

## Psychological Distress as a Predictor of Non-Suicidal Self Injury among Adolescents

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### Abstract

**Background:** Non-Suicidal Self Injury (NSSI) is commonly associated with numerous poor outcomes in young adolescents, including eventual suicide. Much of our understanding on NSSI among young people is limited in the Malaysian context. **Aim:** This study aims to identify the prevalence of NSSI across gender and ethnicity and investigate the association between NSSI and psychological distress. **Material and Method:** This is a cross sectional study which comprised 175 young adolescents from three secondary schools who were required to complete a questionnaire. **Results:** The result shows that 20.6% of young adolescents are engaged in NSSI behaviour with significant difference between male and female. NSSI is also pertinent among the Indian ethnic as compared to Malay and Chinese. Further analysis also revealed that psychological distress could significantly predict NSSI behaviour. **Conclusion:** Overall, the finding demonstrated that NSSI behaviour are present among adolescents and linked to psychological distress. Effective prevention and intervention strategies may help prevent and control NSSI behaviors in adolescents who have experienced psychological distress.

**Keywords:** Non-Suicidal Self Injury; Psychological distress; Adolescents; Malaysia

### Introduction