

**Supplementary Table S1.** Number of days individuals engaged in five NSSI behaviours in the last month.

	Scratch <i>n</i> = 48				Bruise <i>n</i> = 24				Cut <i>n</i> = 37				Burn <i>n</i> = 5				Bite <i>n</i> = 14			
	ED-R <i>n</i> = 11		ED-BP <i>n</i> = 37		ED-R <i>n</i> = 4		ED-BP <i>n</i> = 20		ED-R <i>n</i> = 10		ED-BP <i>n</i> = 27		ED-R <i>n</i> = 0		ED-BP <i>n</i> = 5		ED-R <i>n</i> = 6		ED-BP <i>n</i> = 8	
	% <sup>a</sup>	<i>n</i>	% <sup>a</sup>	<i>n</i>	% <sup>a</sup>	<i>n</i>	% <sup>a</sup>	<i>n</i>	% <sup>a</sup>	<i>n</i>	% <sup>a</sup>	<i>n</i>	% <sup>a</sup>	<i>n</i>	% <sup>a</sup>	<i>n</i>	% <sup>a</sup>	<i>n</i>	% <sup>a</sup>	<i>n</i>
1–5 days	54.5%	6	67.6%	25	75%	3	75%	15	70%	7	51.9%	14	0	100%	5	66.7%	4	75%	6	
6–10 days	27.3%	3	8.1%	3	0%	0	5%	1	10%	1	22.2%	6	0	0%	0	16.7%	1	12.5%	1	
11–15 days	18.2%	2	8.1%	3	0%	0	15%	3	10%	1	7.4%	2	0	0%	0	0%	0	12.5%	1	
>15 days	0%	0	16.2%	6	25%	1	5%	1	10%	1	18.5%	5	0	0%	0	16.7%	1	0%	0	

*Note.* <sup>a</sup> Percentages of NSSI frequency per method within ED category; ED-R = eating disorder of the restrictive type; ED-BP = eating disorder of the bingeing/purging type.