

# Prospective associations between self-injurious urges and behaviors

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# Introduction & Methods

## **Self-injurious behaviors (SIBs) include:**

1. Non-suicidal self-injury
2. Eating disorder behaviors
  - a. Self-induced vomiting
  - b. Laxative misuse
  - c. Binge eating
  - d. Fasting

## **Methods:**

- 124 college students and community adults
- Engaged in at least three SIBs in the past month
- Completed 5 ecological momentary assessment surveys per day for 14 days

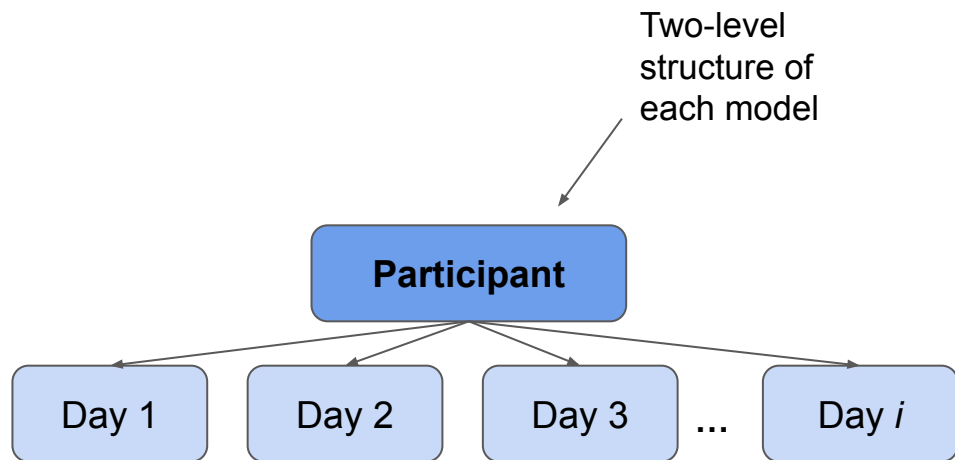
### **Key terms:**

**SIUs** = self-injurious urges

**SIBs** = self-injurious behaviors

**AIM:** examine the associations between SIU characteristics and SIB characteristics

# Analysis



## **12 multilevel models nested within individuals:**

### SIU predictors:

1. SIU intensity (0-100)
2. SIU frequency (count)

### Outcomes (same & next day):

1. SIB engagement (binary)
2. SIB frequency (count)
3. SIB duration (minutes)

Results:

## Same day MLMs

outcomes

predictors

|               | SIB engagement | SIB frequency | SIB duration |
|---------------|----------------|---------------|--------------|
| SIU intensity | 7.542 ***      | 1.562 (N.S.)  | 9.044 (N.S.) |
| SIU frequency | 9.048 ***      | 1.642 (N.S.)  | 2.299 (N.S.) |

For every 1  
point  
increase in  
\_\_\_\_\_ ...

... there is a \_\_\_\_\_ increase in \_\_\_\_\_

Results:

## Next day MLMs

|               | SIB engagement | SIB frequency | SIB duration |
|---------------|----------------|---------------|--------------|
| SIU intensity | 1.827 ***      | 1.136 (N.S.)  | 1.294 (N.S.) |
| SIU frequency | 1.912 ***      | 1.212 (N.S.)  | 3.953 (N.S.) |

For every 1  
point  
increase in  
\_\_\_\_\_ ...

... there is a \_\_\_\_\_ increase in \_\_\_\_\_

# Discussion:

## What does this mean?:

1. (N.S) Neither **SIU intensity** nor **frequency** were associated with **SIB frequency** or **duration**.
  - i. i.e., when an individual feels *more* or *stronger* SIUs, they may not engage in *more* or *longer* SIBs
2. (\*\*\*) **SIU intensity** and **frequency** were significantly associated with **SIB engagement**
  - i. i.e., when an individual feels *more* or *stronger* SIUs, they have a greater likelihood of engaging in a SIB

Thank you!

# EXTRA

12 multilevel  
models

