

Mediating Role of Dissociation and Rumination

Abstract

Given the prevalence and severity of non-suicidal self-injury (NSSI), researchers have examined the underlying mechanisms for long. While a well-known Emotional Cascade Model has been established, it only attempted to explain how rumination might lead to NSSI. Some studies also indicated that dissociation can also mediate the relation between childhood abuse and NSSI. The purpose of study is to explore linkage between rumination and dissociation in the development of NSSI among adolescents from secondary school in Hong Kong who completed questionnaires measuring childhood abuse, NSSI, emotion regulation, dissociation and rumination. Simply linear regressions were used to test hypotheses.

Results of regression analyses showed that dissociation and rumination mediated the relation in subjects with good emotion regulation skills. Among subjects with poor emotion regulation skills, only dissociation mediated the relation. Further analysis also indicated that dissociation mediated relation between rumination and NSSI. These findings suggest that dissociation is more important than rumination in the development of NSSI. Implications of these findings are discussed.