

Abstract

The present study compared two subgroups of adolescents with non-suicidal self-injury (NSSI), NSSI-Cut&Burn vs. NSSI-others, in a cross-sectional study. Participants included 3,259 (1,812 females and 1,447 males) Chinese adolescents in Hong Kong. Subjects completed measures assessing NSSI, physical and emotional abuse experiences, emotion dysregulation, self-hate guilt and self-punishment. The two NSSI subgroups were categorized based on the severity of NSSI methods. NSSI-Cut&Burn group included individuals endorsing self-cutting and/or self-burning, and NSSI-Others group included individuals endorsing other NSSI methods. Results from analysis of variance showed that both NSSI subgroups scored significantly higher than Non-NSSI group on all measures, with significantly higher scores noted for NSSI-Cut&Burn than NSSI-Others group. Significant NSSI methods by gender interaction was found, with males reporting significantly higher NSSI frequency than females only in NSSI-Cut&Burn group. Besides, the two NSSI subgroups differed significantly on physical and emotional abuse experiences only for males but not for females. Finally, findings of hierarchical multiple regression indicated that both self-hate guilt and need for punishment significantly predicted NSSI frequency above and beyond emotion dysregulation in NSSI-Cut&Burn group, whereas only self-hate guilt was a significant predictor for NSSI frequency in NSSI-Others group. Implications and limitations of the current findings were discussed.