

Supplementary Table 1. Characteristics of individuals who reported a history of NSSI

Forms of NSSI (N, %)	Full Sample	SI (90, 25.07%)	SP (33, 9.19%)	SA (51, 14.21%)
Cut wrist, arms, or other area(s) of body	184 (51.30)	57 (63.30)	22 (66.70)	41 (80.40)
Burned self with cigarette	29 (8.10)	8 (8.90)	5 (15.20)	3 (5.90)
Burned self with a lighter or match	37 (10.30)	9 (10.00)	4 (12.10)	6 (11.80)
Carved words into skin	44 (12.30)	19 (21.10)	9 (27.30)	15 (29.40)
Carved pictures, designs, or other marks into skin	31 (8.60)	7 (7.80)	4 (12.10)	5 (9.80)
Severely scratched self, to the extent that scarring or bleeding occurred	92 (25.60)	27 (30.00)	10 (30.30)	15 (29.40)
Bit self, to the extent that skin was broken	18 (5.00)	6 (6.70)	3 (9.10)	2 (3.90)
Rubbed sandpaper on body	13 (3.60)	1 (1.10)	0 (0.00)	0 (0.00)
Dripped acid onto skin	1 (0.30)	0 (0.00)	0 (0.00)	0 (0.00)
Used bleach, Comet, or oven cleaner to scrub skin	0 (0.00)	0 (0.00)	0 (0.00)	0 (0.00)
Stuck sharp objects (needles, pins, staples, etc.) into skin	52 (14.50)	13 (14.40)	5 (15.20)	5 (9.80)
Rubbed glass into skin	4 (1.10)	2 (2.20)	0 (0.00)	1 (2.00)
Broken own bones	1 (0.30)	0 (0.00)	0 (0.00)	0 (0.00)
Banged head, to the extent that a bruise appeared	39 (10.90)	13 (14.40)	6 (18.20)	7 (13.70)
Punched self, to the extent that a bruise appeared	37 (10.30)	15 (16.70)	8 (24.20)	7 (13.70)
Prevented wounds from healing	40 (11.10)	13 (14.40)	5 (15.20)	4 (7.80)
NSSI Locations (N, %)				
Arm/Wrist	222 (61.80)	67 (74.40)	25 (75.80)	42 (82.40)
Scalp	29 (8.10)	10 (11.10)	5 (15.20)	1 (2.00)
Face	47 (13.10)	16 (17.80)	5 (15.20)	3 (5.90)
Neck/Throat	26 (7.20)	9 (10.00)	3 (9.10)	7 (13.70)

Chest	28 (7.80)	11 (12.20)	2 (6.10)	4 (7.80)
Breasts	11 (3.10)	1 (1.10)	0 (0.00)	0 (0.00)
Back	4 (1.10)	0 (0.00)	0 (0.00)	0 (0.00)
Shoulders	22 (6.10)	6 (6.70)	3 (9.10)	4 (7.80)
Abdomen	61 (17.00)	21 (23.30)	7 (21.20)	18 (35.3)
Hips	57 (15.90)	14 (15.60)	8 (24.20)	16 (31.40)
Buttocks	8 (2.20)	2 (2.20)	2 (6.10)	3 (5.90)
Genitals	5 (1.40)	3 (3.30)	0 (0.00)	1 (2.00)
Upper arm/Elbow	63 (17.50)	24 (26.70)	12 (36.40)	15 (29.40)
Hands/Knuckles/Fingers	92 (25.60)	29 (32.20)	8 (24.20)	10 (19.60)
Thigh	123 (34.30)	44 (48.90)	17 (51.50)	25 (49.00)
Knee	26 (7.20)	8 (8.90)	5 (15.20)	4 (7.80)
Lower leg/Ankle	42 (11.70)	11 (12.20)	5 (15.20)	8 (15.70)
Foot/Toes	14 (3.90)	4 (4.40)	2 (6.10)	6 (11.80)

Subjective Experience of NSSI (N, %)

<i>Do you experience physical pain during self-harm?</i> (N, %)	No (90, 25.10)	No (13, 14.40)	No (5, 15.20)	No (8, 15.70)
	Sometimes (124, 34.50)	Sometimes (43, 47.80)	Sometimes (17, 51.50)	Sometimes (26, 51.00)
	Yes (145, 40.40)	Yes (34, 37.80)	Yes (11, 33.30)	Yes (17, 33.30)
<i>When you self-harm, are you alone?</i> (N, %)	No (77, 21.40)	No (7, 7.80)	No (3, 9.10)	No (5, 9.80)
	Sometimes (41, 11.40)	Sometimes (12, 13.30)	Sometimes (3, 9.10)	Sometimes (5, 9.80)
	Yes (241, 67.10)	Yes (71, 78.90)	Yes (27, 81.80)	Yes (41, 80.40)
<i>Typically, how much time elapses from the time you have the urge to self-harm until you act on the urge?</i> (N, %)	< 1 hour (189, 52.60)	< 1 hour (44, 48.90)	< 1 hour (16, 48.50)	< 1 hour (29, 56.90)
	1-3 hours (51, 14.20)	1-3 hours (23, 25.60)	1-3 hours (7, 21.20)	1-3 hours (8, 15.70)
	3-6 hours (5, 1.40)	3-6 hours (1, 1.10)	3-6 hours (0, 0.00)	3-6 hours (0, 0.00)
	6-12 hours (6, 1.70)	6-12 hours (1, 1.10)	6-12 hours (1, 3.00)	6-12 hours (1, 2.00)
	12-24 hours (9, 2.50)	12-24 hours (3, 3.30)	12-24 hours (0, 0.00)	12-24 hours (3, 5.90)
	> 1 day (99, 27.60)	> 1 day (18, 20.00)	> 1 day (9, 27.30)	> 1 day (10, 19.60)
<i>Do/did you want to stop self-harming?</i> (N, %)	No (46, 12.80)	No (13, 14.40)	No (10, 30.30)	No (5, 9.80)
	Yes (313, 87.20)	Yes (77, 85.60)	Yes (23, 69.70)	Yes (46, 90.20)
<i>If you were feeling bad in the future, how likely would you</i>	Not at all likely (239, 66.60)	Not at all likely (35, 38.90)	Not at all likely (8, 24.20)	Not at all likely (26, 51.00)

<i>hurt yourself intentionally (without intending to kill yourself) as a way to cope?</i> (N, %)	Less likely (68, 18.90) Somewhat likely (37, 10.30) More likely (7, 1.90) Very likely (8, 2.20)	Less likely (28, 31.10) Somewhat likely (21, 23.30) More likely (4, 4.40) Very likely (2, 2.20)	Less likely (9, 27.30) Somewhat likely (11, 33.30) More likely (3, 9.10) Very likely (2, 6.10)	Less likely (12, 23.50) Somewhat likely (11, 21.60) More likely (2, 3.90) Very likely (0, 0.00)
Functions of NSSI (Mean, SD)				
Affect Regulation	2.89 (2.24)	3.89 (1.96)	4.00 (2.17)	4.08 (1.83)
Anti-Suicide	1.03 (1.70)	2.07 (1.91)	2.76 (1.94)	2.33 (1.96)
Interpersonal Boundaries	0.63 (1.22)	0.88 (1.39)	0.73 (1.31)	0.76 (1.24)
Self-Punishment	2.31 (2.25)	3.38 (2.18)	4.06 (2.46)	3.39 (2.27)
Self-Care	0.69 (1.18)	1.13 (1.38)	1.24 (1.46)	0.94 (1.17)
Anti-Dissociation	1.55 (1.85)	2.54 (2.03)	2.33 (2.03)	2.88 (2.06)
Sensation-Seeking	0.57 (1.02)	0.68 (1.17)	0.67 (1.29)	0.49 (0.78)
Peer-Bonding	0.20 (0.65)	0.19 (0.56)	0.03 (0.17)	0.04 (0.28)
Interpersonal Influence	0.60 (1.17)	0.71 (1.14)	0.45 (0.97)	0.90 (1.75)
Toughness	0.86 (1.23)	1.10 (1.25)	0.67 (0.85)	0.63 (1.00)
Marking Distress	1.42 (1.79)	2.17 (1.96)	2.12 (2.13)	2.00 (1.84)
Revenge	0.35 (0.93)	0.38 (0.82)	0.15 (0.44)	0.53 (1.21)
Autonomy	0.32 (0.84)	0.48 (1.08)	0.30 (0.81)	0.31 (0.95)
NSSI Characteristics				
Age of onset in years, Mean (SD)	13.85 (8.83)	13.26 (4.14)	13.85 (3.99)	13.78 (4.79)
Received medical attention, N (%)	25 (7.00)	10 (11.10)	5 (15.20)	13 (25.50)
Scar presence, N (%)	146 (40.70)	49 (54.40)	21 (63.60)	31 (60.80)
Scar Number, N (%)				
0 (0)	213 (59.30)	41 (45.60)	12 (36.40)	20 (39.20)
1 (1)	18 (5.00)	0 (0.00)	0 (0.00)	1 (2.00)
2 (2-5)	59 (16.40)	15 (16.70)	3 (9.10)	6 (11.80)
3 (6-20)	40 (11.10)	18 (20.00)	9 (27.30)	9 (17.60)
4 (21-50)	16 (4.50)	7 (7.80)	4 (12.10)	8 (15.70)
5 (50+)	10 (2.80)	6 (6.70)	5 (15.20)	6 (11.80)
Number of methods, N (%)				
1	196 (54.60)	37 (41.10)	8 (24.20)	19 (37.30)
2	86 (24.00)	24 (26.70)	12 (36.40)	16 (31.40)

3	39 (10.90)	11 (12.20)	5 (15.20)	5 (9.80)
4	18 (5.00)	10 (11.10)	4 (12.10)	4 (7.80)
5	10 (2.80)	2 (2.20)	1 (3.00)	5 (9.80)
6	7 (1.90)	5 (5.60)	2 (6.10)	2 (3.90)
7	3 (0.80)	1 (1.10)	1 (3.00)	0 (0.00)
Frequency of NSSI, past year				
0 (0)	200 (55.70)	34 (37.80)	10 (30.30)	25 (49.00)
1 (1)	38 (10.60)	11 (12.20)	3 (9.10)	5 (9.80)
2 (2-5)	62 (17.30)	24 (26.70)	12 (36.40)	11 (21.60)
3 (6-20)	38 (10.60)	12 (13.30)	4 (12.10)	9 (17.60)
4 (21-50)	9 (2.50)	4 (4.40)	3 (9.10)	1 (2.00)
5 (50+)	12 (3.30)	5 (5.60)	1 (3.00)	0 (0.00)
Frequency of NSSI, Lifetime				
1 (1)	56 (15.60)	3 (3.30)	1 (3.00)	2 (3.90)
2 (2-5)	106 (29.50)	24 (26.70)	9 (27.30)	10 (19.60)
3 (6-20)	87 (24.20)	21 (23.30)	5 (15.20)	14 (27.50)
4 (21-50)	55 (15.30)	21 (23.30)	7 (21.20)	15 (29.40)
5 (50+)	55 (15.30)	21 (23.30)	11 (33.30)	10 (19.60)

Note. $N = 359$. Age of onset missing for 11, 3, 0, and 1 participants, respectively, in each group. NSSI Method – “Used bleach, Comet, or oven cleaner to scrub skin” was not included in analyses due to zero participants endorsing this behavior.