

Associations between latent profiles of momentary affect and self-injurious behaviors

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Introduction:

Self-injurious behaviors (SIBs) include non-suicidal self-injury (NSSI) and eating disorder (ED) behaviors. Affect is a known risk factor for SIBs. Certain discrete emotions (positive affect (PA) and negative affect (NA)) are linked to SIBs.

Methods:

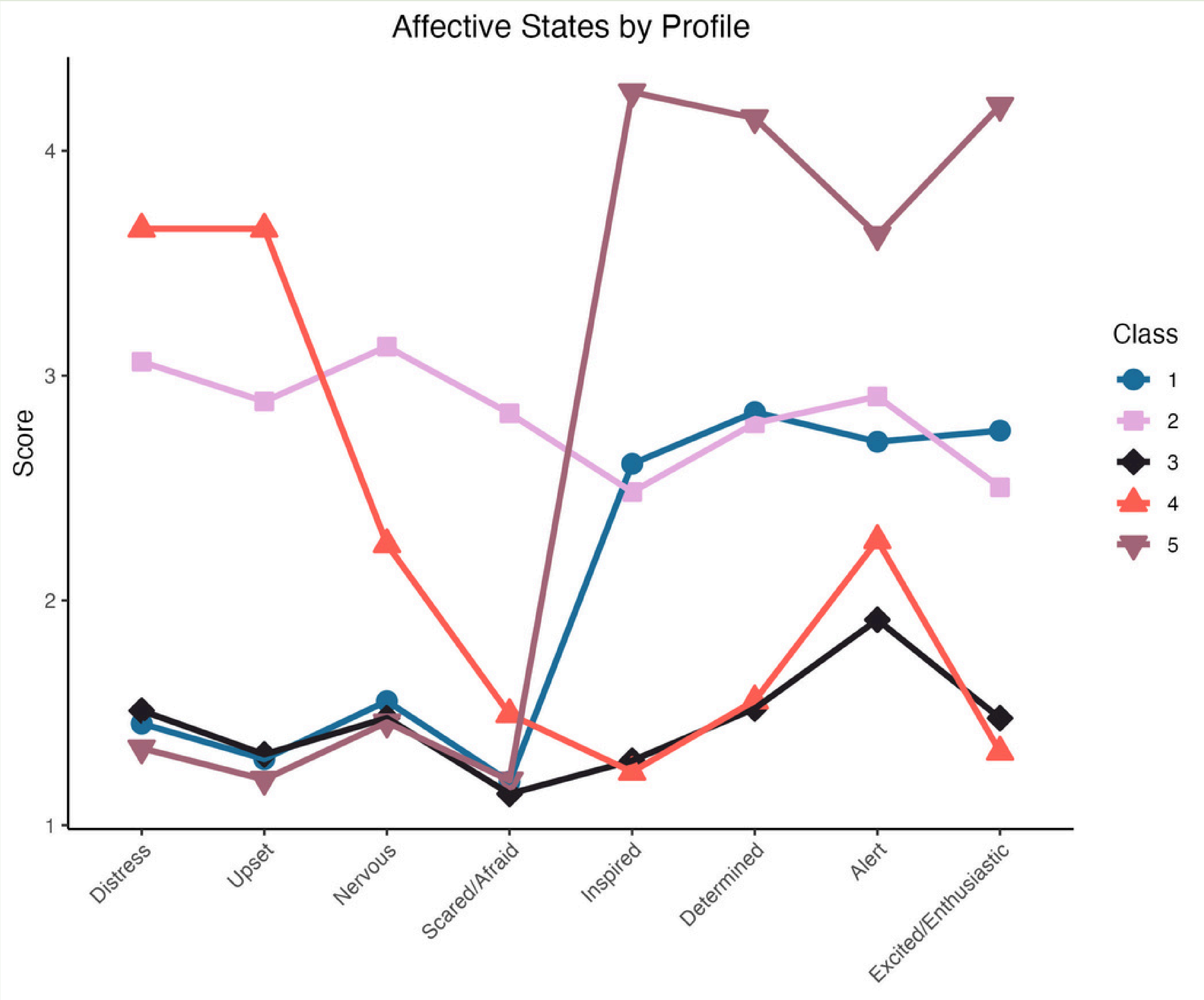
Participants (N = 124) who engaged in at least three SIBs (i.e., NSSI and/or ED behaviors) in the past month completed ecological momentary assessment for 14 days reporting on affect (N = 6600 observations) and SIBs.

Results:

Profile	Observation points	Total # SIBs
P1	2037	114
P2	865	97
P3	2609	165
P4	463	62
P5	626	34

Discussion:

Findings suggest that certain profiles, like P3, are more at risk of engaging in SIBs. This informs more adaptive interventions, in which clinicians can target *moments* in which a person is more at risk.



There are **five** distinct profiles of **affect** post-SIB.

- P1) moderate PA
- P2) moderate affect
- P3) low overall affect
- P4) high NA
- P5) high PA

P3 engaged in the **most** SIBs overall.

P1 engaged in the second most SIBs overall.

P5 engaged in the **least** SIBs overall.

