

Testing the Mediating Role of Anger Rumination and Dissociative Somatic

Symptoms in the Emotional Cascade Model of Non-Suicidal Self-Injury:

A Two-Wave Longitudinal Study

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Abstract

The Emotional Cascade Model of Non-Suicidal Self-Injury (NSSI) proposes that rumination may amplify negative affect of individuals who lack emotion regulation skills and result in NSSI. This study explored the mediating roles of anger rumination and dissociative somatic symptoms in the development of NSSI. Over 2000 (N=2,286, 59.2% girls, age=12-19) Chinese adolescents in Hong Kong were tested twice over one year apart, assessing emotion dysregulation, anger rumination, dissociative somatic symptoms and NSSI. Results from the half-longitudinal mediation model indicated that emotion dysregulated individuals who experienced higher ruminative angry feeling and dissociative somatic symptoms were more likely to engage in NSSI. Findings may shed light on the nature of distress in the Emotional Cascade Model of NSSI.