

The Impact of a School-based Self-injury Prevention Program on Adolescent Girls' Risk-Taking and Metaemotions

Nezhadhamdy, N. et al.

Extended Abstract

Aim

The purpose of this study was to investigate the effectiveness of a school-based self-injury prevention program on the risk-taking and meta-emotions of adolescent girls.

Methodology

It was applied research employing a quasi-experimental pretest-posttest control group design. The study population included all adolescent girls attending the first cycle of secondary schools in Rasht during the 2019-2020 academic year. The data was collected using a sampling technique of convenience. Consultants or school personnel introduced students who had self-inflicted injuries within the past year for this purpose. These students were identified by the symptoms of self-injury that remained on their bodies, their own self-reports, or the reports of others to school counselors. In the end, 45 pupils were determined in this manner. In consideration of the research's quasi-experimental design and attrition, 34 students were chosen at random and assigned to the experimental and control groups. The inclusion criterion was the pupil having committed at least one act of self-injury in the previous year, as determined by school consultants. The exclusion criterion was attendance at fewer than 14 training sessions. After parental consent forms were completed, a pretest was administered to both groups. The experimental group then participated in sixteen 90-minute sessions of a self-injury prevention program held twice weekly, while the control group did not receive any intervention. In addition, to conform with ethical concerns, sixteen 90-minute sessions of a self-injury prevention program were administered to the control group at the conclusion of the study.

Findings

Results of a repeated measurement test showed that the self-injury prevention program was significantly effective on all risk-taking components except for relationship and sexual behavior inclination ($P < 0.05$). Also, it was significantly effective on all meta-emotional components except suppression ($P < 0.05$).

In addition, the results demonstrated that the effect of the self-injury prevention program on risk-taking components, such as alcoholism, smoking, and wrath, as well as all meta-emotional components, was long-lasting.

Conclusion

Self-injury prevention program was successful in reducing risk-taking and negative meta-emotions and increasing positive meta-emotions among adolescent females. Risk-taking and meta-emotions are effective contributors to adolescent self-injury. Correction of these two factors can be effective in preventing adolescent self-injury. This program can be used to prevent self-injury in schools, according to the results.

Keywords: Meta-Emotion, School, Self-Injury, Risk-Taking.