (Linköping University; University of Calgary, Canada), & Perini, I (Linköping University, Sweden)

##### Introduction

In 2013, nonsuicidal self-injury disorder (NSSID) was included in section III of the Diagnostic and Statistical Manual of Mental Disorders (5th version) as a condition in need of further study. In self-injuring samples, rates of NSSID vary between 62-78% in adolescents and 37-46% in adults. Follow-up studies are central in validating psychiatric diagnoses. However, longitudinal data following the progression of NSSID from adolescence to young adulthood in clinical samples are currently lacking.

##### Objectives

To examine the 5-year progression of the NSSID diagnosis from adolescence to young adulthood in a clinical sample.

##### Methods

Twenty-nine adolescents (M = 15.9, SD = 0.77) from child- and adolescent psychiatric outpatient services were clinically assessed for NSSID and comorbid psychiatric diagnoses from 2016 to 2018. Five years later (2021-2023) these young adults were ...

... assessed again in a follow-up, which included clinical assessment of NSSID, comorbid psychiatric diagnoses and symptoms, level of functioning, current mental-health treatment and contact with psychiatric services, as well as progression of NSSI, suicidality and other self-destructive behaviors over time.

#### **Results**

Results will be presented on the progression of the NSSID diagnosis and its relation to psychiatric comorbidities, level of functioning and difficulties with emotion regulation and self-criticism. Diagnostic validity, potential predictors of outcome and clinical implications will be discussed.

### **Presentation 3**

#### **Who are we missing? Self-selection bias in NSSI research**

Robinson, Kealagh (Curtin University), Dayer, K (Curtin University), Mirichlis, S (Curtin University), Hasking, P (Curtin University), & Wilson, M (Victoria University of Wellington)

#### **Introduction**

Self-selection bias is a direct threat to generalisability of research findings and, especially when we conduct research to inform prevention and intervention efforts, risks resulting in ineffective or even harmful recommendations. Although self-selection bias is well-documented within mental health research more generally, remarkably little is known about who chooses to take part in NSSI research.

#### **Objectives**

We aimed to i) ascertain the extent of NSSI research willingness in a commonly sampled population, and ii) estimate the extent of self-selection bias in NSSI research by exploring whether individual differences are associated with willingness.

#### **Methods**

New Zealand university students (n = 3098, M age = 19.27, 74.4% women) completed self-report measures of their NSSI, psychological distress, emotion dysregulation, experience of the current study, and willingness to participate in future NSSI research. Binary logistic regression were used to examine associations. Given the lack of previous research, all analyses were exploratory.

#### **Results**

Findings demonstrate systematic differences in NSSI research willingness. Men, older participants, people with NSSI lived experience, and those with more frequent past-year NSSI were more likely to be willing to take part in future NSSI research. Participants' experiences of the current study as important, interesting, and ethical also predicted willingness to take part in future NSSI research. Methodological and statistical approaches to limit the impact of self-selection bias for the field.

### **Presentation 4**

#### **Body Regard and Self-Injury among adolescents**

Wilson, Marc (Victoria University of Wellington), Newell, E (Victoria University of Wellington), Anderson-McEwen, C (Victoria University of Wellington), Garisch, J. A (Pathways NZ), & Robinson, K (Curtin University)

#### **Introduction**

Muehlenkamp and colleagues have argued that inflicting deliberate harm on one's body may depend, to some extent, on poor regard for one's body. Among other things, body regard is conceptualised as a multidimensional construct, and research shows that NSSI (and disordered eating) are associated with lower body regard. There has been little psychometric validation of the body regard scale, however, and the majority of research has involved either young adult or clinical samples.

#### **Objectives**

The aim of this research is to assess whether body regard functions psychometrically similarly among adolescents, and the role that body regard plays in relation to NSSI (and end emotion dysregulation) among community adolescents.

#### **Methods**

We analysed three samples of secondary school-age participants:

Sample 1 n=498 (Mean age=16.84; 42% female; 63% NZ Euro/Pākehā).

Sample 2a n=208 (Mean age=15.32; 38% female; 81% NZ Euro/Pākehā)

Sample 2b n=612 (Mean age=15.67; 35% female; 71% NZ Euro/Pākehā), 145 of whom completed the survey a second time.



S1 used the 30-item Body Regard Scale (Muehlenkamp, 2013), indexing Satisfaction/Attitudes, Competence/Effectiveness, Awareness/Attentiveness, Integrity/Embodiment and Care/Respect, also providing a total scale score. S2a/b used a shortened version based on S1 psychometric analysis. Participants also completed NSSI engagement (DSHI) and emotion dysregulation (DERS) and other measures.

### Results

Findings demonstrate systematic differences in NSSI research willingness. Men, older participants, people with NSSI lived experience, and those with more frequent past-year NSSI were more likely to be willing to take part in future NSSI research. Participants' experiences of the current study as important, interesting, and ethical also predicted willingness to take part in future NSSI research. Methodological and statistical approaches to limit the impact of self-selection bias for the field.

## Presentation 5

### Advances and future directions on NSSI in schools - insights by the International Consortium on Self-Injury in Educational Settings (ICSES)

Baetens, Imke (Vrije Universiteit Brussel), Hamza, C (University of Toronto), Hasking, P (Curtin University), Lewis, S (University of Guelph), Richardson, E (University of Massachusetts) & Van Hove, L (Vrije Universiteit Brussel)

### Introduction

Several meta-reviews show that approximately 22% of community-based adolescents and young adults engage in NSSI (e.g., Swannell et al., 2014). A recent meta-analysis by Xiao et al. (2022) shows that in the past decade (2010-2021), community-based adolescents are more inclined to engage in NSSI in a more repetitive and severe way than before.

### Objectives

This trend puts a burden on many schools and colleges, and poses them with unique challenges.

### Methods

For example, how to offer support to students who self-injury, how to address NSSI in the educational environment, how to minimize associated risk factors/consequences in school settings, and how to prevent NSSI and develop effective early intervention). The International Consortium on Self-Injury in Educational Settings (ICSES) aims to tackle these challenges, and others related to the educational environment, through a dedicated, interdisciplinary and international research program.

### Results

During this presentation we aim to summarize our current research findings, identify gaps in research and barriers for research on NSSI in educational settings, and present suggestions for future research (and collaborations) in this field.

## Session Two

### Epidemiology and Course of NSSI

## Presentation 1

### Forms of NSSI in Early to Middle Adolescence: Latent Classes and Transitions

Tilton-Weaver, Lauree (Orebro University), Marshall, S. K (University of British Columbia), & Svensson, Y (University West)

### Introduction

Nuanced understanding of self-injury is provided by research considering what forms are used to self-injure. Person-centered approaches, ideal for revealing patterns used by subgroups within a sample, have shown that variation in forms is related to individual characteristics and experiences in late adolescence and early adulthood. What is needed is accounts of such patterns in early to middle adolescence, when self-injury often emerges.

### Objectives

We aimed to identify profiles of self-injury forms among early adolescents and ...



... document profile change into middle adolescence. Further, differences between profiles, in terms of interpersonal experiences and intrapersonal issues were explored.

#### **Methods**

A sample of Swedish 7th and 8th graders were tracked annually for three years, tapping NSSI and a range of interpersonal and intrapersonal issues related to adolescents' mental health (e.g., interpersonal stress, victimization, parent negativity, depression, anxiety, repetitive negative thinking, dysregulated anger). Using a subsample who reported self-injuring at least once during the study ( $n = 624$  Mage = 13.59, SDage = .67; 43.8% boys), we identified profiles of forms via latent profile analyses. Using BCH analysis (in MPlus) and multinomial regressions, we examined concurrent and predictive differences between profiles.

#### **Results**

Three relatively consistent profiles were identified across waves, differing in frequency and breadth. Profiles were relatively stable and differed in terms of the severity of injury, gender, negative interpersonal experiences, internalizing symptoms, and emotion dysregulation. Gender and internalizing symptoms predicted profile change. Notably, severity did not follow a priori categorizations based on damage to skin. Results call for pattern-centered focus on frequency as well as breadth.

### Presentation 2

#### **Time and Time Again: Predicting NSSI using Event versus Signal Contingent Methods in Ecological Momentary Assessment**

Victor, Sarah (Texas Tech University); McClay, M (Texas Tech University); Trieu, T (Texas Tech University); & Christensen, K (Texas Tech University)

#### **Introduction**

Ecological momentary assessment (EMA) allows researchers to examine how risk for NSSI urges and behaviors may change over time in response to affective, cognitive, and environmental factors. Some of the most common EMA designs are event-contingent, signal-contingent, or a mixture of the two; however, little research has considered how the choice of sampling strategy may influence observed patterns of change over time as well as associations between constructs.

#### **Objectives**

This presentation will describe the impact of signal- versus event-contingent EMA methods on endorsement rates, mean levels, and variability of NSSI urges, behaviors, and related risk factors among a sample of high-risk young adults.

#### **Methods**

Data were collected from a sample of young adults with lifetime NSSI and past month NSSI urges or behaviors recruited online and enrolled in a 2-week EMA protocol ( $N=36$ ). For 1 week, participants were reminded each morning to initiate a survey when experiencing self-injurious thoughts or behaviors (event-contingent); for the other week, participants were sent 6 pseudo-random surveys per day and asked to complete them within 30 minutes (signal-contingent). Order of protocol was randomized. EMA surveys queried NSSI urges, behaviors, negative and positive affect, interpersonal stressors, self-criticism, and related constructs. Analyses were preregistered.

#### **Results**

Event-contingent surveys, compared to signal-contingent, showed: greater NSSI urges, interpersonal stressors, support-seeking behaviors; lower perceived support and positive affect; and higher negative affect and self-criticism. Greater variability in NSSI urges and self-criticism, but not in other constructs, was observed in the event-contingent protocol. Results have implications for design of future studies examining NSSI urges and behaviors using EMA.

### Presentation 3

#### **Trajectories of NSSI across the first year of university**

Farrell, Brooke (University of Toronto); Ewing, L (University of Toronto); & Hamza, C. A (University of Toronto)

#### **Introduction**

NSSI is prevalent among emerging adults in post-secondary school, but little is known about the development and maintenance of NSSI during the transition to university. Moreover, there has been limited person-centered work focusing on heterogeneity in NSSI engagement among students over time.

## Objectives

To inform efforts to identify individuals who may be at risk and understand processes of cessation and recovery among students, in the present study trajectories of NSSI engagement were examined among students across the first year of university.

## Methods

The present sample consisted of 1125 first-year university students at a large post-secondary institution (Mage = 17.96, 71% female) who participated in a larger longitudinal study. Participants completed an online survey three times (4 months apart) over their first year of university. Latent growth curve modelling in MPlus was utilized to explore different NSSI group trajectories across first year university.

## Results

Recent NSSI engagement among students was prevalent (29%) and five distinct group trajectories of NSSI engagement across first year university were identified: increasing-decreasing (4%), high-decreasing (2%), moderate-decreasing (5%), stable-low (18%), and no engagement (71%). These findings underscore heterogeneity in patterns of NSSI engagement during the transition to university, and add to a growing body of person-centered work focused on understanding individuals' unique NSSI experiences.

## Presentation 4

### Prevalence Of Non-Suicidal Self-Injurious Thoughts and Behavior Among Young Adult College Students in Iloilo City, Philippines

Villaruel, Rigel Kent (West Visayas State University College of Medicine); Tansinco, F. J (West Visayas State University College of Medicine); Velasco, B. A (West Visayas State University College of Medicine); Visto, L (West Visayas State University College of Medicine); Erum, L. Anne (West Visayas State University College of Medicine); Gestopa, M (West Visayas State University College of Medicine); Ta-aca, G. S (West Visayas State University College of Medicine, ); Villanueva, R. J (West Visayas State University College of Medicine); Tabobo, R (West Visayas State University College of Medicine); Shaikh, J. A (West Visayas State University College of Medicine); Perez, R. V (West Visayas State University College of Medicine); Medel, A L (West Visayas State University College of Medicine); Malata, M. P (West Visayas State University College of Medicine); & Quimpo, R. J (West Visayas State University College of Medicine)

## Introduction

Although numerous studies have established the increasing prevalence of NSSI among youth around the world, there is limited literature regarding the general prevalence of NSSI in the local setting. This has been the subject of some local studies, but we are still far from estimating its true prevalence in the Philippines.

## Objectives

- (1) to characterize NSSI thoughts and behavior among young adult college students;
- (2) to identify risk factors for NSSI among the respondents; and
- (3) to determine functions and precipitants for NSSI among the respondents.

## Methods

This was a cross-sectional study conducted in a college in Iloilo City, Philippines. A random number generator was used to select 160 participants from a total population of 265 students. Participants were 18 to 25 years old (M=19.6, SD=0.095). Most of them were females (78.1%), single (92.5%) and Roman Catholics (74.4%). All participants were Filipino Citizens. Most respondents resided in Iloilo (80%), while the remainder resided in Antique, Capiz, Guimaras, and other nearby provinces. They were assessed through a survey using the Non-Suicidal Self-Injury Module of the Self-Injurious Thoughts and Behaviors Interview (SITBI). Data obtained was processed and analyzed using IBM SPSS.

## Results

The prevalence of NSSI thoughts and behaviors were 56.9% and 48.1% respectively. Average age of onset was 14 years. Automatic functions were reported more often than the social functions, with work/school, mental state, and family as the most common precipitants. Substance use and peer influence did not play a significant role. Among the most common forms of NSSI practiced were hitting themselves on purpose (27.9%), pulling their hair out (18.4%), and biting themselves (14.5%).

## Session Three

### Interpersonal and Gender Factors

#### Presentation 1

##### **Relationships between family functioning, emotion regulation difficulties, social support, and NSSI**

Boyes, Mark (Curtin University); Mah, M (Curtin University); & Hasking, P (Curtin University)

##### **Introduction**

Family environment is an important context in which emotion regulation skills develop, and recent research indicates emotion regulation difficulties mediate associations between childhood adversity and mental health. Adverse family environments are also one of the strongest predictors of NSSI. In contrast, social support from various sources, including family, friends, and significant others is associated with NSSI cessation, while a lack of support is associated with increased risk for NSSI.

##### **Objectives**

We tested if emotion regulation difficulties mediated relationships between family functioning and NSSI among university students, and if social support moderated these predicted relationships.

##### **Methods**

Australian university students (n = 846, 75.8% female, 35.5% with a history of NSSI, mean age = 20.76) completed an online questionnaire including well-validated measures of family functioning, emotion regulation difficulties, social support, and NSSI. Direct, indirect, and moderated effects were modelled using a bootstrapping procedure (5000 resampling draws) to estimate coefficients and bias-corrected confidence intervals.

##### **Results**

Poor family functioning was associated with history, but not frequency, of NSSI. Emotion regulation difficulties were associated with both history and frequency of NSSI. Emotion regulation difficulties mediated the associations between of poor family functioning and both history and frequency of NSSI; however, for frequency this indirect effect was only observed when social support was low. Findings inform potential integration of current theories and design of targeted interventions.

#### Presentation 2

##### **Relationships between family functioning, emotion regulation difficulties, social support, and NSSI**

Janssens, Julie (Center for Contextual Psychiatry, KU Leuven); Jaeken, M (Center for Contextual Psychiatry, KU Leuven); Kiekens, G (Center for Contextual Psychiatry, KU Leuven); Myin-Germeys, I (Center for Contextual Psychiatry, KU Leuven); & Kirtley, O (Center for Contextual Psychiatry, KU Leuven)

##### **Introduction**

Self-injurious thoughts and behaviours (SITBs) are a leading cause of death worldwide. Interpersonal processes appear to play a central role in SITBs. Because both interpersonal processes and SITBs are dynamic and occur in daily life, the experience sampling method (ESM) is increasingly used to assess the momentary relationships between interpersonal processes and SITBs. However, which interpersonal processes are most important and the optimal way to assess these processes, remains unclear.

##### **Objectives**

This systematic review aimed to synthesise the ESM literature on interpersonal processes and SITBs to examine the relationship between interpersonal processes and SITBs in daily life and their manner of assessment.

##### **Methods**

Our review was registered on PROSPERO [CRD42021267009]. Five electronic databases (Embase, Medline, Web of Science, Proquest Psychology, and Europe PMC) provided us with eligible literature from 2009 until 2022. The search was updated on 18th of July 2022. Papers were included if they: (1) examined SITBs and interpersonal processes, and (2) used ESM.

## Results

Of the 38 studies included, most assessed interpersonal constructs from prominent theoretical models of suicide (e.g., thwarted belongingness and perceived burdensomeness), but other interpersonal processes (e.g., interpersonal conflict and social support) were also investigated. The manner of ESM assessment was heterogeneous and few studies used standardized ESM questionnaires. Most interpersonal processes were associated with SITBs, but temporal relations were investigated less frequently.

## Presentation 3

### **NSSI, gender dysphoria, body image, and transphobic experiences among trans young people: A systematic review**

Hird, Kirsty (Curtin University; Telethon Kids Institute), Hasking, P (Curtin University), Boyes, M (Curtin University), Strauss, P (Telethon Kids Institute; University of Western Australia)

#### **Introduction**

NSSI is particularly prevalent among trans young people (49-56%). This prevalence may be explained by the poor mental health outcomes commonly experienced by trans people due to the unique stressors they face. These stressors include gender dysphoria, body image issues, and transphobic experiences (e.g. violence, discrimination).

#### **Objectives**

To synthesise the literature on gender dysphoria, body image, and transphobic experiences predicting NSSI among trans young people using a systematic review.

#### **Methods**

We conducted searches of PsycINFO, PsycARTICLES, MEDLINE, Web of Science, and ProQuest for quantitative and qualitative studies, as well as grey literature (published January 2000 – December 2023; English language only). An initial search has found 1,118 results. Articles will be included if they examine gender dysphoria, body image, or transphobic experiences in relation to NSSI, and if the mean age of the sample is under 25. Articles will be excluded if trans participants are grouped together with cisgender participants. Reviews, meta-analyses, and case studies/series will not be considered. Based on a random sample of 100 articles we expect that less than 1% of articles will be included.

#### **Results**

We expect the findings of this review to shed light on how gender dysphoria, body image, and transphobic experiences are associated with NSSI among trans young people, as well as any interactions between these factors. This review may also identify gaps in the literature regarding the mechanisms that contribute to the behaviour within this population.

## Session Four

### Comorbidity, Function, and Suicidality

## Presentation 1

### **NSSI among adolescents from diverse ethnocultural groups: The Association with sleep problems and internet addiction**

Hamdan, Sami (Academic College of Tel-Aviv Yaffo)

#### **Introduction**

Although NSSI has received more attention in recent years, most of these studies focused on samples from North American and European countries; consequently, little is known about its patterns and frequency in other cultures as well as its relation to sleep problems and internet addiction.

#### **Objectives**

As one of the few studies that aim to fill this gap, the current study examined the prevalence, characteristics, and types of NSSI behaviors among adolescents from diverse ethnocultural groups.

## Methods

A sample of 642 adolescents, aged 12-18 years, were randomly recruited from different middle and high schools in Israel, employing a snowball sampling technique. The sample included 50% Jews and 34.7% Muslims born in Israel, 9.7% immigrants from the former Soviet Union (FSU), and 4.4% immigrants from Ethiopia. They completed self-report questionnaires that assessed their NSSI, sleep problems, internet addictions, and depressive symptoms.

## Results

Almost one-third of the sample had engaged in NSSI. More than half of immigrant participants and one-third of Muslim participants engaged in NSSI. These two population groups also exhibited severe depressive symptoms, sleep problems, and internet addictions.

## Presentation 2

### Suicidal behaviors and post traumatic stress symptoms among young adults

Hamdan, Sami (Academic College of Tel-Aviv Yaffo)

#### Introduction

Little is known about suicidal behaviors in those exposed to prolonged political and domestic violence.

#### Objectives

This study aims to explore suicidal ideation and attempts in a community sample of Palestinian students and identify the extent to which clinical variables are associated with suicidal ideation.

#### Methods

A cross-sectional design was utilized in this study, and 303 college and university students aged 18-23 from seven campuses in the Palestinian territory voluntarily and anonymously completed self-report questionnaires that assessed 12 months of suicidal ideation and attempts, posttraumatic stress symptoms (PTSS), depression, anxiety, and sleep problems.

#### Results

The results showed high rates of suicidal ideation and attempts within the last 12 months. Severe symptoms of PTSS, depression, and sleep problems were reported compared to other college samples. An exploratory path analysis showed that PTSS is directly associated with suicidal ideation and indirectly by its association with sleep problems and depressive symptoms. Screening for PTSS and depression is a vital first step in suicide prevention efforts in college students exposed to trauma.

## Presentation 3

### Machine learning classification of suicide attempt history among Korean adults with NSSI: A risk factor analysis

Soo-Min Zoh, Gyumyoung Kim, Soo-Eun Lee, & Ji-Won Hur

#### Introduction

This study aims to provide a detailed description of the relationship between nonsuicidal self-injury (NSSI) with and without suicide attempts (SA), and to evaluate the usefulness of machine learning (ML) in analyzing this complex and obscure relationship. Given the critical literature indicating that early attempts to use ML in suicide prediction research have yielded biased and overly optimistic results, we aim to obtain a more thorough understanding of the link between NSSI and SA.

#### Objectives

This study examines the differences between NSSI with and without SA through the most widely used ML algorithms. We also conducted an in-depth analysis of feature importance to identify the key factors contributing to SA in individuals with NSSI.

#### Methods

601 young adults with a history of NSSI completed an online survey assessing NSSI, suicidal behaviors and related factors. We used four ML models including decision tree, random forest, extreme gradient boosting (XGBoosting), and support vector classifier (SVC) for the classification of NSSI with or without SA. All models were corrected for optimism through an extensive nested k-fold cross validation procedure, which included 5-fold inner and outer loops for hyperparameter selection and stratified 5-fold for model estimation. To identify the most critical factors leading to SA, we calculated permutation importance and SHAP values with multiple repetitions, attempts, posttraumatic stress symptoms (PTSS), depression, anxiety, and sleep problems.



## Results

Uncorrected ML models performed well, with AUCs of 0.97 and higher. However, the optimism-corrected models showed AUCs ranging from 0.64 to 0.73, with SVC showing the best overall performance. The strongest predictor of SA among NSSI was a history of mental disorder diagnosis, followed by depressive symptoms and socially prescribed perfectionism. The findings highlight the need to focus on mental health vulnerability and dysfunctional perfectionism to prevent suicide in NSSI.

## Session Five Lived Experiences

### Presentation 1

#### Addressing NSSI stigma through lived experience voices: A participatory video approach

Lewis, Stephen P. (University of Guelph); Pollock, C (University of Guelph); Lucchese-Lavecchia, G (York University); Heath, N. L (McGill University); Whitley, R (McGill University)

#### Introduction

NSSI stigma is pervasive and highly impactful. To mitigate such stigma, multi-pronged efforts are needed. This includes empowering people with lived experience (e.g., reducing self-stigma) alongside cultivating a compassionate understanding of NSSI (e.g., reducing public stigma). Traditional research methods may be limited in this regard. However, recent calls-to-action point to participatory action research (PAR) as a means to empower marginalised groups, while shifting public attitudes.

#### Objectives

The present study will use participatory video (PV), a PAR method, to determine its relevance, feasibility, and utility to a) give voice to and foster empowerment among people with lived experience of NSSI and b) improve public attitudes about NSSI.

#### Methods

In the winter of 2023, a working group comprising young adults with lived experience of NSSI (n=13) will take part in a PV-based study. Here, they will be tasked with co-creating short documentary-like videos addressing mutually decided areas of concern germane to NSSI stigma. They will then conduct video screenings with targeted audiences of their choosing.

#### Results

Qualitative data (e.g., interviews, open-ended questions) regarding participants' experiences in the PV process and audience reactions will be collected and analysed via thematic analysis. This is among the first studies in the self-injury field to draw on PAR and involve individuals with lived experience in all aspects of the research process. Findings as well as implications for research, practice, anti-stigma initiatives, and advocacy will be discussed.

### Presentation 2

#### The Lived and Living Experiences of NSSI Stigma

Staniland, Lexy (Curtin University); Lewis, S. P (University of Guelph); Gray, N (Curtin University); Hasking, P (Curtin University); Boyes, M (Curtin University)

#### Introduction

NSSI stigma is an emerging focus in the field, with advocates, researchers, and clinicians alike seeking to better understand its mechanisms and impacts, with a view to mitigate its impacts on individuals who have self-injured and ultimately stamp it out. Research has illuminated the pervasiveness of NSSI stigma from various perspectives (most through the lens of public stigma); however, limited work has intentionally explored experiences of NSSI stigma from the perspective of individuals who have faced it. To more accurately and comprehensively account for NSSI stigma and therefore more effectively implement relevant change and support, a deeper understanding of NSSI stigma is needed.

#### Objectives

The central aim of this study was to explore the lived experience of NSSI stigma from ...

... the perspective of individuals who have a history of NSSI. We sought to better understand the nature and impact of NSSI stigma and how manifests in various contexts. Our research question was: How do individuals who have self-injured experience NSSI stigma?

#### **Methods**

Twenty-two individuals who had self-injured in their lifetime (Mage = 24.7; 77.3% female) participated in an interview about their perceptions and experiences of NSSI stigma. Reflexive thematic analysis is being used to analyse the data. Following familiarisation, initial codes are being generated. A reflexive journal is kept to express reactions, record reflections and questions, and consolidate ideas and interpretations.

#### **Results**

Participants conceptualised NSSI stigma as comprising stereotypes (e.g., unstable, crazy, attention-seeking, manipulative), judgement, and being treated differently. They suggested stereotypes arise from the media, people's upbringing, personal experiences, and lack of education. Other manifestations of NSSI stigma will be discussed.

### Presentation 3

#### **The lived experiences of adults who have stopped NSSI**

Herrick, Caitlyn (Deakin University); Mildred, H (Deakin University); Melvin, G (Deakin University); & Klas, A (Deakin University)

#### **Introduction**

It is currently unknown what specific factors facilitate the cessation of NSSI. Interviewing adults with lived experiences of NSSI may elucidate this. Specific enquiry into their internal experiences, i.e., their qualities, skills, learnings, beliefs, and attitudes, that may enable them to stop NSSI is important as intrapersonal factors may provide more efficient, practical, and meaningful treatment targets, compared to social and environmental factors previously identified in research.

#### **Objectives**

To identify and explore the internal qualities, skills, knowledge, beliefs, and attitudes that enabled adults with lived experience to cease non-suicidal self-injury.

#### **Methods**

Participants included approximately ten adults aged over 18 years old, recruited through mental health services (e.g., Headspace centres), community centres, and snowballing through social media (e.g., Facebook). Participants took part in one-on-one semi-structured interviews conducted via online video conferencing, lasting approximately 60 minutes. The interviews were transcribed verbatim, de-identified, and analysed using reflexive thematic analysis (Braun & Clarke, 2006).

#### **Results**

Preliminary thematic analysis has revealed themes supporting the role of several intrapersonal factors in NSSI cessation including improving self-concept, finding existential meaning, increasing self-awareness and resilience; being headstrong, and developing emotion regulation, cognitive reappraisal, and problem-focused coping skills. This study demonstrates certain intrapersonal factors may be involved in the process of stopping NSSI and offers insights into potential treatment targets.

### Presentation 4

#### **Understanding experiences of young adults living with NSSI in India**

Karmakar, Sushmita (Tata Institute of Social Sciences, Mumbai); & Duggal, Chetna (Tata Institute of Social Sciences, Mumbai)

#### **Introduction**

NSSI is an emerging public health concern. The prevalence of NSSI among community sample of young adults in India is 31% (Kharsati & Bhola, 2015). Even though research in the field of NSSI has seen rapid growth with respect to identifying risk factors, clinical determinants, and treatment approaches, there exists a gap in knowledge when it comes to voices/experiences of individuals living with NSSI in the Indian context.

#### **Objectives**

The current study aims to bring the voices of young adults living with NSSI to the forefront and explore how they experience and make meaning of NSSI (regarding NSSI descriptions, triggers, influence of NSSI, sharing stories of NSSI, seeking care).



### Methods

The study adopted a qualitative, narrative inquiry approach embedded in the social-constructivist paradigm to understand the way participants created meaning regarding their experiences with NSSI. In-depth interviews were used to collect data from 13 participants (10 females, 3 males) in the age group 18-25 years with lived experience of varied forms of NSSI. All participants were in therapy at the time of data collection and represented different social locations with respect to gender, sexual orientation, caste, and religion. Participant stories were organized using narrative analysis.

### Results

The common themes emerging across participant stories would be discussed. Individual stories of how participants viewed self-harm (as a survival mechanism, coping strategy, hope) would be highlighted. The implications for clinical practice would be discussed by looking at ways of responding and communicating care that participants reported as helpful and empathetic.

## Presentation 5

### The Role of Experiential Avoidance in NSSI

Haywood, Sophie (Curtin University); Hasking, P (enAble Institute, Curtin University); & Boyes, M (enAble Institute, Curtin University)

#### Introduction

Experiential avoidance plays a central role in our theoretical understanding of what differentiates individuals with and without a history of self-injury. However, to date, the role of experiential avoidance from a lived experience perspective is largely unknown.

#### Objectives

Our aim was to explore the role of experiential avoidance in the lived experience of self-injury.

#### Methods

We conducted semi-structured interviews with 35 individuals with lived experience of self-injury (age 18 – 44 years). Data were analysed using Braun and Clarke's reflexive thematic analysis approach using a critical realist/contextualism framework.

#### Results

One overarching theme "It's more than experiential avoidance" was prevalent throughout the analysis. Subthemes of "Active not passive", "Internal and external", and "A short-term distraction" explored the participants' experiences of self-injury. Our analysis found that avoidance does not resonate with participants however their descriptions of why they engage in self-injury does map closely onto theoretical models. This accentuates the role of experiential avoidance in self-injury.

## Session Six

### Prevention and Treatment

## Presentation 1

### Utilisation and acceptability of formal and informal support for adolescents following NSSI before and during the first COVID-19 lockdown: results from a large-scale English schools survey

Borschmann, Rohan (University of Melbourne); Geulayov, G (University of Oxford); Mansfield, K (University of Oxford); Hawton, K (University of Oxford); Moran, P (University of Bristol); Fazel, M (University of Oxford)

#### Introduction

Little is known about the perceived acceptability and usefulness of supports that adolescents have accessed following self-harm, especially since the onset of the COVID-19 pandemic.

#### Objectives

We aimed to examine the utilisation and acceptability of formal, informal, and online support accessed by adolescents following self-harm before and during the pandemic.

## Methods

Cross-sectional survey (OxWell) of 10,560 secondary school students aged 12-18 years in the south of England. Information on self-harm, support(s) accessed after self-harm, and satisfaction with support received were obtained via a structured, self-report questionnaire. No tests for significance were conducted.

## Results

789 students (6.7%) reported self-harming during the first national lockdown. Informal sources of support were accessed by the greatest proportion of respondents and formal sources were accessed by considerably fewer respondents. Further work needs to determine effective ways of overcoming barriers to help-seeking among adolescents who self-harm and improving perceived helpfulness of the supports accessed.

## Presentation 2

### Effects of a preventive program targeting NSSI in schools: A cluster randomized study

Aspeqvist, Erik (Linköping university, Sweden); Andersson, H (Linköping university, Sweden); Korhonen, L (Linköping university, Sweden; Department of Child and Adolescent Psychiatry, Linköping, Sweden); Zetterqvist, M (Linköping university, Sweden; Department of Child and Adolescent Psychiatry, Linköping, Sweden)

#### Introduction

NSSI has repeatedly been shown to affect at least one in six teenagers, and this seems to increase during early adolescence. Besides a handful of studies, little is known about the effectiveness of preventive measures targeting NSSI. In this project, we evaluate a whole-school prevention project where interventions directed at both students, school staff and parents are included.

#### Objectives

To investigate whether a whole-school prevention program can affect NSSI age of onset, frequency, self-criticism, stigma, social support, emotion regulation, help seeking and general mental health.

#### Methods

Schools in Östergötland county, Sweden were recruited to the project and used as units of randomization into either intervention or waiting list group. Material used in interventions include Youth Aware of Mental Health, KRAS, Strong Schools Against Suicidality and Self-Injury. A total of 267 students (age  $m=14.21$   $sd=0.56$ ) received parental consent and agreed to participate in the study. Participants answered a battery of on-line surveys at multiple timepoints, including but not limited to SITBI (self-report version), NEQ, ISAS, DERS-16, KIDSCREEN.

#### Results

Primary outcomes – effects on NSSI onset and frequency – as well as changed in self-criticism, stigma, social support, emotion regulation, help seeking and general mental health will be presented. Implications for future preventive interventions in schools will be discussed.

## Presentation 3

### Evaluation of training to use a compassionate cognitive behavioural therapy online resource with people who use NSSI

Rayner, Gillian (University of Central Lancashire, UK)

#### Introduction

The compassionate CBT online resource is a type of workbook that can be used as an adjunct to therapy or as guided self-help. It integrates compassion focused therapy and CBT specifically for people using NSSI. It has also been created in collaboration with experts by experience. In order to continue research and use of this resource, the presenter has created a two day course (either in person or online) with ongoing supervision and use of this previously HEIF funded innovation product.

#### Objectives

- 1.To share the online resource
- 2.To overview the training course
- 3.To present the training evaluation
- 4.To discuss the evaluation of the online resource from an expert by experience and helper perspective.

#### Methods

The training evaluation will be in the form of an online survey and an additional helper survey to evaluate the resource. Descriptive statistics will be used alongside some ...

... qualitative feedback from the questionnaires. The resource evaluation is embedded into the workbook for people who self injure to complete.

### **Results**

The previous funded project pilot was based in a university student wellbeing team and also a women's charity in Lancashire. This evaluated very well. The upcoming course starts in March 2023 and results will be shared at the conference, alongside the innovative resource that can be used by a variety of professionals in education, health and social care settings. This can also be used by non mental health professionals and supports the widening use of psychological informed interventions by WHO.

## **Presentation 4**

### **Knowledge Translation for the Study and Treatment of Self-Injurious Behavior and NSSI**

Roberts, Caroline L. (University of Minnesota); Symons, F. J. (University of Minnesota); & Cullen, K. R. (University of Minnesota)

#### **Introduction**

Research and treatment of self-injurious behavior (SIB) associated with intellectual and developmental disability (IDD) and NSSI in individuals with mental health concerns (MH) occurs within separate academic and clinical disciplines. Rarely, if ever, has interdisciplinary research and knowledge generation related to SIB/IDD and NSSI/MH occurred. This means that researchers and clinicians in each of these parallel fields do not benefit from each other's advances.

#### **Objectives**

This study aims to advance an interdisciplinary SIB-NSSI program of research via provider and researcher engagement. How can SIB/IDD researchers and clinicians benefit from existing knowledge in the field of NSSI/MH and vice versa?

#### **Methods**

This study has a multidisciplinary focus group design. Each focus group includes researchers and/or clinicians with expertise in the study and/or treatment of SIB and/or NSSI. Semi-structured discussion revolves around four topics: case ascertainment, perceptions of causal variables, pathways to treatment, and treatment goals and outcomes. Transcripts are analyzed with quasi-deductive thematic analysis to identify points of disciplinary convergence and divergence and potential areas for collaborative research and further cross-disciplinary exchange.

#### **Results**

Preliminary results indicate a need and desire among professionals for interdisciplinary knowledge exchange to advance research in self-injury. Participants expressed they benefited from interaction with others with expertise and experience from outside their discipline. They identified under-explored areas of similarity between SIB and NSSI as well as potential avenues for future collaborative research to benefit both disciplines.

## **Presentation 5**

### **The Development of a Brief Personalized Mobile Intervention for NSSI**

Min, Jiwon (Oklahoma State University); Mullins-Sweatt, S (Oklahoma State University)

#### **Introduction**

NSSI is a significant physical and mental health concern that may result in tissue damage, depression, anxiety, and suicidal behaviors. However, short-term, accessible treatment for individuals engaging in NSSI are limited. While NSSI interventions have been developed, the duration and cost of treatment limit implementation. To date, there are no existing short-term mobile interventions for NSSI that targets its potential mechanisms (e.g., emotion regulation).

#### **Objectives**

Current study aimed to develop a brief and targeted mobile intervention to reduce the frequency and severity of NSSI behaviors by adapting an efficacious emotion dysregulation treatment (i.e., Emotion Regulation Group Therapy; ERGT).

#### **Methods**

The proposed study involved three iterative steps to develop a 2-week personalized mobile intervention: 1) develop personalized intervention modules adapting ERGT, 2) recruit expert raters (n=2) to rate the content validity of the skills modules, and 3) conduct small pilot feasibility trial (n=5) to understand credibility, applicability, ease of usage, ease of navigation, engagement, and helpfulness. Mean and standard deviation of average expert ratings were calculated for each module, and experts' qualitative feedback was incorporated to revise the intervention. Mean and standard deviation of the feasibility study was calculated and qualitative feedback was examined.

## Results

In the initial stage, 2-3 personalized skills modules per each of the 13 functions of NSSI were developed by adapting appropriate modules of ERGT. Expert rated average 4.0 out of 5.0 across modules on how much it matched the corresponding function. Pilot study participants had good intervention completion rate (M=10 days, SD=4) and good retention rate (80%). Additionally, they found the intervention as easy to understand, applicable, easy to navigate, very informative, and very credible.

## Session Seven

### Experiences of Caregivers and Providers

#### Presentation 1

**"I think they're kind of saying I'm so distressed with the situation I'm in, I'd go to the extreme and harm myself on the face": A qualitative analysis of staff views of the psychological and clinical significance of location of self-injury on the body**

Gardner, Kathryn J (University of Central Lancashire); Smith, R (York Biotech Campus); Rayner, G (University of Central Lancashire); Lamph, G (Edge Hill University); Moores, L (Nottinghamshire Healthcare NHS Foundation Trust); Crossan, R (University of Central Lancashire); Bisland, L (University of Central Lancashire); Taylor, P (University of Manchester); & Danino, N (University of Central Lancashire)

#### Introduction

The location of self-injury upon the body could be important both psychologically and clinically, yet there are to date few empirical studies that have sought to advance our understanding of this issue or how this is understood by clinical staff.

#### Objectives

This study aimed to understand staffs' experience of working with individuals who self-injure by enquiring about their thoughts and perceptions about self-injury in different locations and in relation to visible and concealed areas of the body.

#### Methods

The study used thematic analysis of semi-structured interviews with 19 mental health professionals who have experience of working with individuals who self-harm, enquiring about understanding and perceptions of self-harm in different locations and in relation to visible and concealed areas of the body.

#### Results

Three subordinate themes emerged: 1) Drawing on location to detect self-injury and understand self-injury risk, distress and functions; 2) a pragmatic perspective of location, 3) location: the bigger picture. Staff perceptions of clinical risk and their understanding of the psychological characteristics of self-injury are influenced by the location of the injury on the body. Future research must identify the impact of these perceptions on clinical decision making and care provided.

#### Presentation 2

**Self-Injury: The psychotherapists's core needs in clinical supervision**

Tooher, Karl (Self-Injury Ireland)

#### Introduction

For psychotherapists, working with self-injury presentations - such as self-cutting, hitting and biting - is recognised as being especially demanding, often leaving the clinician to feel anxious and overwhelmed. Due to the challenges that arise in providing psychotherapy for this client group supervision is considered particularly critical. Hitherto there was a dearth of research investigating if, and how, supervision might benefit the supervisee in their work with this clinical population.

#### Objectives

To gain an in-depth understanding of the supervision experiences of psychotherapy supervisees when working with clients who self-injure. To inform the psychotherapy field regarding supervision in the context of working with self-injury.

### Methods

An Interpretative Phenomenological Analysis (IPA) study was carried out to explore this clinical-supervision intersection. Semi-structured one-to-one interviews were conducted with ten supervisees. Two contrasting superordinate themes emerged: 'Being in it Together', and 'Being on my Own'.

### Results

The challenges experienced by the participants in their clinical work transferred into supervision as a constellation of needs: To be personally supported with the impacts of the work, educated on the nature of self-injury, and clinically guided. The supervisees valued a proactive, and a steady, approach from their supervisor. The study also revealed that supervisees can be profoundly impacted by their experiences in supervision, which can inspire or disrupt the supervisory alliance.

### Presentation 3

#### **A qualitative multicentre study on the underlying reasons and beliefs of recurrent deliberate foreign body ingestion (DFBI) in psychiatric patients: The patient's and their Health Care Professional's (HCPs) perspective.**

Kool, Nienke (Parnassia) & Bosma, Elise (Hogeschool Inholland)

### Introduction

DFBI is an exceptional infrequent form of self-harm, which can cause psychological distress to patients and their loved ones. In addition, it can have serious physical consequences, which can be life threatening. As a result, treatment can be intensive and drive care providers to despair. However, studies focussed on prevention are still scarce.

### Objectives

To fill the knowledge gap and improve care, by exploring the underlying reasons and beliefs of recurrent DFBI from the psychiatric patients and their HCPs perspective.

### Methods

A phenomenological study design with open one-on-one interviews was used. Through a purposive sampling strategy three patients and three HCPs conducted this study, data were analysed by a 5-step approach of Moustakas.

### Results

Several first intentions, underlying thoughts, emotions and beliefs emerged within five main themes. First intentions such as trying to escape from the closed psychiatric ward through hospital, trying to get technical physical care in the hospital or the feeling of tranquillity from DFBI were mentioned. Most important underlying reasons of these first intentions were feelings of being unheard or compulsion and urge.

## Session Eight

### Emotions and Functions

### Presentation 1

#### **Altered structural brain connectivity and reorganization of hubs are associated with emotional processing in NSSI**

Lee, Soo-Eun (Korea University) & Hur, Ji-Won (Korea University)

### Introduction

Despite accelerating increases in NSSI, identifying promising biomarkers for NSSI and their clinical implications still remains challenging. From a computational network perspective, neuropsychiatric disorders are now characterized as abnormalities in brain network organization rather than in distinct brain regions..

### Objectives

Our study aimed to examine alterations in brain network topologies and their association with emotional processing in NSSI by leveraging novel methods of individualized structural covariance networks (SCNs) and graph theoretical analysis.

## Methods

Participants engaging in NSSI ( $n = 61$ ) and age, sex, and handedness matched controls ( $n = 62$ ) underwent anatomical T1-weighted MRI scanning and completed self-report questionnaires for emotion dysregulation and emotional contagion traits. After constructing individualized SCNs using cortical thickness measures, graph theoretical analysis was applied to examine the topological properties of structural covariance networks.'

## Results

Individuals with NSSI exhibited significant reductions in the local clustering coefficients and reorganization of hubs. Decreased local clustering coefficient of the right insula was associated with deficits in emotional contagion for positive emotions, and the hubness of the right middle posterior cingulate cortex was associated with emotion dysregulation in the NSSI group. Our findings provide the groundwork for neurobiologically informed interventions that target emotional processing in NSSI.

## Presentation 2

### Examining the Mediator Roles of Ruminative Responses and Self-Critical Rumination on the Link between Shame and Self-Punishment Function of NSSI

Ünsal, Berk Can (ELTE Eötvös Loránd University); Demetrovics, Z (ELTE Eötvös Loránd University); & Reinhardt, M (ELTE Eötvös Loránd University)

#### Introduction

Although shame and rumination have been linked to the self-punishment function of non-suicidal self-injury (SPNSSI), little is known about how different types of shame (i.e., characterological and behavioral) and rumination (i.e., ruminative responses and self-critical rumination) are associated with it. In addition, despite the shaming experiences of women and men significantly varying during gender socialization, gender differences in these associations have not been extensively investigated.

#### Objectives

This study aimed to examine the mediator roles of ruminative responses and self-critical rumination on the link between two types of shame and SPNSSI as well as the gender differences in these associations.

#### Methods

A convenient Hungarian sample of men ( $n = 164$ ,  $M = 31.59$ ,  $SD = 11.99$ ) and women ( $n = 546$ ,  $M = 29.30$ ,  $SD = 10.66$ ) who ever engaged in SPNSSI completed the Ruminative Response Scale Short Form, Self-Critical Rumination Scale, Experience of Shame Scale, Depression Anxiety Stress Scales, and Inventory of Statements About Self-injury. The data was analyzed by using structural equation modeling. Hypothesized indirect effects were tested separately for men and women.

#### Results

Neither ruminative responses nor self-critical rumination were significant mediators for men. For women, despite ruminative responses being an insignificant mediator, self-critical rumination significantly mediated the links between characterological and behavioral shame and SPNSSI. Findings show the importance of gender differences in diverse types of rumination, shame, and SPNSSI. For SPNSSI, rather than general ruminative responses, self-critical rumination seems to be more pertinent.

## Presentation 3

### NSSI and Perfectionism among Māori and NZ European youth

Rukuwai, Ellie (Victoria University of Wellington) & Willson, Marc (Victoria University of Wellington)

#### Introduction

Perfectionism is an established risk factor for NSSI, but this relationship has not been considered through an indigenous lens. Indigenous people typically evidence disproportionately negative mental health outcomes; therefore such a lens is important to facilitate mental health services to support indigenous peoples based on culturally relevant research informing assessment and treatment procedures.

#### Objectives

In this research, we investigate the interrelationships between perfectionism, ethnic identification, and NSSI in a large sample of young New Zealanders with a particular focus on the potential role of ethnic identity in buffering this relationship.

#### Methods

We present two studies. The first comprised high school students ( $n = 1654$ , 37.6% Māori) from the greater Wellington region, and the second comprised first-year ...



... psychology students (n = 297, 53.2% Māori) from Victoria University of Wellington. Participants completed measures of NSSI (NSSI engagement was assessed using the Deliberate Self-Harm Inventory, and functions were assessed using the Inventory of statements About Self-injury), multiple measures of perfectionism (both studies included the Frost Multidimensional Perfectionism Scale; Study two included additional measures), and ethnic identity. We used MANOVA, multiple regression, and mediation to examine associations.

#### Results

MANOVA indicated that forms of perfectionism characterised by a desire to meet others' expectations was a significant positive predictor of NSSI engagement for all participants. Adaptive perfectionism (organisation and personal standards) was a significant negative predictor of NSSI engagement for Self-Identifying Māori (i.e., those who selected Māori as one of their ethnicities) only. Ethnic identity mediated the relationship between perfectionism and NSSI for NZ Europeans, but not for Māori.

### Presentation 4\*

#### Emerging Adults with and without NSSI Choose Distinct Emotion Regulation Strategies for Self-Conscious and Basic Negative Emotions

Boccagno, Chelsea (Harvard University) & Hooley, Jill M. (Harvard University)

#### Introduction

Researchers contend that self-conscious negative emotions (i.e., negative emotions that involve self-evaluation, such as shame and guilt) may play key roles in NSSI. However, basic negative emotions (i.e., emotions that do not require self-evaluation, such as anger and sadness) are also consistently associated with NSSI.

#### Objectives

This behavioral study clarifies links between specific negative emotions and NSSI by examining how people who engage in NSSI experience and regulate self-conscious and basic negative emotions.

#### Methods

Emerging adults (ages 18-25) with and without NSSI (n = 136 and n = 150, respectively) completed an online behavioral task inducing shame, guilt, sadness, and anger via negative autobiographical memories. After each emotion induction, participants selected and implemented one of three cognitive regulation strategies to modify their emotions: rumination (thinking further about the memory), distraction (thinking about something unrelated to the memory) and counteract (recalling a positive autobiographical memory that elicits pride). Participants also reported the intensity of their negative emotions throughout the task.

#### Results

People who engage in NSSI showed lower emotion differentiation than those without NSSI. There were no group differences in emotion reactivity. Regarding emotion regulation choices, people who engage in NSSI were more likely than those without NSSI to ruminate when experiencing sadness and anger, and more likely to counteract or distract when experiencing guilt. Taken together, these findings suggest that specific negative emotions may be linked to NSSI via different emotion regulation pathways.

## Session Nine

### Disclosure and Recovery

### Presentation 1

#### Exploring Voluntary NSSI Disclosure: A Thematic Analysis

Mirichlis, Sylvanna (Curtin University); Lewis, S. P (University of Guelph); Boyes, M (Curtin University); & Hasking, P (Curtin University)

#### Introduction

Voluntary disclosure of NSSI refers to instances when an individual chooses to share with another person that they have self-injured, though it is becoming increasingly apparent that NSSI disclosure is more complex than this. For instance, whilst NSSI ...



... disclosure can be a catalyst for beneficial outcomes such as accessing professional and social supports, there are also various barriers to NSSI disclosure such as, anticipated and internalised stigma.

#### **Objectives**

To explore the aspects of people's experiences of voluntarily disclosing their NSSI, taking a holistic approach such that we are investigating the lead up to, during, and post-disclosure outcomes.

#### **Methods**

Fifteen semi-structured interviews were conducted to explore young people's experiences of disclosing their NSSI voluntarily. Participants were Australian university students and were aged between 18 and 25 ( $M = 20.33$ ,  $SD = 1.88$ ), with 11 identifying as female. All participants had previously disclosed their NSSI to at least one other person. The interview transcripts were analysed using reflexive thematic analysis.

#### **Results**

Themes reflected the conceptualisation of voluntary NSSI disclosure; values held by participants which informed how they approached disclosure, as well as the lens through which they perceived their disclosure experiences; the context surrounding instances of NSSI disclosure; as well as ambivalence preceding disclosure; and selective sharing informed by previous disclosure experiences.

### **Presentation 2**

#### **Involuntary discoveries of NSSI: A conceptual framework**

Pugh, Riley (University of Guelph) & Lewis, S. P (University of Guelph)

#### **Introduction**

A growing body of research has emphasized drawing on lived experience views to understand the disclosure of NSSI. Much of this research has centred on voluntary disclosure experiences. Notwithstanding the valuable insights this research has offered, voluntary disclosures of NSSI represent just one way a person's NSSI may become known to another person. Far less attention has been paid to involuntary discovery experiences (IDEs).

#### **Objectives**

Understanding how IDEs occur would help elucidate their impact and highlight optimal strategies for supporting individuals when these experiences have an adverse effect. The present study, therefore, investigated how IDEs tend to transpire..

#### **Methods**

A sample of 139 university students ( $M_{age} = 19.13$ ,  $SD = 2.12$ ;  $n_{female} = 121$ ) with lived experience of NSSI and who reported having an IDE in the past took part in an online study involving a series of open-ended questions asking about their past IDEs. Next, the nature of these experiences (e.g., how the discovery transpired, who discovered the person's NSSI) was comprehensively coded using content analysis.

#### **Results**

Findings indicate that IDEs occur in three main ways: incidentally (e.g., one's scars are inadvertently viewed); indirectly (e.g., someone's parents are told by a close friend); and through coercion (e.g., one's sleeves are pulled up to uncover suspected self-injury). These findings provide a framework for future research in this previously untapped area and point to a number of considerations for researchers and clinicians when supporting people who experience IDEs, which will be discussed.

### **Presentation 3\***

#### **Self-Compassion and Recovery from NSSI: A Qualitative Analysis of Views from those with Lived Experience**

Gomez, Jenny (The University of Guelph) & Lewis, S. P (The University of Guelph)

#### **Introduction**

Recent research on NSSI recovery suggests that as people with lived experience navigate their own recovery journeys, they become more compassionate toward themselves. Yet, little is known about how self-compassion manifests in this regard nor is much known about how people with lived experience define and understand self-compassion and what they see as barriers and facilitators of self-compassion development.

#### **Objectives**

We conducted two qualitative studies to 1) explore how self-compassion presents in people's NSSI recovery experiences and 2) explore how self-compassion is understood by those with lived experience of NSSI and what helps and hinders its emergence.

**Methods**

Both studies involved undergraduate students with lived NSSI experience. Study 1 utilized in-person interviews (n = 7; mean age = 18.42) to understand how self-compassion presented in accounts of NSSI recovery. Study 2 used online open-ended survey questions (n = 79; mean age = 19.05) to understand how participants understood and defined self-compassion and to explore the barriers and facilitators of the development of self-compassion. Data for both studies was analyzed using reflexive thematic analysis..

**Results**

Self-compassion presented in accounts of recovery in ways that did and did not fit with how it is typically conceptualised. Thus, there may be more to understanding self-compassion in the context of NSSI recovery than what is captured in traditional research. Results also indicate clear barriers (e.g., self-compassion is difficult) and facilitators that occur in relation to the development of self-compassion. In sum, findings have relevance to researchers and clinicians and will be discussed.

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# Poster Presentations



I S S S I

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## 2023 Poster Displays

Ordered alphabetically by first-author surname

Poster Title	Authors
NSSI in a community sample of Swedish young adolescents – attitudes, stigmatization help-seeking and social support	<b>Aspegvist, Erik</b> , Andersson, H; Korhonen, L, & Zetterqvist, M (Linköping University)
"I wouldn't be able to turn off my brain and do it right": Barriers, benefits, and misconceptions of meditation in young adults with and without a history of NSSI	<b>Bastien, Laurianne</b> , Petrovic, J, Mettler, J (McGill ), & Heath, N (McGill University)
Differences in Affective Dynamic Experiences: NSSI Urges vs. NSSI Behavior	<b>Bianco, Amanda &amp; Victor, Sarah</b> (Texas Tech University)
A Mental Health Mobile Application for NSSI in University Students	<b>Bonilla Silva, Karen</b> , Arce Nazario, R, Burgos Carrión, María de los A, Zeno Santi, R, Donato Jiménez, L, J, Planas Casado, R, González Velázquez, V. M, Méndez Echevarría, M, Potes Riquelme, J, Ramírez Mulero, N (University of Puerto Rico at Río Piedras)
Application of the Sustainable Mental Health Model in the Context of NSSI and Self-Harm Behaviors	<b>Browning, Morgan</b> , Trisal, A, Satterfield, S, Lloyd-Richardson, E (University of Massachusetts)
NSSI and suicidal ideation in adolescents with borderline personality organization	<b>Bründlmayer, Anselm</b> , Czernin, K, Bangerl, W, Fragner, L, Prause, K, Scharinger, C, Truttmann, S, Laczkovics, C (Medical University of Vienna)
Examining the Neural Cortical and Sub-Cortical Effects of NSSI and STBs	<b>Case, Julia</b> , Dale, K, Mattoni, M, Olino, T (Columbia University; Temple University)
Examining the Effectiveness of DBT-A for Suicidal Adolescents	<b>Case, Julia</b> , Alvarez, A, Avila, C, Ranaldo, C (Columbia University; Nicklaus Children's Hospital; University of Miami; Jackson Behavioral Health Hospital)
Associations of Unsupportive Parental Emotion Socialization to Sadness and Depressive Symptoms in Adolescents Engaging in NSSI	<b>DiMaggio-Potter, Michaelle</b> , Green, A, Butts, J, Wiglesworth, A, Carosella, K, Reigstad, K, Eberly, L, Cullen, K, & Klimes-Dougan, B (University of Minnesota; University of Rochester)
Possible inter- and intrapersonal factors in the severity of NSSI among high-school students	<b>Drubina, Boglárka</b> , Kökönyei, G, Reinhardt, M (ELTE Eötvös Loránd University)
Cognitive-Emotional Networks in Students With and Without a History of NSSI	<b>Duncan-Plummer, Thomas</b> , Hasking, P, Tonta, K, & Boyes, M (Curtin University)
Hurting the grandiose self: Examining presence, frequency, and functions of NSSI in pathological narcissism	<b>Finch, Ellen</b> , Boccagno, C, & Hooley, J (Harvard University)
Hungarian Educational Psychologists' Perceptions of NSSI	<b>Flach, Richard &amp; Láng, András</b> (University of Pécs)
Stress reactivity in NSSI: A meta-analysis	<b>Goreis, Andreas</b> , Prillinger, K, Mayer, A, König, J, Plener, P. L, Kothgassner, O. D (Medical University of Vienna; University of Cologne)
Interoceptive Awareness and NSSI among White- and Asian- Americans	<b>Hagan, Christopher</b> (Cornell College)
Efficacy of mentalization-based therapy in treating self-harm: A systematic review and meta-analysis	<b>Hajek Gross, Carola</b> , Oehlke, S-M, Prillinger, K, Goreis, A, Plener, P. L, Kothgassner, O. D (Medical University of Vienna)
Dynamics of Pain Perception and Injury Severity in Individuals who Engage in NSSI	<b>Hiner, Michelle K</b> , Whitlock, J. L, Lloyd-Richardson, E. E, Selby, E. A (Fairleigh Dickinson University; Cornell University; University of Massachusetts; Rutgers University)
Negative Urgency as a Longitudinal Proximal Predictor of Suicidal Ideation and NSSI	<b>Hoelscher, Elizabeth &amp; Victor, Sarah</b> (Texas Tech University)
Neural correlates of decision-making under uncertainty in individuals with NSSI	<b>Jae Oh, Lee</b> ; Soo-Min, Z; Eunjin, J; Hyeri, M; Ji-Won, H (Korea University)

Experiences of Polish parents whose children engage in NSSI	<b>Korporowicz, Marta</b> (University of Lodz)
What are you looking at? Attentional bias to NSSI-related online content in adolescents with and without a History of NSSI	<b>Kothgassner, Oswald, G, Pfeffer, B, Hajek-Gross, C, Plener, P</b> (Medical University of Vienna)
Validity and Reliability of the German Version of the NSSI-SQ	<b>Kraus, Laura</b> (University of Koblenz-Landau), Niedtfeld, I (Central Institute of Mental Health Mannheim), Kaess, M (University of Bern; University of Heidelberg), In-Albon, T (University of Koblenz-Landau)
Developing a brief NSSI severity screener	<b>Kruzan, Kaylee P, Washburn, J. J, Ammerman, B, Lengel, G, Mohr, D. C</b> (Northwestern University; Notre Dame; Drake University)
Daily stressors and NSSI urges and behaviors: A daily diary study among university students	<b>Kuburi, Sarah, Ewing, L, Hamza, C. A</b> (University of Toronto)
Does being ignored on WhatsApp hurt? A pilot study on the effect of a new ostracism task in adolescents with and without emotional regulation problems	<b>Latina, Delia</b> (Örebro University; University of Ulm) Goreis, A, Kothgassner, O. D (Medical University of Vienna)
Factors associated with acute alcohol consumption before suicide deaths: Insights from the investigations of a 5-Year national study of suicide in South Korea	<b>Minkyung, Yim, Ha-young, K, Ji-won, H</b> (Korea University)
Interpersonal connectedness and real-world self-injury associated with patterns of SITB-related internet engagement	<b>Pastro, Brianna &amp; Andover, Peggy</b> (Fordham University)
Mindfully aware of my body: The unique response to a mindfulness induction among university students with lived experience of self-injury	<b>Petrovic, Julia, Bastien, L, Mettler, J, Heath N. L</b> (McGill University)
Pain reactivity subsequent to stress exposure	<b>Pfeffer, Bettina, Goreis, A, Hajek Gross, C, Plener, P. L, Kothgassner, O. D</b> (Medical University of Vienna)
NSSI Stigma	<b>Pfeiffer, Simone; Kraus, L; &amp; In-Albon, T</b> (University of Kaiserslautern-Landau)
Believe it or not: The influence of emotional beliefs on emotion regulation among people who self-injure	<b>Pizzey, Hannah, Robinson, K, Hasking, P, Boyes, M, Clarke,</b> (Curtin University)
Social Media Competence Training - reflecting the Social Media behaviour and associated trigger factors for NSSI within the framework of a guided competence training with inpatients engaging in NSSI	<b>Reiner, Tamara, Goreis, A, Pfeffer, B, Plener, P. L, Kothgassner, O,</b> (Medical University of Vienna)
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