

Psychosocial Predictors of Non-Suicidal Self-Injury in Adolescents: Literature Review

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Abstract : Interpersonal and school-related factors, along with individual characteristics, can predict non-suicidal self-injuries (NSSI). The objective of this review is to describe psychosocial variables associated with NSSI among adolescents. A better understanding of this phenomenon may facilitate the identification of potentially effective interventions for adolescents. Relevant empirical studies and reviews from clinical, cross-cultural, and social psychology, as well as cognitive psychology literature, were synthesized into two broad topics: social/interpersonal and individual factors. Variables related to the occurrence of NSSI are discussed, including social support, peer modeling, abuse, personality traits, sense of belongingness, self-compassion, and others. Based on these findings, specific clinical recommendations were identified that need to be further evaluated empirically. The systemic interventions recommended in this review may further promote research in circumventing this social and clinical problem.

Keywords : non-suicidal self-injury, psychosocial factors, mental health, adolescence

Conference Title : ICSPSRF 2020 : International Conference on Suicidology, Psychological and Social Risk Factors

Conference Location : Stockholm, Sweden

Conference Dates : July 16-17, 2020