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## Self-Injury in Young People and the Help-Negation Effect

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## Abstract

This study examined the relationship between self-injurious behavior and intentions to seek help from professionals, family and friends, technology based support and from no-one. Participants were 679 young people aged 14 to 25 years drawn from a larger internet survey ( $N = 1463$ ) on the basis of their reported self-injury. A help-negation effect was found only in relation to intentions to seek help from family and friends. That is, a higher extent or severity of self-injury was independently associated with lower intentions to seek help from family and friends. This effect remained after controlling for psychological distress and suicidal ideation. Establishing avenues for early intervention and providing access to a range of potential avenues for help-seeking may assist young people to seek support in relation to self-injury.

1. Introduction<sup>1</sup>

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<sup>1</sup> List of Abbreviations: GHSQ (General Help-Seeking Questionnaire); K10 (Kessler 10); NSSI (Non-Suicidal Self-Injury); SBQ-R (Suicide Behaviour Questionnaire – Revised); SHBQ (Self-Harm Behaviour Questionnaire).

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