



# Self-harm behavior and victimization experience among adolescence

Dr.ssa Lisa De Luca

## Introduction

Self-harm among adolescents is a problem that received increasing attention in clinical and public health. It is defined as a deliberate act against one's body aimed at causing damage through self-inflicted injury, such as cutting or scratching (Gratz, 2001; Weierich & Nock, 2008).

International literature recognizes that bullying and cyberbullying is one of the potential risk factors (Richmond-Rakerd, et al. 2019).

## Aims

- 1) Examine the prevalence of self-harm behavior among Italian adolescents.
- 2) Assess the association between being bullied and cyberbullied and self-harm, by school level and gender.

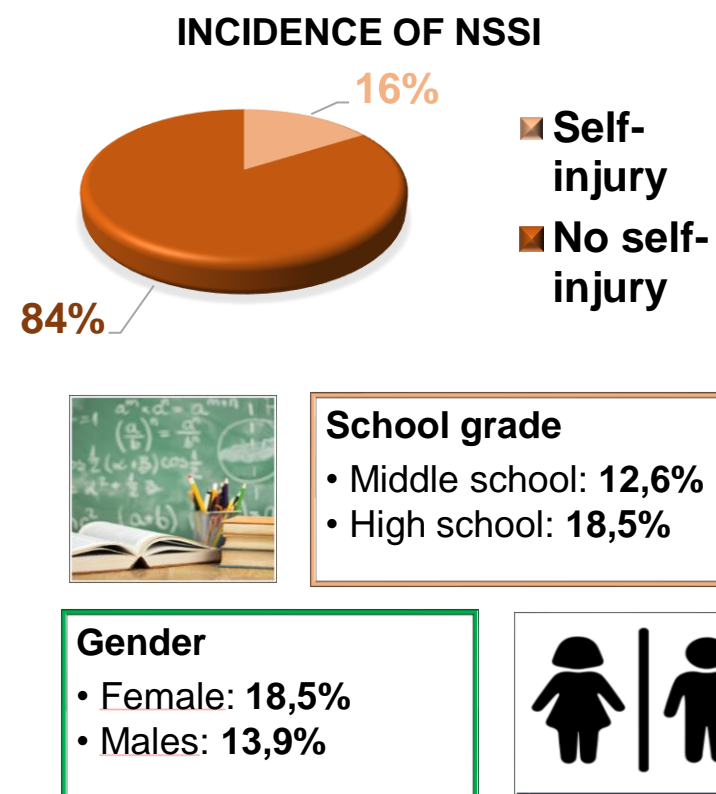
## Method

**Sample:** 3393 students (M=14.35; ds= 1.2) of middle and high school participating in the NoTrap! project (school year 2018-2019).

**Measure:** Presence/Absence of self-harm behavior; Florence Bullying and Victimization scales (FBVSs; Menesini et al., 2011); Florence cyberbullying-CyberVictimization Scales (FCBCVSs; Palladino et al., 2016)

**Data analysis:** Descriptive analysis and logistic regression with SPSS software

## Results



School/Gender	Odd ratio	P-Value
<b>Middle school/Male</b>		
Victimization	2.24	.002
Cybervictimization	2.88	.001
<b>Middle school/Female</b>		
Victimization	1.9	.013
Cybervictimization	2.9	<.001
<b>High school/Male</b>		
Victimization	1.6	.02
Cybervictimization	3.5	<.001
<b>High school/Female</b>		
Victimization	1.9	.013
Cybervictimization	2.7	<.001

## Discussion and Conclusion

The results indicate that the probability of self-harm is about 2 times greater in the group of victims of bullying than in those who are not. This is true for middle and high schools and for boys and girls. As regard the cybervictimization, the likelihood of committing self-harm is about 3 times higher than those who are not cyber victims. Given the magnitude of the phenomenon and the need for action, it would be important to understand the mechanisms that lead to such behavior in relation to both the specific victimization experiences, or other possible contributory factors like the level of depressive or internalizing symptoms of victims.

## References

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