

The Mediating Role of Rumination in the Relationship between High School Students with Borderline Personality Disorder and Self-Injury

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Extended Abstract

Aim

The adolescent stage of life is fraught with numerous obstacles, such as alterations in cognitive, social, and emotional development. Sadly, many adolescents also experience the onset of mental disorders, which can have a significant impact on their mental health and quality of life. The purpose of this study is to examine the role of rumination as a mediator between borderline personality disorder and self-injury in high school pupils.

The purpose of this study was to investigate the role of rumination as a mediator in the relationship between borderline personality traits and self-harming behaviors among first- and second-year high school students.

Methodology

Our study included information from 351 participants. Both borderline personality disorder ($\beta = 0.29$; $t = 4.86$, $p < 0.01$) and rumination ($\beta = 0.33$; $t = 5.44$, $p < 0.01$) significantly and positively predicted self-injurious behavior, according to our path analysis. In addition, we discovered that rumination mediated the relationship between borderline personality disorder and self-injury. When rumination was included in the model, the predictability of the relationship between borderline personality disorder and self-injury increased from $R^2=0.26$ to $R^2=0.32$.

Findings

The results of the path analysis demonstrated the predictability of adolescent self-harm behaviors based on rumination and borderline personality traits. Additionally, ruminating served as a mediator between borderline personality and self-harming behaviors. This model is crucial for comprehending the underlying causes of self-injurious behavior in adolescents. On the basis of these findings, it is possible to conclude that rumination and borderline personality traits are effective predictors of self-injurious behavior, and that evaluating these two variables should be considered when designing prevention and intervention programs for self-injurious behavior in adolescents.

Conclusion

In conclusion, our study investigated the role of rumination as a mediator in the relationship between borderline personality disorder and self-injurious behaviors among high school students. Our findings demonstrated that rumination played a significant mediating role in this association, highlighting the importance of identifying and targeting rumination and emotional dysregulation in the prevention and treatment of self-injurious behaviors in adolescents. We recommend that mental health professionals evaluate and treat adolescents with self-injurious behaviors by considering these factors.

This study emphasizes the significance of addressing the role of rumination as a mediator in the relationship between borderline personality traits and self-harming behaviors among high school students. The findings suggest that a better understanding of the factors that contribute to self-injurious behaviors in adolescents could be helpful in the development of prevention and intervention programs for these behaviors.

Keywords: Adolescence, Borderline Personality Disorder, Rumination, Self-Harm, Self-Injurious Behaviors.