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The Functions and Addictive Features of Non-Suicidal Self-Injury: A Confirmatory Factor Analysis of the Ottawa Self-Injury Inventory in a University Sample

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Highlights:

- The Ottawa Self-Injury Inventory (OSI) offers multi-faceted assessment of NSSI
- Results confirm factor structures of the OSI Functions & Addictive Features scales
- Emotion regulation functions are linked with more severe NSSI behavior
- Addictive Features are associated with more severe NSSI behavior
- Results support the OSI's psychometric properties in a community sample

Abstract

The Ottawa Self-Injury Inventory (OSI) is a comprehensive self-report measure of non-suicidal self-injury (NSSI). In an effort to build on past research and further validate the OSI, this study presents a confirmatory factor analysis of the OSI's subscales measuring the functions and addictive features of NSSI using a university sample. Participants were 316 university students aged 17 to 25 years (84.8% female) who had engaged in NSSI at least once in their lifetime. Consistent with past research, results confirmed the four-factor structure of the Functions items (Internal Emotion Regulation, Social Influence, External Emotion Regulation, Sensation Seeking), as well as the single-factor structure of Addictive Features items. Correlations calculated between the obtained factors and indicators of NSSI severity revealed that higher endorsement of NSSI's Internal Emotion Regulation functions, External Emotion Regulation functions, and Addictive Features were associated with more frequent lifetime NSSI, recent (past 6 months) NSSI, and greater distress regarding NSSI urges; greater endorsement of NSSI's Sensation Seeking functions was also linked with more frequent lifetime NSSI. Results provide further support for the OSI's psychometric properties in a university sample, and offer additional evidence for links between specific NSSI functions and addictive features and more severe manifestations of the behavior.

Keywords

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