

Abstract

Impulsivity has long been implicated in the development of Non Suicidal Self-Injury behavior (NSSI). Yet, research results concerning the relationship between impulsivity and NSSI have been mixed. The current study examined the relationship between behavioral impulsivity and NSSI among Chinese adolescences in Hong Kong. Participants, 6,831 high school students, were followed up over a 2-year period. Behavioral impulsivity is measured by 10 explicit impulsive acts base on self-reported questionnaire. Results revealed an association between behavioral impulsivity and NSSI. Self-injurers show a higher level of impulsivity than non self-injurers. Among the 3 sub-components of behavioral impulsivity assessed in the current study, hedonic impulse predicted more frequent NSSI.

Keywords: Nonsuicidal self-injury, behavioral impulsivity, hedonic impulse, aggressive impulse, substance abuse