

Abstract

The present study examines the relationship between psychological distress, emotion dysregulation and non-suicidal self-injury (NSSI) among Chinese adolescents in Hong Kong. Two thousand six hundred and sixty four adolescents (57.6% females) participated in this study. Participants completed questionnaires measuring psychological distress, emotion dysregulation and NSSI. Hierarchical multiple regression analyses were conducted to test the hypotheses. Results indicated that both psychological distress and emotion dysregulation were predictive of NSSI frequency, even after controlling the covariates such as gender and parents' diagnosis of mental disorders. Moreover, emotion dysregulation moderated the relationship between psychological distress and NSSI. Findings of the present study point to the crucial role of emotion dysregulation in NSSI among community sample of Chinese adolescents.

Keywords: Non-suicidal self-injury, psychological distress, emotion dysregulation