

Abstract

Purpose: The present study examines the relationships among psychache, distress tolerance, non-suicidal self-injury (NSSI) and suicidality among Chinese adolescents in Hong Kong.

Method: 3621 students aged from 12 to 18 years participated in the current study.

Participants completed questionnaires measuring psychache, distress tolerance, NSSI, suicide ideation and attempt. Multiple regression analyses were conducted to test the hypotheses.

Results: Findings indicated that psychache, distress tolerance and NSSI were predictive of suicidal ideation and attempt. Moreover, NSSI partially mediated the contribution of psychache and distress tolerance in suicidal ideation and attempt. **Conclusions:** The present study illustrated that adolescents experienced intense psychological pain resorted to NSSI, from which they acquired the capability for suicide and resulted in elevated suicidal risk.

Keywords: Suicide, non-suicidal self-injury, psychache, distress tolerance