

Abstract

The present study aims to examine the roles of emotional reactivity, distress tolerance and impulsivity as well as the potential three-way interaction among these variables in the repetition of NSSI. Participants, consisting of 3,545 Chinese secondary school students, completed questionnaires assessing non-suicidal self-injury, emotional reactivity, distress tolerance and behavioral impulsivity. Hierarchical multiple regression analyses were conducted to examine the research questions. Results supported the interaction model. Among all participants, combination of higher levels of emotional reactivity and impulsivity and lower level of distress tolerance significantly correlated to the most frequent act of NSSI. Findings of this study suggest that adolescents with high emotional reactivity and impulsivity and low distress tolerance are at particular risk for engaging in NSSI and that therapies stressing emotion regulation skills might be useful in clinical settings. The current study also provides theoretical implications for future studies on examining the interactions among risk factors as a means to better understand the mechanisms underlying self-injurious behaviors.

Keywords: non-suicidal self-injury, emotional reactivity, distress tolerance, behavioral impulsivity, three-way interaction