

## **Evaluation of non-suicidal self-injurious behaviors in children and adolescents of Ardabil Schools**

### **Abstract:**

**Background:** The epidemiology of adolescent self-harming behaviors is important. One of the common concerns today is the prevalence and persistence of self-injurious behaviors among adolescents.

**Aim:** The aim of this study was to Evaluation of non-suicidal self-injurious behaviors in adolescents of Ardabil Schools.

**Materials and Methods:** The present study was descriptive cross-sectional. The research sample included 328 adolescents aged 13 to 18 in Ardabil city in 2022-2023. Sampling from schools in Ardabil city was done by cluster sampling method. The required data were collected from the participants through the demographic information questionnaire and Klonsky & Glenn non-suicidal self-injurious behaviors questionnaire. All data were described using SPSS statistical software version 25 and statistical analysis was done using independent t test, analysis of variance and chi-square.

**Results:** The prevalence of non-suicidal self-injurious behaviors among the studied subjects was 32.3% (boys 11.6% and girls 20.7%), respectively, the highest self-injurious behavior was head banging (15.5%) and the lowest was It was dangerous to swallow dangerous substances and the prevalence of non-suicidal self-injurious behaviors was 8.5% at the age of 13 to 14 and 11.9% at the age of 15 to 16 and 17 to 18. In all non-suicidal self-injurious behaviors and intra-personal and interpersonal functions, girls showed these behaviors and functions more than boys ( $P < 0.05$ ). There was no significant difference in self-injurious behavior (except cutting) based on age ( $P > 0.05$ ), but there was a significant difference in the variables of emotional regulation, anti-suicide, distress and interpersonal influence based on age groups ( $P < 0.05$ ).

**Conclusion:** The results show that a significant number of teenagers engage in self-harming behaviors that require serious attention and support from families, education and health officials.

**Keywords:** non-suicidal self-injurious, child, adolescent.