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Self-efficacy and emotionally dysregulated behaviour: An exploratory test of the role of emotion regulatory and behaviour-specific beliefs

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Highlights

- Nonsuicidal self-injury, risky drinking and disordered eating are common among university students
- These behaviours are often used to regulate negative emotions
- Behaviour-specific self-efficacy mediated the relationships between emotion regulation self-injury and behavioural outcomes
- Our findings offer new insights into targets for prevention and intervention in university settings
- General ability to regulate emotion might be targeted in prevention, to protect against risky behaviours
- Perceived ability to resist these behaviours could be a target in treatment and early intervention

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