Non-suicidal self-injury (NSSI) among youth is a growing global concern, but the reasons for these acts are inadequately understood.

Understanding the subjective meaning of self-injury is essential for planning effective contextualized services.

Affect regulation reported as the most frequently reported function of NSSI (Edmondson, et al., 2016)

Dearth of studies with diverse ethnic and racial populations (Gholamrezaei, et al., 2015)

A cross-sectional survey in urban schools and colleges was planned to assess the rates and functions of self-injurious behavior among Indian adolescents and young adults.

Methods:

Sample: 1571 male and female students, from 19 private and government-aided high schools, pre-university colleges and undergraduate colleges in an urban city in South India.

Measure: Adapted version of Functional Assessment of Self-Mutilation (Lloyd et al, 1997) which assessed 7 methods, the characteristics, and 21 functions of self-injurious acts (past 12 months)

“Functions” conceptualised along Automatic (or Intrapersonal) and Social (or Interpersonal) dimensions (Nock & Prinstein, 2004)

Discussion

In collectivistic cultures like India, it is possible that relational motives may play an important role (Taylor et al, 2018; You et al, 2013).

More research focus on the interpersonal perspective of NSSI is required. Qualitative methodologies can explore how interpersonal and intrapersonal functions of NSSI intersect.

Findings have implications for planning and implementation of individualized and comprehensive intervention