The Relationship between Self Injury Behavior and Self Disclosure in adolescents with Eating Disorders

eczeshen bein hakhonehush shel feinya nezmith
lokshipeh nezmith
baoklesi shel matbogrim has abolim
mahferut acelah

Evia Shellac

Department of Child and Adolescent Psychiatry at
Schneider Children's Medical Center.

Evia@Eviasimon.com
Self Injury (NSSI)/Self-Injury Behavior (SIB):

"Is any socially unaccepted behavior involving direct and deliberate destruction of one’s own body tissue in the absence of any observable intent to die"

(Nock, 2010)
Self Injury Behavior & Eating Disorder

23%-55%
Self Disclosure:

"Is the ability to communicate and share intimate personal feelings thoughts, & experiences"

(Jourard, 1964)
Can Self Discloser be a protective factor that reduces the risk of Self Injury Behavior in Eating Disorder?
Data Method:

(1) The Eating Disorder Inventory—2
(2) The Beck Depression Inventory
(3) The Functional Assessment of Self-Mutilation
(4) The Jourard Self-Disclosure Questionnaire
Results:

- 72% of the participants had Self Injury Behavior
- 71.4% from the BN, 56.3% of the AN, and 25% from the EDNOS patients were clinically depressed.
- Self Discloser seems to have more to do with the subject matter rather than with the person to whom the adolescent is relating.
- The EDNOS group Disclose more then the AN and the BN group in specific topics.
- Self Discloser significantly decreased the probability for Self Injury Behavior
Thank you!