



## Daftar Pustaka

- Abdou, E. A., Haggag, W., Anwar, K. A., Sayed, H., & Ibrahim, O. (2024). Methods and functions of nonsuicidal self-injury in an adolescent and young adult clinical sample. *Middle East Current Psychiatry*, 31(1), 10. <https://doi.org/10.1186/s43045-024-00398-6>
- Allroggen, M., Kleinrahm, R., Rau, T. A. D., Weninger, L., Ludolph, A. G., & Plener, P. L. (2014). Nonsuicidal Self-Injury and Its Relation to Personality Traits in Medical Students. *The Journal of Nervous and Mental Disease*, 202(4), 300. <https://doi.org/10.1097/NMD.0000000000000122>
- Ammerman, B. A., Jacobucci, R., Kleiman, E. M., Uyeji, L. L., & McCloskey, M. S. (2018). The Relationship Between Nonsuicidal Self-Injury Age of Onset and Severity of Self-Harm. *Suicide & Life-Threatening Behavior*, 48(1), 31–37. <https://doi.org/10.1111/sltb.12330>
- Andover, M. S., & Morris, B. W. (2014a). Expanding and clarifying the role of emotion regulation in nonsuicidal self-injury. *Canadian Journal of Psychiatry. Revue Canadienne De Psychiatrie*, 59(11), 569–575. <https://doi.org/10.1177/070674371405901102>
- Andrews, T., Martin, G., Hasking, P., & Page, A. (2014). Predictors of onset for nonsuicidal self-injury within a school-based sample of adolescents. *Prevention Science: The Official Journal of the Society for Prevention Research*, 15(6), 850–859. <https://doi.org/10.1007/s11121-013-0412-8>
- Arnett, J. (2019). *Emerging Adulthood: The Winding Road from the Late Teens Through the Twenties* (2nd edition). <https://doi.org/10.1093/acprof:oso/9780199929382.001.0001>
- Auerbach, R. P., Mortier, P., Bruffaerts, R., Alonso, J., Benjet, C., Cuijpers, P., Demyttenaere, K., Ebert, D. D., Green, J. G., Hasking, P., Murray, E., Nock, M. K., Pinder-Amaker, S., Sampson, N. A., Stein, D. J., Vilagut, G., Zaslavsky, A. M., & Kessler, R. C. (2018). The WHO World Mental Health Surveys International College Student Project: Prevalence and Distribution of Mental Disorders. *Journal of abnormal psychology*, 127(7), 623–638. <https://doi.org/10.1037/abn0000362>
- Barnard, L. K., & Curry, J. F. (2011). Self-Compassion: Conceptualizations, Correlates, & Interventions. *Review of General Psychology*, 15(4), 289–303. <https://doi.org/10.1037/a0025754>
- Bentley, K. H., Nock, M. K., & Barlow, D. H. (2014). The Four-Function Model of Nonsuicidal Self-Injury: Key Directions for Future Research. *Clinical Psychological Science*, 2(5), 638–656. <https://doi.org/10.1177/2167702613514563>
- Brausch, A. M., & Muehlenkamp, J. J. (2018). Perceived effectiveness of NSSI in achieving functions on severity and suicide risk. *Psychiatry Research*, 265, 144–150. <https://doi.org/10.1016/j.psychres.2018.04.038>



- Breines, J. G., & Chen, S. (2012). Self-Compassion Increases Self-Improvement Motivation. *Personality and Social Psychology Bulletin*, 38(9), 1133–1143. <https://doi.org/10.1177/0146167212445599>
- Cage, E., Jones, E., Ryan, G., Hughes, G., & Spanner, L. (2021). Student mental health and transitions into, through and out of university: Student and staff perspectives. *Journal of Further and Higher Education*, 45(8), 1076–1089. <https://doi.org/10.1080/0309877X.2021.1875203>
- Cipriano, A., Cella, S., & Cotrufo, P. (2017). Nonsuicidal Self-injury: A Systematic Review. *Frontiers in Psychology*, 8, 1946. <https://doi.org/10.3389/fpsyg.2017.01946>
- Claes, L., Klonsky, E. D., Muehlenkamp, J., Kuppens, P., & Vandereycken, W. (2010). The affect-regulation function of nonsuicidal self-injury in eating-disordered patients: Which affect states are regulated? *Comprehensive Psychiatry*, 51(4), 386–392. <https://doi.org/10.1016/j.comppsy.2009.09.001>
- Cleare, S., Gumley, A., & O'Connor, R. C. (2019). Self-compassion, self-forgiveness, suicidal ideation, and self-harm: A systematic review. *Clinical Psychology & Psychotherapy*, 26(5), 511–530. <https://doi.org/10.1002/cpp.2372>
- Cleare, S., Gumley, A., Cleare, C. J., & O'Connor, R. C. (2018). An Investigation of the Factor Structure of the Self-Compassion Scale. *Mindfulness*, 9(2), 618–628. <https://doi.org/10.1007/s12671-017-0803-1>
- Da Silva Bandeira, B. E., Dos Santos Júnior, A., Dalgalarrodo, P., De Azevedo, R. C. S., & Celeri, E. H. V. R. (2022). Nonsuicidal self-injury in undergraduate students: A cross-sectional study and association with suicidal behavior. *Psychiatry Research*, 318, 114917. <https://doi.org/10.1016/j.psychres.2022.114917>
- Dreisoerner, A., Junker, N. M., & van Dick, R. (2021). The Relationship Among the Components of Self-compassion: A Pilot Study Using a Compassionate Writing Intervention to Enhance Self-kindness, Common Humanity, and Mindfulness. *Journal of Happiness Studies*, 22(1), 21–47. <https://doi.org/10.1007/s10902-019-00217-4>
- Duncan-Plummer, T., Hasking, P., Tonta, K., & Boyes, M. (2023). The relationship between clinical perfectionism and nonsuicidal self-injury: The roles of experiential avoidance, self-esteem, and locus of control. *Journal of Clinical Psychology*, 79(8), 1799–1815. <https://doi.org/10.1002/jclp.23506>
- Edmondson, A. J., Brennan, C. A., & House, A. O. (2016). Nonsuicidal reasons for self-harm: A systematic review of self-reported accounts. *Journal of Affective Disorders*, 191, 109–117. <https://doi.org/10.1016/j.jad.2015.11.043>
- Elices, M., Carmona, C., Pascual, J. C., Feliu-Soler, A., Martin-Blanco, A., & Soler, J. (2017). Compassion and self-compassion: Construct and measurement. *Mindfulness & Compassion*, 2(1), 34–40. <https://doi.org/10.1016/j.mincom.2016.11.003>



- Ewert, C., Vater, A., & Schröder-Abé, M. (2021). Self-compassion and coping: A meta-analysis. *Mindfulness*, 12(5), 1063–1077. <https://doi.org/10.1007/s12671-020-01563-8>
- Favazza, A. R. (1998). The Coming of Age of Self-Mutilation. *The Journal of Nervous and Mental Disease*, 186(5), 259. [https://journals.lww.com/jonmd/abstract/1998/05000/the\\_\\_coming\\_of\\_age\\_of\\_self\\_mutilation.1.aspx](https://journals.lww.com/jonmd/abstract/1998/05000/the__coming_of_age_of_self_mutilation.1.aspx)
- Feldman, C., & Kuyken, W. (2011). Compassion in the landscape of suffering. *Contemporary Buddhism*, 12(1), 143–155. <https://doi.org/10.1080/14639947.2011.564831>
- Forrester, R. L., Slater, H., Jomar, K., Mitzman, S., & Taylor, P. J. (2017). Self-esteem and nonsuicidal self-injury in adulthood: A systematic review. *Journal of Affective Disorders*, 221, 172–183. <https://doi.org/10.1016/j.jad.2017.06.027>
- Fox, K. R., Huang, X., Linthicum, K. P., Wang, S. B., Franklin, J. C., & Ribeiro, J. D. (2019). Model complexity improves the prediction of nonsuicidal self-injury. *Journal of consulting and clinical psychology*, 87(8), 684–692. <https://doi.org/10.1037/ccp0000421>
- Gao, Y., Liu, X., Liu, J., & Wang, H. (2023). The Effects of Self-Criticism and Self-Compassion on Adolescents' Depressive Symptoms and Nonsuicidal Self-Injury. *Psychology Research and Behavior Management*, 16, 3219–3230. <https://doi.org/10.2147/PRBM.S417258>
- Gardner, K. J., Klonsky, E. D., & Selby, E. A. (2021). Editorial: Advancing Theory of Suicide and Nonsuicidal Self-Injury. *Frontiers in Psychology*, 12. <https://doi.org/10.3389/fpsyg.2021.780029>
- Gilbert, P. (2009). Introducing compassion-focused therapy. *Advances in Psychiatric Treatment*, 15(3), 199–208. <https://doi.org/10.1192/apt.bp.107.005264>
- Gonçalves, S., Vieira, A. I., Machado, B. C., & Bessa, C. (2024). Nonsuicidal self-injury in Portuguese college students: Relationship with emotion regulation, resilience and self-compassion. *Current Psychology*, 43(9), 7877–7886. <https://doi.org/10.1007/s12144-023-04985-4>
- Hair, J. F., Black, W. C., Babin, B. J., & Anderson, R. E. (2010). *Multivariate data analysis* (7th ed.). Pearson.
- Hamza, C. A., Goldstein, A. L., Heath, N. L., & Ewing, L. (2021a). Stressful Experiences in University Predict Nonsuicidal Self-Injury Through Emotional Reactivity. *Frontiers in Psychology*, 12, 610670. <https://doi.org/10.3389/fpsyg.2021.610670>
- Hasking, P., Boyes, M. E., Finlay-Jones, A., McEvoy, P. M., & Rees, C. S. (2019). Common Pathways to NSSI and Suicide Ideation: The Roles of Rumination and Self-Compassion. *Archives of Suicide Research*, 23(2), 247–260. <https://doi.org/10.1080/13811118.2018.1468836>
- Hasking, P. (2023). Self-Compassion and Nonsuicidal Self-Injury. Dalam A. Finlay-Jones, K. Bluth, & K. Neff (Ed.), *Handbook of Self-Compassion* (hlm. 369–378). Springer International Publishing. <https://doi.org/10.1007/978-3-031-22348->



8\_21

- Ho, K. (2019, June 26). *Seperempat Orang Indonesia Pernah Memiliki Pikiran Untuk Bunuh Diri*. YouGov. <https://business.yougov.com/content/23995-seperempat-orang-indonesia-pernah-memiliki-pikiran>
- Hooley, J. M., & Franklin, J. C. (2018). Why do people hurt themselves? A new conceptual model of nonsuicidal self-injury. *Clinical Psychological Science*, 6(3), 428–451. <https://doi.org/10.1177/2167702617745641>
- Idris, S. N., & Mahfar, M. (2024). The relationship between depression and self-compassion with non-suicidal self-injury among university students. *International Journal of Public Health Science (IJPHS)*, 13(1), 338. <https://doi.org/10.11591/ijphs.v13i1.23375>
- Jiang, Y., You, J., Ren, Y., Sun, R., Liao, S., Zhu, J., & Ma, N. (2017). Brief report: A preliminary comparison of self-compassion between adolescents with nonsuicidal self-injury thoughts and actions. *Journal of Adolescence*, 59(1), 124–128. <https://doi.org/10.1016/j.adolescence.2017.05.019>
- Kaniuka, A. R., Kelliher-Rabon, J., Chang, E. C., Sirois, F. M., & Hirsch, J. K. (2020a). Symptoms of Anxiety and Depression and Suicidal Behavior in College Students: Conditional Indirect Effects of Nonsuicidal Self-Injury and Self-Compassion. *Journal of College Student Psychotherapy*, 34(4), 316–338. <https://doi.org/10.1080/87568225.2019.1601048>
- Karyotaki, E., Cuijpers, P., Albor, Y., Alonso, J., Auerbach, R. P., Bantjes, J., Bruffaerts, R., Ebert, D. D., Hasking, P., Kiekens, G., Lee, S., McLafferty, M., Mak, A., Mortier, P., Sampson, N. A., Stein, D. J., Vilagut, G., & Kessler, R. C. (2020). Sources of Stress and Their Associations With Mental Disorders Among College Students: Results of the World Health Organization World Mental Health Surveys International College Student Initiative. *Frontiers in Psychology*, 11, 1759. <https://doi.org/10.3389/fpsyg.2020.01759>
- Kiekens, G., Bruffaerts, R., Nock, M. K., Ven, M. V. de, Wittman, C., Mortier, P., Demyttenaere, K., & Claes, L. (2015). Nonsuicidal Self-Injury Among Dutch and Belgian Adolescents: Personality, Stress and Coping. *European Psychiatry*, 30(6), 743–749. <https://doi.org/10.1016/j.eurpsy.2015.06.007>
- Kiekens, G., Hasking, P., Claes, L., Boyes, M., Mortier, P., Auerbach, R. P., Cuijpers, P., Demyttenaere, K., Green, J. G., Kessler, R. C., Myin-Germeys, I., Nock, M. K., & Bruffaerts, R. (2019). Predicting the incidence of nonsuicidal self-injury in college students. *European Psychiatry*, 59, 44–51. <https://doi.org/10.1016/j.eurpsy.2019.04.002>
- Klonsky, E. D., Victor, S. E., & Saffer, B. Y. (2014). Nonsuicidal Self-Injury: What We Know, and What We Need to Know. *Canadian Journal of Psychiatry. Revue Canadienne de Psychiatrie*, 59(11), 565–568.
- Klonsky, E. D. (2007). Nonsuicidal self-injury: An introduction. *Journal of Clinical Psychology*, 63(11), 1039–1043. <https://doi.org/10.1002/jclp.20411>
- Klonsky, E. D. (2011). Nonsuicidal self-injury in United States adults: Prevalence, sociodemographics, topography and functions. *Psychological Medicine*,



- 41(9), 1981–1986. <https://doi.org/10.1017/S0033291710002497>
- Laye-Gindhu, A., & Schonert-Reichl, K. A. (2005). Nonsuicidal Self-Harm Among Community Adolescents: Understanding the “Whats” and “Whys” of Self-Harm. *Journal of Youth and Adolescence*, 34(5), 447–457. <https://doi.org/10.1007/s10964-005-7262-z>
- Lear, M. K., Wilkowski, B. M., & Pepper, C. M. (2019). A Daily Diary Investigation of the Defective Self Model Among College Students With Recent Self-Injury. *Behavior Therapy*, 50(5), 1002–1012. <https://doi.org/10.1016/j.beth.2019.03.005>
- Liu, Z., Wei, Y., Yang, Y., & Kong, L. (2024). Unveiling a novel clinical risk assessment model for identifying nonsuicidal self-injury risks in depressed Chinese adolescents amidst the COVID-19 pandemic: Insights from low self-esteem, internet use, and sleep disturbance. *Frontiers in Psychiatry*, 14. <https://doi.org/10.3389/fpsy.2023.1259909>
- Lurigio, A. J., Nesi, D., & Meyers, S. M. (2024). Nonsuicidal self injury among young adults and adolescents: Historical, cultural and clinical understandings. *Social Work in Mental Health*, 22(1), 122–148. <https://doi.org/10.1080/15332985.2023.2264434>
- Muehlenkamp, J. J., Xhunga, N., & Brausch, A. M. (2019). Self-injury Age of Onset: A Risk Factor for NSSI Severity and Suicidal Behavior. *Archives of Suicide Research*, 23(4), 551–563. <https://doi.org/10.1080/13811118.2018.1486252>
- Nathans, L., Oswald, F., & Nimon, K. (2012). Interpreting multiple linear regression: A guidebook of variable importance. *Practical Assessment, Research and Evaluation*, 17, 1–19. <https://doi.org/10.4159/harvard.9780674063297.c1>
- Neff, K. (2003). Self-Compassion: An Alternative Conceptualization of a Healthy Attitude Toward Oneself. *Self and Identity*, 2(2), 85–101. <https://doi.org/10.1080/15298860309032>
- Neff, K. (2023). Self-Compassion: Theory and Measurement. Dalam A. Finlay-Jones, K. Bluth, & K. Neff (Ed.), *Handbook of Self-Compassion* (hlm. 1–18). Springer International Publishing. [https://doi.org/10.1007/978-3-031-22348-8\\_1](https://doi.org/10.1007/978-3-031-22348-8_1)
- Neff, K. D., & Germer, C. K. (2013). A Pilot Study and Randomized Controlled Trial of the Mindful Self-Compassion Program. *Journal of Clinical Psychology*, 69(1), 28–44. <https://doi.org/10.1002/jclp.21923>
- Neff, K. D., Kirkpatrick, K. L., & Rude, S. S. (2007). Self-compassion and adaptive psychological functioning. *Journal of Research in Personality*, 41(1), 139–154. <https://doi.org/10.1016/j.jrp.2006.03.004>
- Neff, K. D., Tóth-Király, I., Knox, M. C., Kuchar, A., & Davidson, O. (2021). The development and validation of the State Self-Compassion Scale (long- and short form). *Mindfulness*, 12(1), 121–140. <https://doi.org/10.1007/s12671-020-01505-4>
- Neff, K. D., Tóth-Király, I., Yarnell, L. M., Arimitsu, K., Castilho, P., Ghorbani, N.,



- Guo, H. X., Hirsch, J. K., Hupfeld, J., Hutz, C. S., Kotsou, I., Lee, W. K., Montero-Marin, J., Sirois, F. M., De Souza, L. K., Svendsen, J. L., Wilkinson, R. B., & Mantzios, M. (2019). Examining the factor structure of the Self-Compassion Scale in 20 diverse samples: Support for use of a total score and six subscale scores. *Psychological Assessment, 31*(1), 27–45. <https://doi.org/10.1037/pas0000629>
- Neff, K. D., Whittaker, T. A., & Karl, A. (2017). Examining the Factor Structure of the Self-Compassion Scale in Four Distinct Populations: Is the Use of a Total Scale Score Justified? *Journal of Personality Assessment, 99*(6), 596–607. <https://doi.org/10.1080/00223891.2016.1269334>
- Neff, K. D. (2011). Self-Compassion, Self-Esteem, and Well-Being. *Social and Personality Psychology Compass, 5*(1), 1–12. <https://doi.org/10.1111/j.1751-9004.2010.00330.x>
- Neff, K. D. (2016). The Self-Compassion Scale is a Valid and Theoretically Coherent Measure of Self-Compassion. *Mindfulness, 7*(1), 264–274. <https://doi.org/10.1007/s12671-015-0479-3>
- Neff, K. D. (2022). The Differential Effects Fallacy in the Study of Self-compassion: Misunderstanding the Nature of Bipolar Continuums. *Mindfulness, 13*(3), 572–576. <https://doi.org/10.1007/s12671-022-01832-8>
- Nock, M. K., & Favazza, A. R. (2009). *Nonsuicidal self-injury: Definition and classification*. (M. K. Nock, Ed.; hlm. 9–18). American Psychological Association. <https://doi.org/10.1037/11875-001>
- Nock, M. K., & Prinstein, M. J. (2004). A Functional Approach to the Assessment of Self-Mutilative Behavior. *Journal of Consulting and Clinical Psychology, 72*(5), 885–890. <https://doi.org/10.1037/0022-006X.72.5.885>
- Nock, M. K. (2010). Self-Injury. *Annual Review of Clinical Psychology, 6*(Volume 6, 2010), 339–363. <https://doi.org/10.1146/annurev.clinpsy.121208.131258>
- Nunnally, J. C., & Bernstein, I. H. (1994). *Psychometric theory (3rd ed.)*. New York: McGraw-Hill
- Phillips, W. J. (2021). Self-compassion mindsets: The components of the self-compassion scale operate as a balanced system within individuals. *Current Psychology, 40*(10), 5040–5053. <https://doi.org/10.1007/s12144-019-00452-1>
- Power, J., Smith, H. P., & Beaudette, J. N. (2016). Examining Nock and Prinstein's four-function model with offenders who self-injure. *Personality Disorders, 7*(3), 309–314. <https://doi.org/10.1037/per0000177>
- Rakhimov, A., Realo, A., & Tang, N. K. Y. (2023). The Self-Compassion Scale: Validation and Psychometric Properties within the Exploratory Structural Equation Modeling Framework. *Journal of Personality Assessment, 105*(3), 422–435. <https://doi.org/10.1080/00223891.2022.2093731>
- Reise, S. P., Bonifay, W. E., & Haviland, M. G. (2013). Scoring and modeling psychological measures in the presence of multidimensionality. *Journal of Personality Assessment, 95*(2), 129–140. <https://doi.org/10.1080/00223891.2012.725437>



- Saraff, P. D., & Pepper, C. M. (2014). Functions, lifetime frequency, and variety of methods of nonsuicidal self-injury among college students. *Psychiatry Research*, 219(2), 298–304. <https://doi.org/10.1016/j.psychres.2014.05.044>
- Selby, E. A., Anestis, M. D., Bender, T. W., & Joiner Jr., T. E. (2009). An exploration of the emotional cascade model in borderline personality disorder. *Journal of Abnormal Psychology*, 118(2), 375–387. <https://doi.org/10.1037/a0015711>
- Sugianto, D., Suwartono, C., & Sutanto, S. H. (2020). Reliabilitas dan validitas Self-Compassion Scale versi Bahasa Indonesia. *Jurnal Psikologi Ulayat*, 7(2), 177–191. <https://doi.org/10.24854/jpu107>
- Suh, H., & Jeong, J. (2021). Association of Self-Compassion With Suicidal Thoughts and Behaviors and Nonsuicidal Self Injury: A Meta-Analysis. *Frontiers in Psychology*, 12, 633482. <https://doi.org/10.3389/fpsyg.2021.633482>
- Sutherland, O., Dawczyk, A., De Leon, K., Cripps, J., & Lewis, S. P. (2014). Self-compassion in online accounts of nonsuicidal self-injury: An interpretive phenomenological analysis. *Counselling Psychology Quarterly*, 27(4), 409–433.
- Swannell, S. V., Martin, G. E., Page, A., Hasking, P., & St John, N. J. (2014). Prevalence of Nonsuicidal Self-Injury in Nonclinical Samples: Systematic Review, Meta-Analysis and Meta-Regression. *Suicide and Life-Threatening Behavior*, 44(3), 273–303. <https://doi.org/10.1111/sltb.12070>
- Taherifar, Z., Moosavi, N., Aghamohammadi, S., Zeinodini, Z., Rostami, H., Farahani, H., Norozpour, M., & Keshtkar, A. (2021). *Relationship Between Emotion Regulation and Nonsuicidal Self-injury (NSSI): A Systematic Review and Meta-analysis Protocol*. <https://doi.org/10.21203/rs.3.rs-1029180/v1>
- Tatnell, R., Kelada, L., Hasking, P., & Martin, G. (2014). Longitudinal analysis of adolescent NSSI: The role of intrapersonal and interpersonal factors. *Journal of Abnormal Child Psychology*, 42(6), 885–896. <https://doi.org/10.1007/s10802-013-9837-6>
- Tay, L., & Jebb, A. T. (2018). Establishing Construct Continua in Construct Validation: The Process of Continuum Specification. *Advances in Methods and Practices in Psychological Science*, 1(3), 375–388. <https://doi.org/10.1177/2515245918775707>
- Taylor, P. J., Jomar, K., Dhingra, K., Forrester, R., Shahmalak, U., & Dickson, J. M. (2018). A meta-analysis of the prevalence of different functions of nonsuicidal self-injury. *Journal of Affective Disorders*, 227, 759–769. <https://doi.org/10.1016/j.jad.2017.11.073>
- Thompson, M., Pawson, C., & Evans, B. (2021). Navigating entry into higher education: The transition to independent learning and living. *Journal of Further and Higher Education*, 45(10), 1398–1410. <https://doi.org/10.1080/0309877X.2021.1933400>
- Tóth-Király, I., Bóthe, B., & Orosz, G. (2017). Exploratory structural equation modeling analysis of the Self-Compassion Scale. *Mindfulness*, 8(4), 881–892. <https://doi.org/10.1007/s12671-016-0662-1>



- Tóth-Király, I., & Neff, K. D. (2021). Is Self-Compassion Universal? Support for the Measurement Invariance of the Self-Compassion Scale Across Populations. *Assessment, 28*(1), 169–185. <https://doi.org/10.1177/1073191120926232>
- Tresno, F., Ito, Y., & Mearns, J. (2012). Self-Injurious Behavior and Suicide Attempts Among Indonesian College Students. *Death Studies, 36*(7), 627–639. <https://doi.org/10.1080/07481187.2011.604464>
- Tuna, E., & Gencoz, T. (2021). Pain perception, distress tolerance and self-compassion in Turkish young adults with and without a history of nonsuicidal self-injury. *Current Psychology, 40*. <https://doi.org/10.1007/s12144-020-00634-2>
- Turner, B. J., Austin, S. B., & Chapman, A. L. (2014). Treating nonsuicidal self-injury: A systematic review of psychological and pharmacological interventions. *Canadian Journal of Psychiatry. Revue Canadienne De Psychiatrie, 59*(11), 576–585. <https://doi.org/10.1177/070674371405901103>
- Ursachi, G., Horodnic, I. A., & Zait, A. (2015). How Reliable are Measurement Scales? External Factors with Indirect Influence on Reliability Estimators. *Procedia Economics and Finance, 20*, 679–686. [https://doi.org/10.1016/S2212-5671\(15\)00123-9](https://doi.org/10.1016/S2212-5671(15)00123-9)
- Victor, S. E., & Klonsky, E. D. (2014). Daily emotion in nonsuicidal self-injury. *Journal of Clinical Psychology, 70*(4), 364–375. <https://doi.org/10.1002/jclp.22037>
- Victor, S. E., Hipwell, A. E., Stepp, S. D., & Scott, L. N. (2019). Parent and peer relationships as longitudinal predictors of adolescent nonsuicidal self-injury onset. *Child and Adolescent Psychiatry and Mental Health, 13*(1), 1. <https://doi.org/10.1186/s13034-018-0261-0>
- Victor, S. E., Lewis, S. P., & Muehlenkamp, J. J. (2022). Psychologists with lived experience of nonsuicidal self-injury: Priorities, obstacles, and recommendations for inclusion. *Psychological Services, 19*(1), 21–28. <https://doi.org/10.1037/ser0000510>
- Vidal Bustamante, C. M., Coombs, G., Rahimi-Eichi, H., Mair, P., Onnela, J.-P., Baker, J. T., & Buckner, R. L. (2022). Fluctuations in behavior and affect in college students measured using deep phenotyping. *Scientific Reports, 12*(1), 1932. <https://doi.org/10.1038/s41598-022-05331-7>
- Wang, H., Liu, X., Zeng, Z., Liu, S., Yang, Q., Qi, Q., Wu, T., & Hu, Y. (2024). The effect of life events on NSSI: The chain mediating effect of sleep disturbances and PLEs among Chinese college students. *Frontiers in Psychology, 15*, 1325436. <https://doi.org/10.3389/fpsyg.2024.1325436>
- Wang, Y.-J., Li, X., Ng, C. H., Xu, D.-W., Hu, S., & Yuan, T.-F. (2022). Risk factors for nonsuicidal self-injury (NSSI) in adolescents: A meta-analysis. *EClinicalMedicine, 46*, 101350. <https://doi.org/10.1016/j.eclinm.2022.101350>
- Wang, Z., Li, D., Chen, Y., Tao, Z., Jiang, L., He, X., & Zhang, W. (2024). Understanding the subtypes of non-suicidal self-injury: A new conceptual framework based on a systematic review. *Psychiatry research, 334*, 115816.



- <https://doi.org/10.1016/j.psychres.2024.115816>
- Whitlock, J., Eckenrode, J., & Silverman, D. (2006). Self-injurious behaviors in a college population. *Pediatrics*, 117(6), 1939–1948. <https://doi.org/10.1542/peds.2005-2543>
- Wu, J., Liu, S., Luo, J., Li, X., & You, J. (2023). The effects of childhood abuse, depression, and self-compassion on adolescent nonsuicidal self-injury: A moderated mediation model. *Child Abuse & Neglect*, 136, 105993. <https://doi.org/10.1016/j.chiabu.2022.105993>
- Wu, Q., Chi, P., Zeng, X., Lin, X., & Du, H. (2019). Roles of Anger and Rumination in the Relationship Between Self-Compassion and Forgiveness. *Mindfulness*, 10. <https://doi.org/10.1007/s12671-018-0971-7>
- Xavier, A., Pinto-Gouveia, J., & Cunha, M. (2016). The Protective Role of Self-Compassion on Risk Factors for Nonsuicidal Self-Injury in Adolescence. *School Mental Health*, 8(4), 476–485. <https://doi.org/10.1007/s12310-016-9197-9>
- Xin, M., Yang, X., Liu, K., Naz Boke, B., & Bastien, L. (2020). Impact of Negative Life Events and Social Support on Nonsuicidal Self-Injury Among Chinese Middle School Students. *American Journal of Men's Health*, 14(4), 1557988320937124. <https://doi.org/10.1177/1557988320937124>
- Xu, H., Jiang, Z., Li, S., Zhang, X., Xu, S., Wan, Y., & Tao, F. (2022). Differences in Influencing Factors Between Nonsuicidal Self-Injury and Suicide Attempts in Chinese Adolescents: The Role of Gender. *Frontiers in Psychiatry*, 13. <https://doi.org/10.3389/fpsy.2022.870864>
- Yang, Q., Xie, R., Li, J., Zhang, R., Ding, W., & Li, W. (2023). The Mutual Relationship Between Self-Compassion, Perceived Social Support, and Adolescent NSSI: A Three-Wave Longitudinal Study. *Mindfulness*, 14(8), 1940–1950. <https://doi.org/10.1007/s12671-023-02169-6>
- You, J., Lin, M.-P., Xu, S., & Hu, W.-H. (2016). Big Five personality traits in the occurrence and repetition of nonsuicidal self-injury among adolescents: The mediating effects of depressive symptoms. *Personality and Individual Differences*, 101, 227–231. <https://doi.org/10.1016/j.paid.2016.05.057>
- Young, E., Thompson, R., Sharp, J., & Bosmans, D. (2020). Emotional transitions? Exploring the student experience of entering higher education in a widening-participation HE-in-FE setting. *Journal of Further and Higher Education*, 44(10), 1349–1363. <https://doi.org/10.1080/0309877X.2019.1688264>