

Abstract

The present study examines the prevalence and psychosocial characteristics of Chinese adolescents in Hong Kong who met the DSM-V proposed diagnosis of Non-Suicidal Self Injury (NSSI) Disorder. A total of 6,831 secondary school students (52.6% girls) completed self-report questionnaires, assessing seven NSSI behaviours, i.e., self-cutting, burning, biting, punching, scratching skin, inserting objects to the nail or skin, and banging the head or other parts of the body against the wall. Psychosocial correlates of NSSI, including negative emotions, emotional reactivity, distress tolerance, premeditation, urgency, self criticism, relationship problems, unstable self image, unstable self identity, dissociative symptoms, NSSI habit and its functions were measured by various existing scales. Correlations among these variables were significant. Results also shown that adolescents who met the DSM-V proposed diagnosis of NSSI Disorder displayed significantly more clinical subjective distress and psychosocial impairment than other repetitive self-injurers. Practitioners are suggested to provide suitable intervention to those adolescents based on their expressed needs.

Keywords: self injury, deliberate self harm, self mutilation, self destructive behavior,

DSM-V