SUMMARIES

Lars-Gunnar Lundh: New perspectives on non-suicidal self-injury
It is commonly assumed that non-suicidal self-injury (NSSI) functions as a way of regulating emotions. But if so, which kinds of emotions are regulated by NSSI? And why have these persons chosen this particular form of emotion regulation? The purpose of the present paper is to discuss these questions on the basis of recent research. Research with ecological momentary assessment suggests that NSSI is primarily a way of expressing and regulating aggressive feelings towards oneself and others. Other research indicates that individuals who self-injure often have a strongly self-critical attitude, and that this leads both to a reduced pain sensitivity and to an experience of deserving to be punished. The existence of contagion effects youth, as well as the contents on certain webpages, which suggests that NSSI may be seen as a socioculturally existing "technology of the self" in Foucault's sense. A possible contributing factor is that self-care in our culture sometimes tends to be seen as something "narcissistic" in a negative sense. In line with this, some research indicates that adolescents who injure themselves tend to experience an aversion to self-compassion and to compassion from others. Empirical results indicate that an increased mindfulness, acceptance of emotions, and mentalizing skills, can counteract NSSI; it would be interesting to study if the effects can be further improved by incorporating components of "self-compassion" into treatment.

Lilian Zøllner: Adolescents' self-harming behaviour 2000-2015 and prevention possibilities – Summary
Suicide, attempted suicide and self-harming behaviour among adolescents has been debated since 2000. Unfortunately, no significant decline in suicide rates has been documented since 2007; neither has there been a notable fall in the attempted suicide rates among adolescents aged 10-19. The number of adolescents who commit self-harm has risen since 2001.
This development challenges research to shift focus from risk factors in order to gain knowledge on circumstances that prevent and protect adolescents against serious suicide ideation and suicide attempts.
All adults may contribute to inspire hope and spirit among adolescents. This does not mean that adults must cater to the adolescent's every wish and expectations. It means that adults must encourage the adolescent to endure those sorrows, losses, defeats and injustices that life dishes out when we least expect it.

Nanna Lindekilde & Mathias Lasgaard: From self-injury to suicide
Non-suicidal self-injury (NSSI) and suicidal behavior can be viewed as two dimensions of self-harming behavior which differentiate in intention, frequency and mortality. In this review, we present different theoretical models which explain the link between NSSI and suicidal behavior. Furthermore, we review empirical findings regarding NSSI as a risk

factor of suicidal behavior.

The review indicates that NSSI is a strong and unique predictor of suicidal behavior and that NSSI is a better predictor of suicidal behavior than suicide ideation. Paradoxically, NSSI also seems to protect against later suicide behavior. Identification of self-injuring people at risk of later suicide may contribute to existing prevention interventions.

According to the integrated model by Hamza and colleagues, perceived burdensomeness, thwarted belongingness and acquired capacity to hurt one-self may influence whether NSSI leads to suicide. However, existing studies have reported mixed findings which is why more longitudinal studies of the integrated model are needed.

Camilla Beck Vestergaard og Carsten René Jørgensen: Non-suicidal self-injury on social media

Traditionally non-suicidal self-injury has been seen as shameful behavior and those suffering from it have concealed it from their surrounding environment. There is a tendency that is growing amongst adolescents with non-suicidal self-injury behavior, in particular adolescent girls, who are now sharing graphic pictures of their non-suicidal self-injuries on social media platforms such as Instagram. This article investigates the psychological mechanisms, which lie behind this phenomenon. This is done within a clinical group of adolescents with non-suicidal self-injury behavior. It is suggested that these social media platforms help the adolescents to create a meaningful identity and to enter into meaningful relations with other like-minded people. It is therefore considered important to understand the social medias and their impact on the adolescents' process of building their identity and relations with others, when one is dealing with non-suicidal self-injury.

Anna Lanken Rasmussen & Svend Aage Rasmussen: Self-injury as a Technology of the Self

Based on the different professional backgrounds of the authors (anthropologist and psychologist), and taking postmodern ideas, exemplified by social constructionism and post-structuralism as a common epistemological starting point, self-injury is described as social suffering. The authors present the concepts of "idioms of distress" (Mark Nichter), "technologies of the self" (Michel Foucault) and "small acts of living" (Erving Goffman) and uses them as perspectives in a critical description of treatment culture based on a field study by Helen Gremillion. This critique is continued in a paragraph concerning the postmodern challenge in relation to self-injury. Finally, we outline some principles of how to work *with* people who self-injure in a postmodern therapeutic practice.

Helmer Bøving Larsen & Karin Helweg-Larsen: Adolescents and self-harm: Results of a Danish representative school-based survey

In a nationwide school survey in 2008 conducted by use of multi-media computer assisted self-interviewing, prevalence rates of suicidal attempts and non-suicidal self-injury were assessed among 1,991 boys and 1,942 girls in 9th grade and correlated to comprehensive information on the adolescents' family, social contacts, exposure to physical vio-

lence, sexual abuse and to other adverse experiences and their self-assessed mental health. One in five girls and one in ten boys reported fantasies about self-harm, suicidal intention or non-suicidal self-injury during the past week. Among boys, self-harm was correlated to adverse experiences: sexual abuse, intra-family violence and lack of confidence to parents. Depression was correlated to girls' self-harm and suicidal intention. Prevention of self-harm should build on the development of programs that address the psychosocial, family and related factors that apparently contribute to the risk of self-harm.

Bo Møhl, Katrine Schjødt Vammen & Mogens Nygaard Christoffersen: Does social support make a difference to the risk of non-suicidal self-injury? An epidemiological investigation of a representative sample of Danes born in 1984.
The objective of the study is to find the incidence of non-suicidal self-injury (NSSI) among Danes born in 1984, as well as to test if social support during childhood is a mediator between child abuse and other traumatic events and non-suicidal self-injury in young adults. The study is based on interviews of a representative sample of 2,980 25-year-old Danes born in 1984, and it obtained a 67% response rate. Participants with a history of child maltreatment, being bullied in school or other traumatic life events reported a rate of NSSI 6 times greater than participants without this history (odds ratio: 6.0). The experience of social support in childhood is a partial mediator associated with a reduced risk of NSSI in young adulthood.

Per Frederiksen & Kirsten Boisen: Self-harm among young people with chronic conditions
Approximately 10% of adolescents suffer from chronic somatic illness. Recent research shows that chronically ill adolescents are at increased risk of self-harm compared to their healthy peers. Regarding adolescents with co-occurring mental illness, the prevalence of self-harm is especially increased. In addition, low adherence and risk behavior may represent types of indirect self-harm that are accessible for young people with chronic conditions.
The article will also focus on how adolescents with co-occurring physical and mental conditions are located in the intersection of the classifications in healthcare; child/adult and somatic/psychiatry and how self-harm should be viewed in a broader perspective in relation to young people with chronic illness.

Bo Møhl & Lotte Rubæk: Self-harm among psychiatric patients
58 self-harming patients in psychiatric treatment have been investigated by a self-report questionnaire with focus on self-harm methods and frequency, circumstances of the self-harm episode, motivation for and effect of self-harm and suicidal attempts. The participants in the study have on average used 8 different self-harm methods. 93% have cut themselves, 57.7% have done so more than 50 times. 93% were usually alone when injuring themselves and 41.8% felt no pain associated with self-harm. Affect regulation is the

most frequent motif, and the majority reported a significant reduction in negative emotions such as anger, fear and guilt after the self-harm episode. 68.4% had attempted suicide, 41.5% more than 5 times. Participants with a history of attempted suicide have more frequently been abused in childhood. The study documents that psychiatric patients have severe forms of self-injury, and finally clinical implications are discussed.

Line Sangild Thimmer og Janne Østergaard Hagelquist: Re-enactment, a Self-harming Trauma Reaction

Re-enactment is unbidden memories of one or more traumatic experiences that return in either physical sensation, reliving or behavioral reconstruction of the trauma (van der Kolk, 1989). It is a recurrent self-harming trauma reaction, where the traumatized person is locked in a position of repeating elements of the original trauma, which expresses a fundamental wish for learning and healing. Re-enactment is related to difficulties mentalizing because the traumatized person has problems thinking about or emotionally relating to the trauma. This article will try to describe the function of self-harm in the sense of re-enactment amongst developmentally traumatized persons. The article finds that re-enactment is an expression of the developmentally traumatized persons repeated thoughts and stress related to the trauma. The motives are therefore a wish to find peace for the difficult emotions related to the trauma, bad trauma habits and a fundamental wish for a more coherent self and better relations. When traumatized people re-enact it creates tremendous frustration amongst the professionals surrounding them. Ultimately in the article we suggest how you may help traumatized persons break the vicious cycle of re-enactment.

Birgit Bonde & Bent Rosenbaum: Bullying, psychic suffering and self-harm

The aim of the paper is to investigate how childhood experiences of bullying may later create self-destructive and self-harming behavior. The paper summarizes the empirical quantitative research, but has its main focus on structural qualitative interviews with young adults who participate in group therapy treatment program. The empirical material clarifies how young adults understand early experiences with bullying and its relation to psychic sufferings and self-destructivity, and the difficulties in addressing the difficulties on a social level.

The paper investigates, from a phenomenological and psychoanalytic perspective, how childhood experiences of bullying are associated with strong, dominating, often unconscious, emotions of shame. The hidden and diffuse character of shame leads to both direct and indirect self-harm. Patterns of repetition with self-devaluation and experiences of exclusion hinder the possibilities of the person to build interpersonal relationships that may contribute to development of the self. The retrospective and prospective effects of bullying are elucidated empirically and theoretically, and the concepts of complexity, trauma, Nachträglichkeit, repetition and intersubjectivity play a core role.

The paper also points out how hindrances of verbalization – in families, among friends and in therapy – may contribute further to self-harming behavior.

Lotte Rubæk & Bo Møhl: Non-suicidal self-injury – a dependence syndrome?
It is a common clinical experience that individuals with non-suicidal self-injury, especially cutters, intensify their self-harming behavior and develop an addiction-like condition as time goes by. Some researchers have explained this addiction-like condition as a result of loss of impulse control, while others have pointed out that non-suicidal self-injury develops into a real psychological and/or physiological addiction (auto addiction). In this study, a sample of adult psychiatric patients (N = 58) is examined, using a questionnaire for addiction to self-harm. The WHO ICD-10 criteria for dependence syndrome (addiction) normally used in connection with drugs or alcohol, are reformulated and adapted to self-harm. 88% (N = 49) of the respondents meet WHO's criteria for being addicted to non-suicidal self-injury, e.g. they hurt themselves more and more often, have cravings for self-injury and experience abstinence symptoms if it is not possible for them to hurt themselves. 79% (N = 46) report that they injure themselves impulsively and 42% (N = 23) do not feel pain when they self-injure. A positive correlation between impulsiveness and absence of pain experience is found. It is concluded that addiction to self-injury occurs as an interaction of positive and negative reinforcement.

Bernadette Buhl-Nielsen & Camilla Henanger: Shame and Alienation in Patients with Deliberate Self-harm; reflections from the Mirror Interview
This article looks at the problem of deliberate self-harm in subjects with personality disorder from the perspective of Winnicott's theories regarding the development of a true self, in combination with perspectives from social psychology and attachment theory. The mirror interview, in which subjects are interviewed whilst looking at themselves in a full-length mirror, was used to assess the degree of body esteem and alienation expressed by subjects with and without acts of deliberate self-harm. Qualitative analysis was used to analyze six interviews in depth with the aim of getting a clearer insight into potential mechanisms that could lead to acts of deliberate self-harm. It was found that subjects with personality disorder and deliberate self-harm had a tendency to be ashamed of and even despise their bodies. They also displayed a painful sense of alienation towards their mirror image and had problems in reconciling a first person perspective on the self with a third person perspective. A project is underway to test these hypotheses quantitatively and if found to be statistically significant, this type of self-disturbance could help the clinical understanding and treatment of deliberate self-harm.

Rasmus Thastum og Sara Khodaie: The route in and out of non-suicidal self-injury
This paper presents the results of a qualitative study exploring the accounts of 15 people with a history of non-suicidal self-injury (NSSI). The study focusses on the period before engaging in NSSI, life with NSSI and the remission of NSSI. The results show that several factors have significance in relation to the development of NSSI, including dysfunctional childhood homes, social dissatisfaction, stress and major life events. Although some were inspired by the media or friends to engage in NSSI, the first episode is often

a spontaneous act that develops into a ritualistic and obsessive behavior. NSSI is often seen as an embarrassing act, and much ambivalence is attached to it. Several participants found motivation to stop the self-injury by proactively choosing life, or because the self-injury was developing lethal tendencies. Social support has been crucial in relation to stopping the self-injury, either through curiosity and love, or by relatives being the initiator to seek treatment. The results are discussed with regard to previous findings and the paper finishes with recommendations for practice.

Joan Mogensen & Birgitte Brun: Munchausen syndrome by proxy
Münchausen syndrome by proxy is a form of child abuse, characterized by a mother harming her child, either by making it ill or by producing false symptoms or stories intending to initiate medical examinations and treatment.
In this article, focus is on the phenomenological description of the perpetrator, primarily based on experience and knowledge gathered through psychological assessment of these mothers in a Danish context.
The phenomenological description challenges the dominating opinion concerning the basic psychopathology, which identifies the mother as suffering from a personality disorder. It is tentatively argued that at the core of their personalities these women are psychotic.

Troels Gottlieb: Politized psychology: the debunking of individual differences
This review interprets the history of personality theory from the outlook of psychology as a politicized subject field. The idiographic-nomothetic issue and the personality-situation debate are analyzed as dichotomizing fronts that to a larger degree than commonly accepted are especially influenced by two major historical events in the western history of ideas, World War II and the 1968 students' revolt. The analysis emphasizes how classic social psychological studies shifted psychology's traditional focus on nature and person, which was criticized for its deterministic outlook, to nurture and situational effects on human behavior. The article illustrates how these studies, as well as other important schools of (social) psychology have had a political agenda which has extrapolated into a fear for personal psychology to lead to dehumanizing consequences.