Impulsivity and Compulsivity Throughout history, people have invented many different ways to inflict direct and deliberate physical injury on themselves -- without an intent to die. Even today, the concept and practice of self-injury is sanctioned by some cultures, although condemned by most. This insightful work fills a gap in the literature on pathologic self-injury. The
phenomenon of people physically hurting themselves is heterogeneous in nature, disturbing in its impact on the self and others, frightening in its blatant maladaptiveness, and often indicative of serious developmental disturbances, breaks with reality, or deficits in the regulation of affects, aggressive impulses, or self states. Further complicating our understanding is the large and diverse scope of psychiatric conditions, such as pervasive developmental disorders, Tourette's syndrome, and psychosis, in which these behaviors occur. This volume presents a comprehensive nosology of self-injurious behaviors, classifying them as stereotypic, major, compulsive, and impulsive (with greater emphasis on the last two categories because they are the most commonly seen). The chapter on stereotypic self-injurious behaviors (highly repetitive, monotonous behaviors usually devoid of meaning, such as head-banging) focuses on the neurochemical systems underlying the various forms of stereotypic movement disorders with self-injurious behaviors, typically seen in patients with mental retardation and autism, and discusses their psychopharmacological management. The chapter on psychotic, or major, self-injurious behaviors (severe, life-threatening behaviors, such as castration) presents a multidimensional approach to evaluating and treating patients with psychosis and self-injurious behaviors, including the neuroanatomy and neurobiology of sensory information processing as background for its discussion of neurobiological studies and psychopharmacological treatments. Chapters on the neurobiology of and psychopharmacology and psychotherapies for compulsive self-injurious behaviors (repetitive, ritualistic behaviors, such as trichotillomania [hair-pulling]) offer much-needed biological research and the first empirical treatment studies on compulsive self-injurious behaviors, and argue that a distinction can indeed be made between compulsive and impulsive self-injurious behaviors. Chapters on the neurobiology, psychopharmacology, and dialectic behavior and psychodynamic theory and treatment of impulsive self-injurious behaviors (habitual, chronic behaviors, such as skin picking) supplement the few neurobiological studies measuring impulsivity, aggression, dissociation, and suicide and detail the efficacy of various medications and psychotherapies. An eminently practical guide with exhaustive references to the latest data and research findings, this concise volume contains clinical material and therapeutic interventions that can be used right away by clinicians to better understand and treat patients with these complex and disturbing behaviors.
Non-suicidal Self-injurious Behavior Non-suicidal self injury, suicide ideation, and suicide are exceedingly prevalent in youth. The life-time rate of non-suicidal self-injury has been reported to range from 13% - 23% with the typical onset ranging from 12-14 years old. Additionally, there is an increased rate for suicide ideation and suicide attempts for individuals who engage in self-injury. Identified risk factors include depression, hopelessness, lack of social support, and deficits in problem solving. In addition, the relationship among substance abuse, body image, and eating disorders is examined. Prevention and intervention programs and strategies are discussed, as well as future recommendations for research.

Teen Self-Injury Non-suicidal self-injury (NSSI) refers to the intentional and direct injuring of one's own body tissue without suicidal intent (Klonsky & Olino, 2008). The present study looked at the lifetime frequency of NSSI as an indicator of severity of the behavior. The specific roles of BPD characteristics, depression and anxiety symptoms as well as intrapersonal and interpersonal functions were examined. It was hypothesized that intrapersonal functions moderate the effect of BPD characteristics on frequency of NSSI. Data were analyzed using hierarchical multiple regression analyses. BPD characteristics did not add significantly to the continuation of NSSI behaviors beyond the effect of depression and anxiety; intrapersonal functions added significantly to the explanation of frequency beyond that afforded by interpersonal functions. Intrapersonal functions moderated the effect of BPD on continuation of NSSI behaviors. Findings are discussed in terms of relative importance of all factors involved in predicting frequency or continuation of NSSI.

Communicating With, About, and Through Self-Harm

Nonsuicidal Self-injury in Adolescents Non-suicidal self-injury and eating disorders represent significant problems among today’s youth and pose unique challenges for clinicians, particularly when they co-occur. This book is a rare resource in that it provides cutting-edge information on the interactions between self-injury and disordered eating, empirically informed treatments for the co-occurrence of these behaviors, and specific topics relevant to understanding nuances in the risk factors, treatment, and prevention of both self-injury and eating disorders. Practitioners, graduate students, and researchers working within this specialized area will find this text to be
instrumental in advancing their knowledge and improving the treatment of self-injury in those with eating disorders.

#Selfharm Suicide is undoubtedly a worldwide major challenge for the public health. It is estimated that more than 150,000 persons in Europe die as a result of suicide every year and in several European countries suicide represents the principal cause of death among young people aged 14-25 years. It is true that suicide is a complex (and yet not fully understood) phenomenon and may be determined by the interaction between various factors, such as neurobiology, personal and familiar history, stressful events, sociocultural environment, etc. The suicide is always a plague for the population at risk and one of the most disgraceful events for a human being. Moreover, it implies a lot of pain often shared by the relatives and persons who are close to suicide subjects. Furthermore, it has been widely demonstrated that the loss of a subject due to suicide may be one of the most distressing events that may occur in mental health professionals resulting in several negative consequences, such as burnout, development of psychiatric symptoms and lower quality of life and work productivity. All considered, it is clear that the suicide prevention is a worldwide priority and every effort should be made in order to improve the early recognition of imminent suicide, manage suicidal subjects, and strengthen suicide prevention strategies. In our opinion, the first step of prevention is the improvement of knowledge in the field: this was the aim of this present special issue on Frontiers in Psychiatry. In this special issue, several papers have contributed to the suicide knowledge from several viewpoints and we hope that this will contribute to improve and disseminate knowledge on this topic.

International Handbook of Suicide Prevention Previous research has identified strong links between non-suicidal self-injurious behavior (NSSIB) and emotional vulnerabilities such as anxiety and depression. However, to date no studies have been published that examined the potential role of moral emotions such as shame and guilt on the presentation of NSSIB. This study examined the relationship of shame and guilt with NSSIB and the extent to which they may affect anxiety and depression as predictors of NSSIB (i.e., the presence of NSSIB and estimated daily rate of NSSIB). The participants were 378 university undergraduate students, who were predominantly female (71.2%), between 18 to 51 years old (M = 20.89, SD = 4.77). Participants completed the Inventory of Statements about
Self-Injury (ISAS; Klonsky & Olino, 2008), the Beck Anxiety Inventory (BAI; Beck & Steer, 1990), the Beck Depression Inventory (BDI-II; Beck, Steer & Brown, 1996), and the Test of Self-Conscious Affect (TOSCA-3; Tangney, Dearing, Wagner, & Gramzow, 2000). Emotion dysregulation (defined as combined anxiety and depression scores), and shame were positively related to the presence of NSSIB; guilt was negatively related to the presence of NSSIB. There was no interaction between emotion dysregulation and shame, nor between emotional dysregulation and guilt when predicting the presence of NSSIB. However, guilt and emotion dysregulation did interact to predict the daily rate of NSSIB, such that those participants with lower guilt scores had a stronger positive relationship between emotional dysregulation and daily rate of NSSIB than their high-guilt counterparts. The interaction between emotion dysregulation and shame approached significance, with patterns showing that participants with high shame scores had a stronger, more positive relationship between emotional dysregulation and daily rate of NSSIB, than those who were low on shame. These relationships were also examined in only the subsample of participants who had self-injured. Results suggest that guilt serves as a protective factor, while shame serves as a risk factor for the presence and rate of NSSIB.

Long-Term Outcomes in Psychopathology Research Self-harm is a distressing and all too common presentation to emergency departments, and yet there is no clear understanding of what it represents, and success rates of interventions to prevent future episodes are enormously variable. Therapeutic Assessment for self-harm is a pragmatic model, developed by the authors of this book and forming an organic part of the psychosocial assessment following a self-harming incident. Its main features are that firstly, a therapeutic intervention at the time of distress, compared with a standard psychosocial history and risk assessment, improves patients' responses and their willingness to engage in further therapy, and secondly, that there is a vast range of evidence-based interventions that can be used to build a 'toolkit' that individual practitioners can employ with their patients. Therapeutic Assessment is evidence-based, simple and easy to learn, and this book presents the techniques in a clear, accessible and user-friendly way. Based on extensive research, it will form an essential reference for psychiatrists and clinical psychologists, and for any health professional involved in the assessment of young people who self-harm.
Healing Self-Injury

Nonsuicidal self-injury (NSSI) is defined as intentional damage to the body without suicidal intent that is not part of a socially accepted behavior. The current study aimed to further research on NSSI by examining the relationship between NSSI and depression, anxiety, suicidal ideation, history of suicide attempts, gender, and the interaction between gender and each mental health factor in college students. The strongest unique predictors of NSSI in college students (N = 804) were a history of suicide attempts, depression, and suicidal ideation, meaning that students with elevated levels of these mental health factors are more likely to engage in NSSI than their peers with lower levels of these mental health factors. Women were generally more likely to engage in NSSI than men. There was a significant interaction between a history of suicide attempts and gender in predicting NSSI. Women who report a previous history of suicide attempts are more likely to engage in NSSI than those who do not report a history of suicide attempts, but this relationship was not significant for men. The significance of the relationship between NSSI and suicide attempts for women, but not for men, highlights the need for future research to assess the interaction between gender and each mental health factor associated with NSSI in college students, as the level of each mental health factor associated with NSSI may differ depending on gender. Consistent definitions and measurement of NSSI are needed in order to further advance future research in the field.

Non-suicidal Self-injury in Adolescents

Non-suicidal self-injury is a deliberate destruction of oneself without the intention of committing suicide. Non-suicidal self-injury (NSSI) is not only prevalent in clinical settings, but is also common among non-clinical college students. Previous studies have suggested an escalation theory with regard to the disorder, namely that the increasing severity of NSSI behavior could be a long-term predictor of future suicidal behavior. Unlike suicidal behaviors, only limited information is available about NSSI-behaviors in the non-clinical adult population. This study examined NSSI-behavior and suicide attempt history in a diverse college student population using self-report measures of self-harm behaviors, depression, hopelessness, and suicidal ideation. The results were consistent with previous research in that self-harm groups reported more depressive symptoms, feeling of hopelessness, and suicidal ideation than the non-NSSI group. However, further analysis suggested that people who had self-harmed within the past 12 months did not
report significantly higher suicide ideation than the comparison groups. The implications of these findings as they pertain to prevention and intervention programs will be discussed.

Deliberate Self-Harm in Adolescence Depression and Suicide

Nonsuicidal Self-Injury Nonsuicidal self-injury (NSSI) is a baffling, troubling, and hard to treat phenomenon that has increased markedly in recent years. Key issues in diagnosing and treating NSSI adequately include differentiating it from attempted suicide and other mental disorders, as well as understanding the motivations for self-injury and the context in which it occurs. This accessible and practical book provides therapists and students with a clear understanding of these key issues, as well as of suitable assessment techniques. It then goes on to delineate research-informed treatment approaches for NSSI, with an emphasis on functional assessment, emotion regulation, and problem solving, including motivational interviewing, interpersonal skills, CBT, DBT, behavioral management strategies, delay behaviors, exercise, family therapy, risk management, and medication, as well as how to successfully combine methods.

Cutting and Self-Harm Based on the 103rd annual meeting of the American Psychopathological Association, Long-Term Outcomes in Psychopathology Research: Rethinking the Scientific Agenda explores the long-term course of illness and functioning of individuals treated for mental health and substance use disorders and the outcomes research derived from these cases. Sections cover topics including: findings from long-term psychopathology outcome studies, problematic case definitions, differing perspectives on the concept of recovery, the need for continued long-term outcomes research, and research priorities for patients with chronic and severe disorders. The book employs the experiences of innovative mental health providers, reflecting the value of personal narratives in research conducted in cross-sectional increments with pre-formulated questions and response options. As psychiatry continues to refine its diagnostic categories and psychology demands greater attention to dimensionality, the need for interdisciplinary long-term studies is as critical as ever. This final volume in the American Psychopathological Association Series reflects on developments in outcomes research conducted in parallel with different disorders and offers suggestions for preserving long-term outcome studies as
the mainstay of clinical knowledge.

Advancing Theory of Suicide and Non-Suicidal Self-Injury
American Psychiatric Association The original DSM TM.

The Interpersonal Mechanisms of Individuals with Major Depressive Disorder Who Self-Injure The world is getting harder for young people, and for the people who care about them: parents, teachers, school counsellors and concerned relatives. Generation Next is an organisation that gathers experts in several fields to provide information for professionals - now that expertise is gathered in this volume for everyone else. Each chapter contains easily accessible information, along with more detail and resources for those who wish to find out more. In this comprehensive volume there will be the latest information on many topics, including: Helping young people get help for mental health problems Bullying Anxiety Depression Understanding self-harm Child sexual abuse Alcohol and Drugs and how to communicate with young people about them Teens, Parties and Alcohol: A practical guide to keeping them safe Eating Disorders Body Image Resilience and Positive Psychology Understanding the Teenage Brain Online Time Management

Psychological Characteristics of College Students with a History of Self-harm Behaviors The field of feeding and eating disorders represents one of the most challenging areas in mental health, covering childhood, adolescent and adult manifestations of the disorders and requiring expertise in both the physical and psychological issues that can cause, maintain, and exacerbate these disorders. The scope of the book is an overview of all the feeding and eating disorders from “bench to bedside”, incorporating recent changes introduced into the Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition (DSM-5). The aim is to present one of the first complete overviews of the newly defined area of feeding and eating disorders with respect to genetics, biology and neuroscience through to theory and its application in developing clinical approaches to the prevention and treatment of feeding and eating disorders.

Non-Suicidal Self-Injury, Online Activity and Emotional Health Among Adolescents The International Handbook of Suicide Prevention showcases the latest cutting-edge research from the world’s leading authorities, and highlights policy and practice implications for the prevention of suicide. Brings together the
world’s leading authorities on suicidal behaviour, renowned for their suicide prevention research, policy and practice. Addresses the key questions of why people attempt suicide, the best interventions, treatments and care for those at risk, and the key international challenges in trying to prevent suicide. Describes up-to-date, theoretically-derived and evidence-based research and practice from across the globe, which will have implications across countries, cultures and the lifespan.

Peer-to-peer Out of the Nightmare. An all-out assault on the barriers that stand between you and recovery from depression and suicidal pain. Decomposes recovery from depression into recovery from envy, shame, self-pity, grandiosity, fear, stigma, social abuse, and the double binds and vicious circles of the mythology of suicide. A drug-free approach to getting better and staying better. This book provides counselors with a bold new non-technical framework that is free from the prejudices that deter the suicidal from seeking help. It provides those who have lost a loved one to suicide with a broad array of new conceptual tools to understand the tragedy and to find help for stuck positions of bereavement. Most importantly, it provides all those who suffer from depression with hundreds of resources to find their way out of the nightmare.

Non-Suicidal Self-Injury Throughout the Lifespan

The development of social media applications for image distribution has led to the publication and propagation of explicit content throughout the Internet (Baker & Lewis, 2013; Lewis, Heath, Michal, & Duggan, 2012). Non-suicidal self-injury (NSSI), the intentional injury of the human body without suicidal intent (Favaizza, 1998), is one form of explicit material currently disseminated on the Internet. This study aimed to explore the underlying psychopathologies of those who engage in NSSI in conjunction to Internet NSSI image viewing and sharing, as well as the psychological consequences and motives associated with these actions. The primary sample for data analysis was gathered directly from the social media application, Instagram, and consisted of individuals who engaged in self-harm behaviors and viewed and/or published NSSI images on the Internet. The comparison sample consisted of those who have engaged in self-harm behaviors without a virtual NSSI component. This study hypothesized that those who view or post images of NSSI would exhibit higher levels of borderline personality traits and increased levels of depression. Results from this study indicate that elevations in borderline personality traits were evident for
both the viewing and posting NSSI image groups, as well as elevations in depressive symptoms. Peer bonding was not endorsed as a primary motive for engaging in online NSSI Internet use. Although NSSI research is not foreign to psychological literature, this study expanded upon NSSI behaviors by examining those that exist in a current technology-based society.

Time Variations Between Urge and Self-injury in Non-suicidal Self-injury This text addresses the very serious issue that too many of our adolescents must face, that of depression and suicide. The Surgeon General's Report indicates that ten percent of our youth are, at any one point in time in America, suffering from a mental illness. If not treated, they can go on to have a series of problems such as delinquency and truancy, and may end up in prison. This book presents an empirically based interventive approach to helping adolescents and families deal with adolescent depression and suicide. No other text focuses on this significant social issue facing adolescents and their families. In a unique approach, the text combines theory, intervention, and empirically based techniques for practitioners working with the adolescent and his or her family. It will be of interest to those in social work, sociology, psychology and child and family development. Chapters include: The Epidemic of Child and Adolescent Depression and Suicide; Assessment of Depression, Substance Abuse, and Suicidal Behavior in Children and Adolescents; Interventions for Prevention and Treatment; Coping with Adolescent Depression and Suicide Curriculum; and Family Intervention.

I Had a Black Dog This title examines how self-injury affects individuals and society, investigates how people are working to put an end to self-injury, and analyzes the controversies and conflicting viewpoints surrounding the issue. Features include a glossary, selected bibliography, websites, source notes, and an index, plus a timeline and essential facts. Aligned to Common Core Standards and correlated to state standards. Essential Library is an imprint of Abdo Publishing, a division of ABDO.

Growing Happy, Healthy Young Minds What is self-harm and what causes it? Learn the terms and concepts related to this type of behavior. Provides an in-depth history of self-harm behavior that provides a relatable perspective for the reader. Offers realistic and common case samples that promote better understanding. Explains how anyone concerned about a self-
injurious loved one can best confront the behavior and offers tips on how to provide support Devotes significant attention to controversial areas such as the prevalence of self-injury in school settings, addresses the use of psychopharmacology in treating the behavior, and gives an overview of effective techniques for treatment

Relationship Between Clinical Symptomatology, Functions Endorsed for NSSI and Frequency of NSSI Depressive disorders are among the most common types of psychopathology in the United States. Adolescent-onset depressive disorders represent particularly insidious conditions because of their strong association with chronic and recurrent emotional problems in adulthood. This handbook offers authoritative reviews of research on the nature, causes, and treatments for depression in adolescents. It covers the breadth of this research, focusing on etiology, predictors, and the interplay of biological, psychological, and social factors in adolescent depression. Highlighting both recent studies on treatment of adolescent depression and the prevention programs directed at high-risk youth, the book also covers assessment, diagnosis, and epidemiology, and related and comorbid conditions. Handbook of Depression in Adolescents is an invaluable and comprehensive resource for students and practitioners alike.

Diagnostic and Statistical Manual of Mental Disorders The main purpose of this study was to investigate the relationship between co-rumination and non-suicidal self-injury (NSSI) in a community sample of adolescents. Analysis of the data from 92 adolescent self-injurers, 51 female and 41 male, indicated that there was a significant, positive correlation of small effect size between adolescents' level of co-rumination and their frequency of self-injury in the past year. When genders were examined separately, this positive correlation of small effect size remained significant solely for male participants. Contrary to expectations, co-rumination failed to moderate the relationship between depression and NSSI frequency, and stressful life events failed to moderate the relationship between co-rumination and NSSI frequency. Results from further post-hoc analyses and related research on peer socialization suggest possible reasons for these results and future research avenues. The strengths, contributions, and clinical implications of this study are also discussed.

ADOLESCENT DEPRESSION AND SUICIDE A comprehensive
guide for clinicians working with patients engaging in self-injury, this book provides information on clinical conceptualization, risk and protective factors, ways to assess for NSSI, treatment approaches and strategies, and early intervention and prevention strategies. Focusing on ethical and cultural considerations unique to schools, clinical agencies, and private-practice settings, the authors provide a practical and in-depth discussion of clinical theory. Procedures for determining risk and the potential problems with risk assessment, especially concerning suicide risk, are addressed. In addition to numerous exercises, examples, and suggestions for practical interventions, the book includes a variety of detailed worksheets and resources to expand readers’ level of understanding, monitor emerging trends, and provide a context for extended training. Several case studies are discussed and analyzed in order to highlight specific aspects of clinical conceptualization and treatment strategies. Drawn from a wide range of treatment populations and issues, this book is a valuable resource for clinicians and supervisors. The authors integrate outcomes-based research strategies and evidenced-based tools to help clinicians work with clients from diverse backgrounds.

Emotions, Stress, and Health In this volume, Alex Zautra illustrates how experience with difficult or stressful emotional situations can, contrary to popular belief, be beneficial; for example, our ability to adapt to stress can be improved by experiencing difficult moments on emotional intensity. Zautra masterfully integrates research and theory on emotion and stress, identifying a unique and important role for stressful life events. He offers new insights into how stress and emotions can influence health and illness and demonstrates the wide applicability of this perspective across domains of love and marriage, work, aging, and community. By reviewing research on chronic pain, depression, child abuse, and addiction, Zautra also provides new insights into clinical problems.

Why People Die by Suicide

Handbook of Depression in Adolescents Traditionally, impulsive and compulsive behaviors have been categorized as fundamentally distinct. However, patients often exhibit both of these behaviors. This common comorbidity has sparked renewed interest in the factors contributing to the disorders in which these behaviors are prominent. Impulsivity and Compulsivity applies a provocative spectrum model to this psychopathology.
The spectrum model is consistent with a dimensional model for psychopathology and considers the dynamic interaction of biopsychosocial forces in the development of impulsive and compulsive disorders. In this important work on impulsive/compulsive psychopathology, leading researchers and clinicians share their expertise on the phenomenological, biological, psychodynamic, and treatment aspects of these disorders. Differential diagnosis, comorbidity of the impulsive-compulsive spectrum of disorders, and assessment by the seven-factor model of temperament and character are discussed. Chapters are also dedicated to the antianxiety function of impulsivity and compulsivity, defense mechanisms in impulsive disorders versus obsessive-compulsive disorders, and the unique aspects of psychotherapy with impulsive and compulsive patients. Clinical researchers and clinicians will be enlightened by this exceptional work. The information provided is supplemented with clinical vignettes, and the final chapter provides a synthetic summary that offers a unified, dynamic approach to impulsive and compulsive behavior.

Depression and Suicide Subtle scars disappearing up a shirt sleeve, unexplained bruises, burn marks. As many as one out of every four young people engage in non-suicidal self-injury, defined as the deliberate destruction of body tissue without suicidal intent. Parents who uncover this alarming behavior are gripped by uncertainty and flooded with questions—why is my child doing this? Is this a suicide attempt? What did I do wrong? What can I do to stop it? And yet basic educational resources for parents with self-injuring children are sorely lacking. Healing Self-Injury provides desperately-needed guidance to parents and others who love a young person struggling with self-injury. First and foremost, adolescent psychologists Janis Whitlock and Elizabeth Lloyd-Richardson believe that parents must appreciate how important their role is in their child's recovery; there is a lot that parents can do to support their self-injuring children. This book offers strategies for identifying and alleviating sources of distress in children's lives, improving family communication (particularly around emotions), and seeking professional help. Importantly, it also provides compassionate advice to parents with personal challenges of their own, explaining how these can impact the entire family. The book will help parents partner with their children to identify, build, and use skills that will assist them in recovering from self-injury. Vivid anecdotes drawn from the authors' extensive in-depth interviews with real families in recovery from self-injury put a
human face on what for many families is a distressing and often isolating experience. Healing Self-Injury is a must-have for parents who want to assist in their child’s recovery, as well as for anyone who lives with, works with, or cares about self-injuring youth and their families.

Self-Injurious Behaviors Drawing on extensive clinical and epidemiological evidence, as well as personal experience, Thomas Joiner provides the most coherent and persuasive explanation ever given of why and how people overcome life’s strongest instinct, self-preservation. He tests his theory against diverse facts about suicide rates among men and women; white and African-American men; anorexics, athletes, prostitutes, and physicians; members of cults, sports fans, and citizens of nations in crisis.

Suicide Science Suicide kills and maims victims; traumatizes loved ones; preoccupies clinicians; and costs health care and emergency agencies fortunes. It should therefore demand a wealth of theoretical, scientific, and fiduciary attention. But in many ways it has Why? Although the answer to this question is multi-faceted, this volume not. supposes that one answer to the question is a lack of elaborated and penetrating theoretical approaches. The authors of this volume were challenged to apply their considerable theoretical wherewithal to this state of affairs. They have risen to this challenge admirably, in that several ambitious ideas are presented and developed. Ifever a phenomenon should inspire humility, it is suicide, and the volume’s authors realize this. Although several far-reaching views are proposed, they are pitched as first approximations, with the primary goal of stimulating still more conceptual and empirical work. A pressing issue in suicide science is the topic of clinical interventions, and clinical approaches more generally. Here too, this volume contributes, covering such topics as therapeutics and prevention, comorbidity, special populations, and clinical risk factors.

Peer Influence and Non-suicidal Self-injury in Adolescence "Non-suicidal self-injury, the deliberate destruction of one’s body tissue (e.g., self-cutting, burning) without suicidal intent, consistently ranges from 15% to 20% among adolescents. Recently, more youth are accessing NSSI-related material online despite the potential associated risks (e.g., triggering through explicit content). Importantly, preliminary research suggests that adolescents who engage in NSSI may use the Internet more
often and for different reasons than their non-self-injuring peers. Additionally, while getting health information and obtaining emotional support may underlie NSSI online activity, the motivations and needs of adolescents who go online for emotional health-related issues, particularly among adolescents who self-injure is not known. This study is the first to directly examine 1) the frequency of general Internet use, 2) the frequency of Internet use for emotional health reasons, and 3) the online activities related to emotional health among adolescents who engage in NSSI. Participants were 58 adolescents who reported current engagement of NSSI (Mage = 14.36 ± 8; SD = .55; 79% female); 28 who reported past engagement of NSSI (Mage = 14.39; SD = .50; 50% female); 56 who reported never engaging NSSI (Mage = 14.51; SD = .51; 55% female). Participants completed the How I Deal With Stress questionnaire (HIDS; Heath & Ross, 2007) and the Beck Depression Inventory for Youth (BDI-Y; Beck, Beck, & Jolly, 2001) in groups during class time to screen for NSSI, risk-taking (RT) and elevated depressive symptomology. Those at-risk completed follow-up individual interviews that included the Emotional Health Online Behaviour Assessment (EHOBRA; Lewis & Heath, 2012) to examine online interactions. Results from a one-way ANOVA indicated that adolescents who currently engage in NSSI use specific websites more frequently than those who have stopped engaging in NSSI (i.e., YouTube) and those with no history of NSSI (i.e., YouTube and Tumblr). Further, results from a MANOVA indicated that adolescents who currently engage in NSSI use the social media sites more frequently for emotional health reasons, regardless of gender. Chi-square tests revealed significant group differences, such that those with a history of self-injury online more often to give/receive support, read information, look at pictures/videos and blog, and are more interested in emotional health topics of depression, self-injury, sadness and eating disorders compared to their non-self-injuring peers. In conclusion, this study demonstrates that adolescents who currently engage in NSSI have a different profile of Internet use, indicative of connecting online, whereas adolescents with a past history of NSSI are most often comparable to individuals who have never engaged in NSSI. Findings highlight the importance of the Internet as a form of support for adolescents engaging in NSSI." --

Non-Suicidal Self-Injury in Eating Disorders 'I Had a Black Dog says with wit, insight, economy and complete understanding what other books take 300 pages to say. Brilliant and
indispensable.' - Stephen Fry 'Finally, a book about depression that isn't a prescriptive self-help manual. Johnston's deftly expresses how lonely and isolating depression can be for sufferers. Poignant and humorous in equal measure.' Sunday Times  
There are many different breeds of Black Dog affecting millions of people from all walks of life. The Black Dog is an equal opportunity mongrel. It was Winston Churchill who popularized the phrase Black Dog to describe the bouts of depression he experienced for much of his life. Matthew Johnstone, a sufferer himself, has written and illustrated this moving and uplifting insight into what it is like to have a Black Dog as a companion and how he learned to tame it and bring it to heel.

Mental Health Factors Associated with Nonsuicidal Self-injury in Emerging Adults  
This edited volume features evidence-based reviews and practical approaches for the professional in the hospital, clinic, community and school, with case examples throughout. Divided into five major sections, the book offers background historical and cultural information, discussion of self-injury etiology, assessment and intervention/prevention issues, and relevant resources for those working with youths who self-injure.

Self-Harm in Young People: A Therapeutic Assessment Manual  
The objective of the study was to examine self-injury and interpersonal relationship difficulties in adults diagnosed with major depressive disorder (MDD). Thirty-eight participants diagnosed with MDD were selected from a larger study on borderline personality disorder, mood disorders, and suicidal behavior. Of the sample, 17 participants denied a history of suicidal acts and non-suicidal self-injury (NSSI) and 21 reported engaging in at least one previous suicide attempt (actual, ambiguous, interrupted, or aborted) or NSSI. Assessments of depression, self-injury, rejection sensitivity (RS), insecure attachments (attachment anxiety and attachment avoidance), and trauma were conducted. There was no significant difference between those with a history of self-injury and those without a history of self-injury on rejection sensitivity, attachment anxiety, and attachment avoidance. Depression severity had a significant association with rejection sensitivity and attachment anxiety. Trauma history was a significant predictor of history of self-injury. The current study highlights the relationships between depressive symptoms and interpersonal functioning, and trauma history and self-injury. Given the rate and severity of self-injury
among individuals with MDD, research should continue to examine risk factors in this population and prioritize the development and utility of preventative interventions that focus on interpersonal effectiveness.

Out of the Nightmare This is one of the first studies to describe the practice of 'performance psychology'. It blends theory and practice by integrating literature reviews with real-world applications for a broad range of clients. It provides extensive session transcripts, including consultants' thoughts and reactions throughout each session.

Understanding the Complex Phenomenon of Suicide: From Research to Clinical Practice Self-harm in adolescence and late teens is known to be increasing, though it is difficult to detect and inconsistently recorded. This thorough, practical and evidence-based book provides guidance for professionals and parents caring for children and young people at risk of self-harm and suicide. Claudine Fox and Keith Hawton discuss risk factors for self-harm, including depression, substance abuse and antisocial behaviour, and critically examine key screening instruments that can be used to assess risk. They describe how suicidal behaviour can be managed and prevented, and look at the effectiveness of aftercare treatment for those who self-harm, including school-based suicide-prevention programs and family therapy. Also addressed are common myths about self-harm and the problem of varying definitions in this field. Deliberate Self-Harm in Adolescence clearly summarizes and evaluates current research into suicidal behaviour - it is essential reading for social workers, mental health professionals, GPs, teachers and parents.

Self-Injury in Youth Non-suicidal self-injury (NSSI) is the deliberate harming of one's body without suicidal intent. NSSI tends to be secretive, often involving cutting, bruising, or burning on hidden parts of the body. While NSSI often occurs among adolescents, it is not limited to that age group. Communication and NSSI intersect in many ways, including conversation among family members, consultation with healthcare providers, representation in the media, discourse among people who self-injure, and even communication with oneself. Each chapter in Communicating With, About, and Through Self-Harm: Scarred Discourse addresses a different context of communication crucial to our understanding NSSI. An international group of clinicians and communication
specialists describe, analyze, and explain how NSSI is communicated about, what NSSI is communicating, and how can we do a better job in communicating with others about NSSI. This book’s fundamental purpose is to empower individuals who self-injure as well as their families, friends, healthcare providers, and communities to better understand and deal with NSSI and the pressures that cause it.

Encyclopedia of Feeding and Eating Disorders Non-suicidal self-injury (NSSI) is a common behavior, with approximately 24% of adolescents reporting engagement in NSSI within the previous year (Giletta et al., 2012). Impulsivity is thought to be a contributing factor in (NSSI), but the research is both limited and inconsistent (e.g., Hamza, Willoughby, & Heffer, 2015), due in part to the variability in how impulsivity is defined and measured. This study attempted to measure behavioral impulsivity in NSSI using the time that elapses between the urge to self-injure and the actual act of NSSI. Participants included 84 undergraduate students with a history of NSSI who completed self-report measures. We compared our measure of behavioral impulsivity with measures of self-reported impulsivity and correlates of impulsivity (i.e., borderline personality disorder, depression, and anxiety symptoms; behavioral motivation; personality traits; and fearlessness about death). Results demonstrated that much variability exists in the time that elapses between urge to self-injure and NSSI, with ranges from a few seconds to one year. However, these differences in time did not correlate with self-reported measures of impulsivity or with correlates of impulsivity. Explanations for these results are provided, along with specific recommendations for future research directions to further assess the role of impulsivity in NSSI.

Understanding Nonsuicidal Self-injury Empirical studies have demonstrated that adolescents experience heightened and prolonged negative emotion prior to and during the act of nonsuicidal self injury (NSSI), and that self-injurers use NSSI as a strategy to regulate emotion. The influence of social contexts that elicit emotional reactivity and influence adolescent NSSI have seldom been investigated. The purpose of this dissertation research was to present and examine a contextual explanation of adolescent NSSI. The specific study aims were as follows: Aim 1: To test the posited mediating influence of emotional reactivity on non-suicidal self-injurious behavior as specified in the proposed theoretical model by examining direct and indirect
associations with identified contextual factors - specifically childhood abuse, peer relationship quality, and family functioning; Aim 2: To test for moderating effects of contextual factors (family functioning and peer relationship quality) on the association between childhood abuse and emotional reactivity; Aim 3: To explore the influence of contextual experiences (childhood abuse, family functioning, peer relationship quality), and individual characteristics (emotion reactivity and depression) on case classification relative to non-suicidal self injury and/or suicidal behaviors. Using a cross-sectional correlational design and a sample of 799 students, ages 17 - 22 years were recruited from a university located in northern Taiwan. The proposed model (Aim 1) was tested using structural equation modeling, and moderating effects (Aim 2) were tested using multiple regression. The results for Aim 1 showed that the influence of childhood abuse on NSSI was partially mediated by emotional reactivity. Poor peer relationship quality uniquely predicted NSSI, however, low family functioning did not. There was no clear evidence that either family functioning or peer relationship quality served to moderate the effects of childhood abuse on emotional reactivity (Aim 2). Using latent class analysis (Aim 3), four distinct profiles of NSSI and suicidal behavior were identified. Individual characteristics (emotional reactivity, depression) and contextual experiences (childhood abuse, family function, peer relationship quality) were most strongly associated with the combined experience of NSSI and suicidal behavior. This dissertation research was designed to complement psychological models of self-injurious behavior with detailed attention to contextual factors. The findings will provide guidance for health professionals and researchers in understanding the pathways to self-injurious behavior among Taiwanese adolescents.