# Trajectories of change in affect before and after self-injurious behaviors

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## Introduction:

Self-injurious behaviors (SIBs) include non-suicidal self-injury (NSSI) and eating disorder (ED) behaviors.

Previous studies note that increased negative affect and decreased positive affect predict engagement in SIBs, but little is known about the specific trajectories of change in affect before and after engaging in SIBs.

## Methods:

Participants (N = 124) who engaged in at least three SIBs (i.e., NSSI and ED behaviors) in the past month completed ecological momentary assessments for 14 days reporting on the intensity of affect, and the engagement in SIBs.

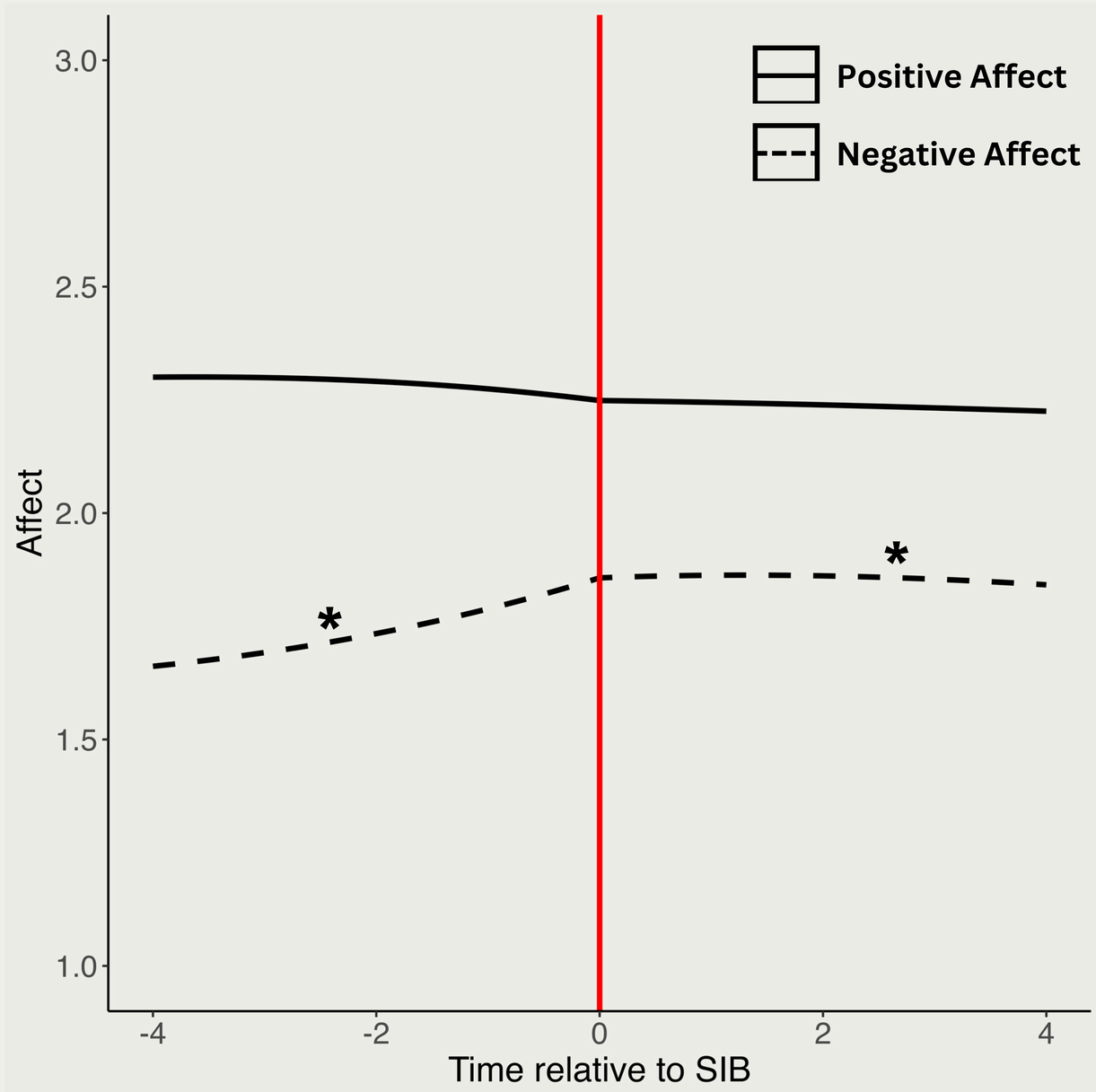
## Results:

Positive affect slightly decreased after engaging in a SIB. Negative affect increases before a SIB, peaks in the moment a SIB occurs, and slightly decreases after engaging in a SIB.

## Discussion:

Findings reinforce the affect regulation models of NSSI and ED behaviors and emphasize the need for adaptive interventions that target emotional dysregulation for those who engage in SIBs.

Negative affect **increases pre-SIB**, **peaks during**, and slightly **decreases post-SIB**, while positive affect slightly declines post-SIB.




## TABLES

***Estimates for Negative Affect***

| | Estimate | Std. Error | t value |
|---|---|---|---|
| **(Intercept)** | 1.857 | 0.078 | 23.824*** |
| **Linear Effect** | 0.076 | 0.025 | 3.054*** |
| **Quadratic Effect** | 0.008 | 0.003 | 2.476*** |
| **Cubic Effect** | 0.000 | 0.000 | 2.059*** |
| **Linear * SIB** | -0.066 | 0.040 | -1.675 |
| **Quadratic * SIB** | -0.011 | 0.004 | -2.736*** |
| **Cubic * SIB** | 0.000 | 0.000 | -0.317 |

***Estimates for Positive Affect***

| | Estimate | Std. Error | t value |
|---|---|---|---|
| **(Intercept)** | 2.248 | 0.087 | 25.815*** |
| **Linear Effect** | -0.031 | 0.027 | -1.151 |
| **Quadratic Effect** | -0.005 | 0.003 | -1.567 |
| **Cubic Effect** | 0.000 | 0.000 | -1.626 |
| **Linear * SIB** | 0.028 | 0.043 | 0.644 |
| **Quadratic * SIB** | 0.004 | 0.004 | 0.937 |
| **Cubic * SIB** | 0.000 | 0.000 | 1.447 |

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