Examining associations between negative affect arousal dimensions and self-injurious thoughts in high-risk adolescents

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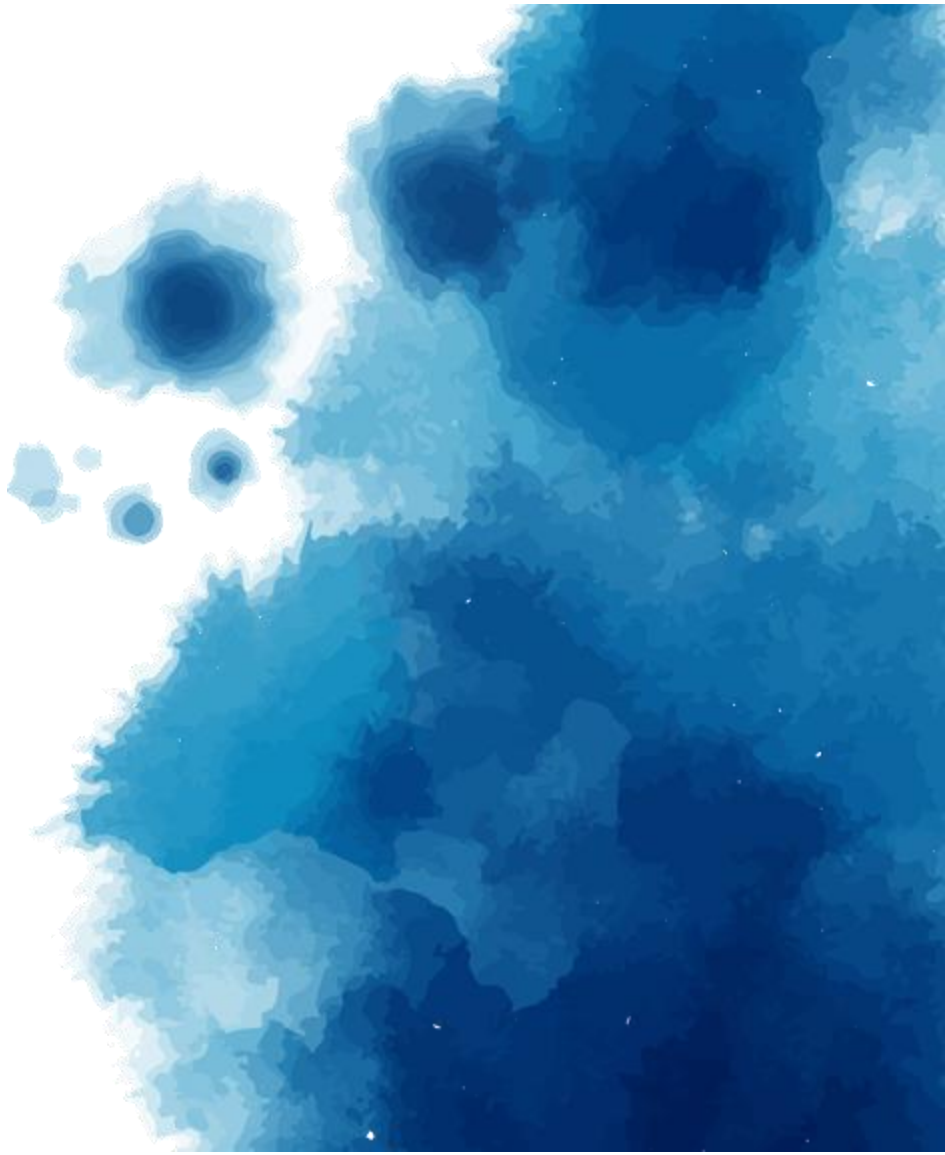

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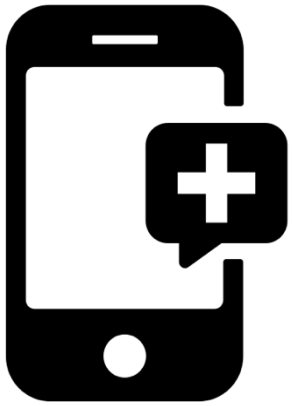
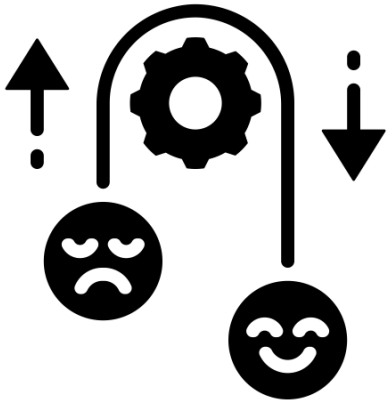
Self-injurious thoughts and behaviors (SITBs)

Fluctuating, time-varying



Ecological momentary assessment

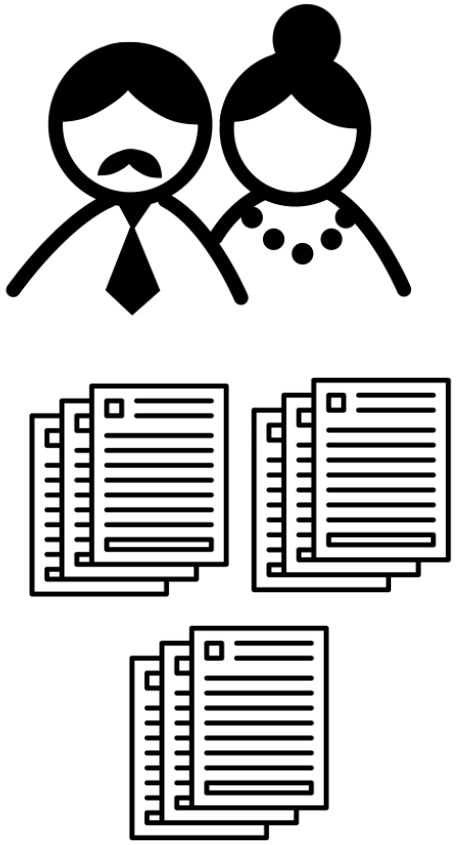


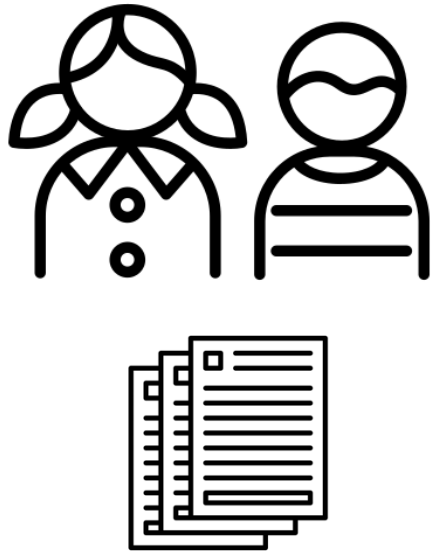
Negative affect intensity

Bentley et al., 2014; Kleiman et al., 2017; Kleiman et al., 2019; Kuehn et al., 2022; Nock et al., 2010; Shneidman, 1993

Limitations of existing research

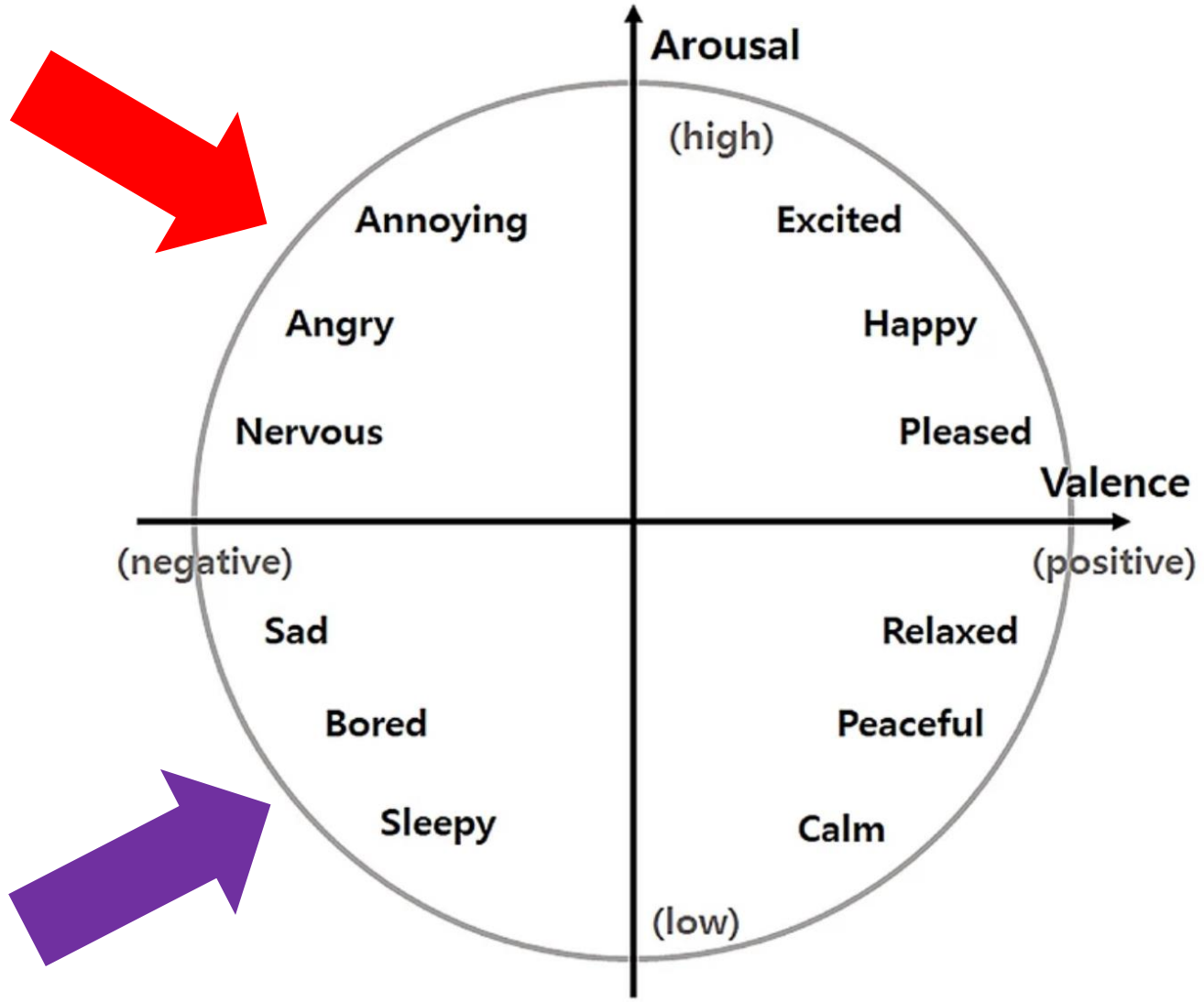
- **Far less evidence** in adolescent populations





Kuehn et al., 2022

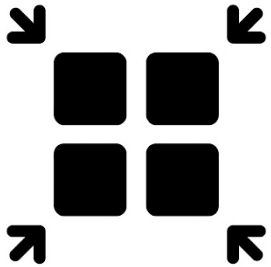
Limitations of existing research



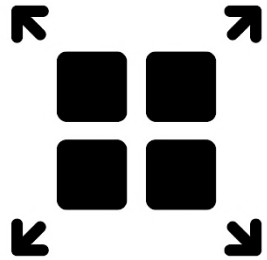
Russell, 1980

Limitations of existing research

- **High** arousal (e.g., agitation) vs. **low** arousal (e.g., sadness)



- Most studies:
  - Collapse all negative affect states
  - Narrowly focus on specific negative affect states

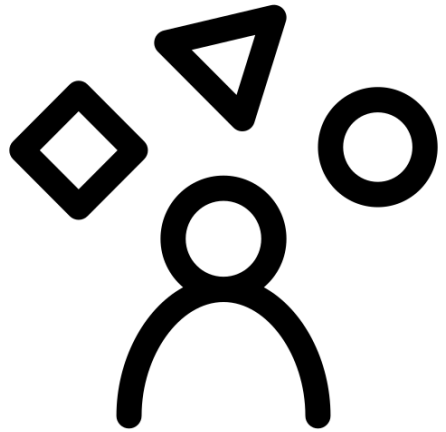


Bentley et al., 2021; Rogers et al., 2016

Limitations of existing research

- Examining **NSSI thoughts** as an outcome

- Delineating predictors of **passive** suicidal thoughts (wish to die) vs. **active** suicidal thoughts (desire to kill oneself)



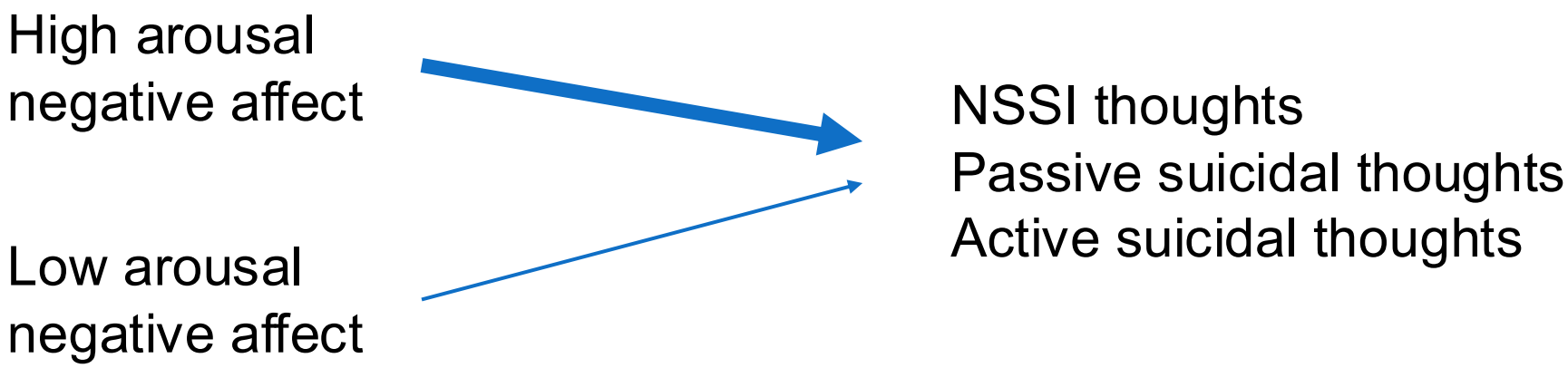
Liu et al., 2020; Nock et al., 2010; Oppenheimer et al., 2022

Current Study

- Types of negative affect (i.e., ***arousal*** dimensions)
  - High arousal vs. low arousal

- Examining **NSSI thoughts** as an outcome

- Delineating predictors of **passive** suicidal thoughts (wish to die) vs. **active** suicidal thoughts (desire to kill oneself)



Bentley et al., 2021; Kuehn et al., 2022; Liu et al., 2020; Nock et al., 2010; Rogers et al., 2016

Method – Sample

- 101 adolescents (M_{age} = 14.27, SD = 1.63) with past 3 months acute psychiatric hospitalization for suicide risk

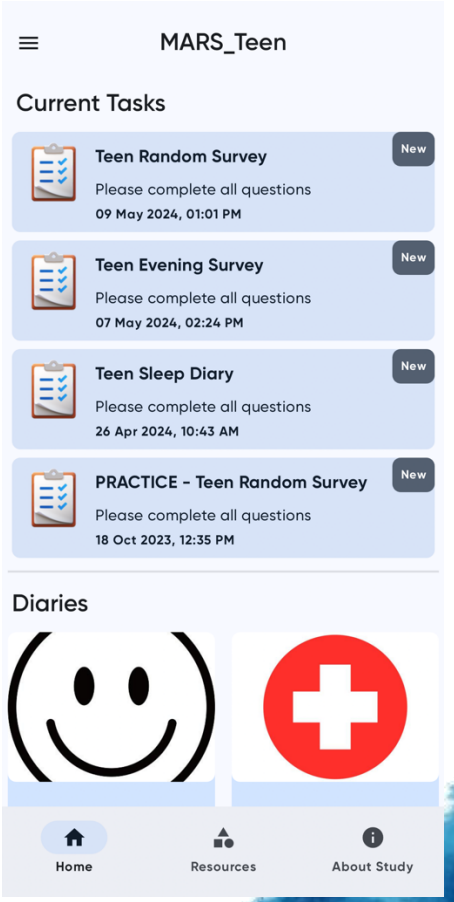
Race/Ethnicity: % (n/N)	
Asian	4.95% (5/101)
Black	27.7% (28/101)
White	48.5% (49/101)
Multi-racial	12.87% (13/101)
Other/Do not wish to answer	5.9% (6/101)
Hispanic/Latinx	18.81% (19/101)
Gender Identity: % (n/N)	
Cisgender male	20.0% (19/95)
Cisgender female	47.36% (45/95)
Transgender	11.57% (11/95)
Non-binary	7.36% (7/95)
Gender fluid	6.31% (6/95)
Questioning/unsure about gender	4.21% (4/95)
Genderqueer/Prefer to self-identify	3.15% (3/95)

Method – Procedure

- Baseline assessment

Suicide ideation (lifetime): % (n/N)	100% (83/83)
Suicide attempt (lifetime): % (n/N)	55.4% (46/83)
Multiple attempts	58.7% (27/46)
Nonsuicidal self-injury (lifetime): % (n/N)	83.9% (68/81)
Depression (PROMIS Depression T score; n = 82): M (SD)	62.62 (12.05)

- 28-day real-time monitoring period
  - Ecological momentary assessment (EMA)
  - Signal-contingent (random) surveys: up to 4x per day



Irwin et al., 2010; Nock et al., 2007; Posner et al., 2011

Method – EMA Measures

- **Negative affect (assessed multiple times per day)** – *predictor*
  - High arousal: mad, scared, stressed
  - Low arousal: lonely, empty, guilty, sad

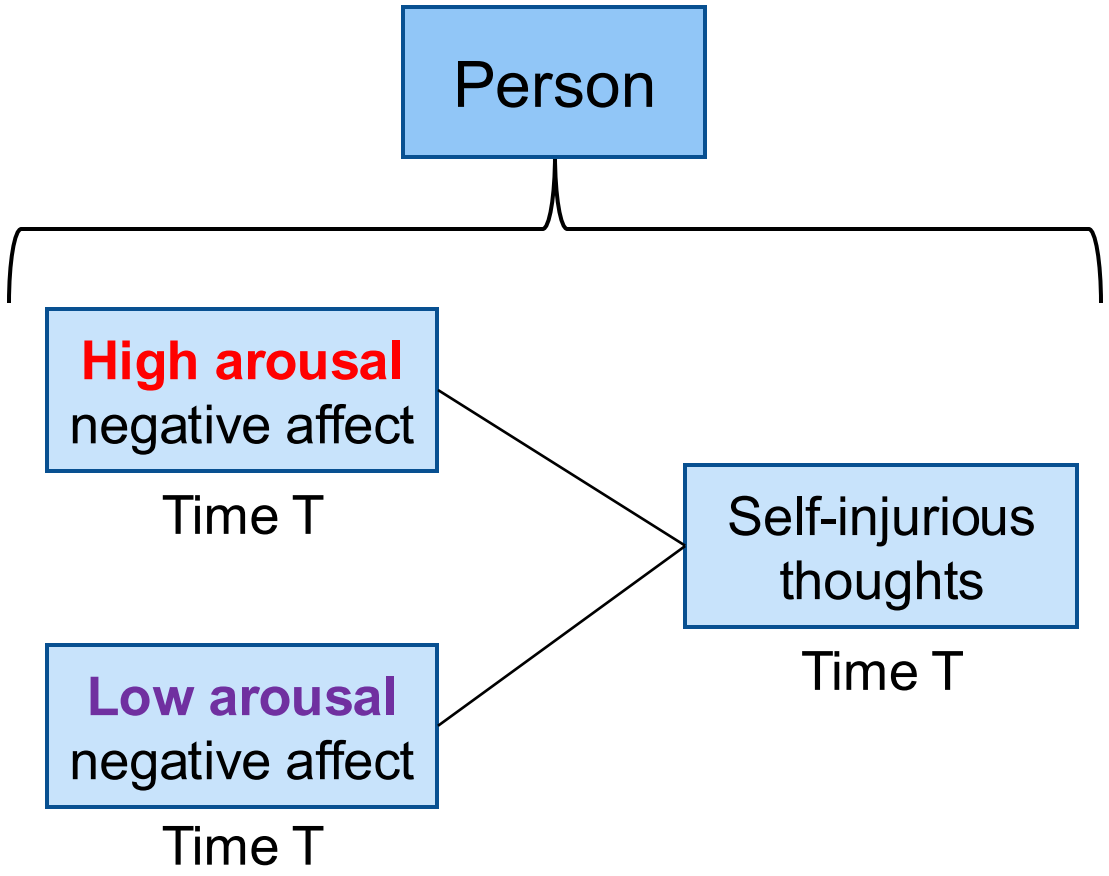
- **Suicidal thoughts (assessed multiple times per day)** – *outcome*
  - Active
    - Suicide desire
    - Suicide intent
  - Passive
    - Desire to not be alive

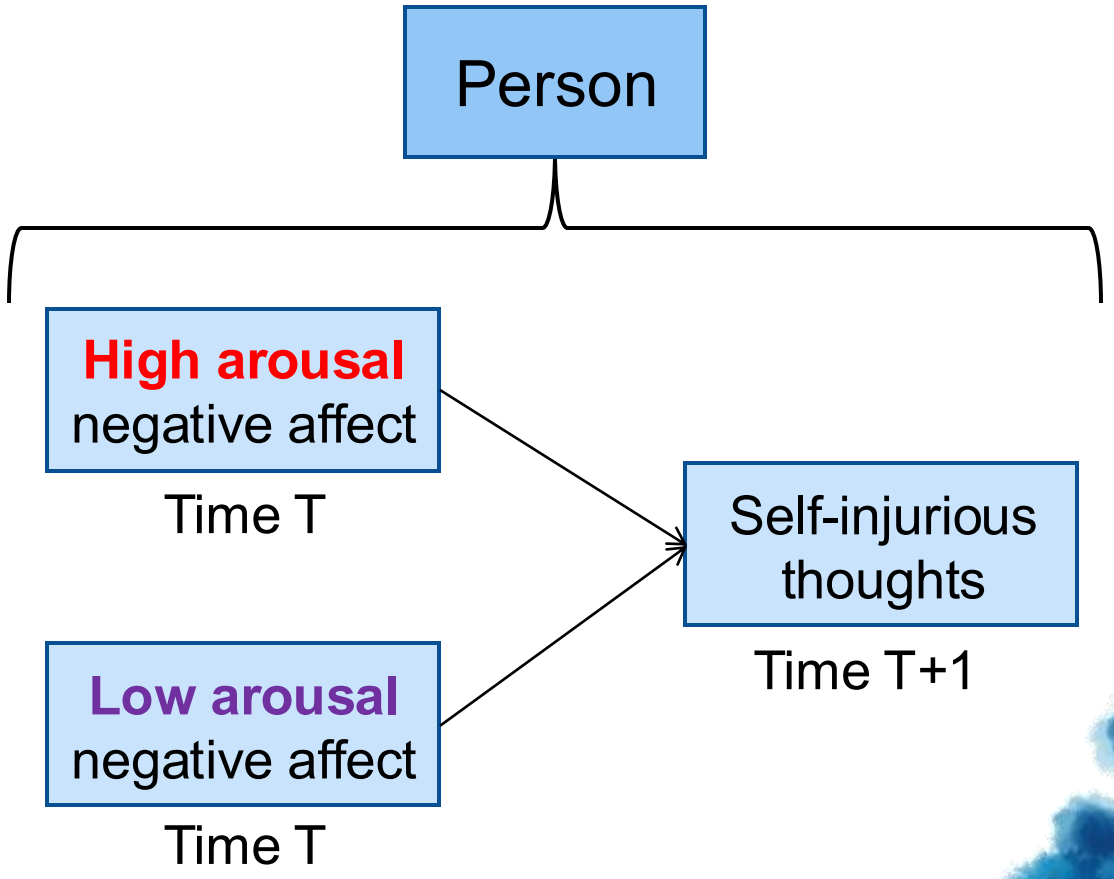
- **NSSI thought intensity (assessed multiple times per day)** – *outcome*

Bentley et al., 2021; Glenn et al., 2022; Kleiman et al., 2017; Nock et al., 2009

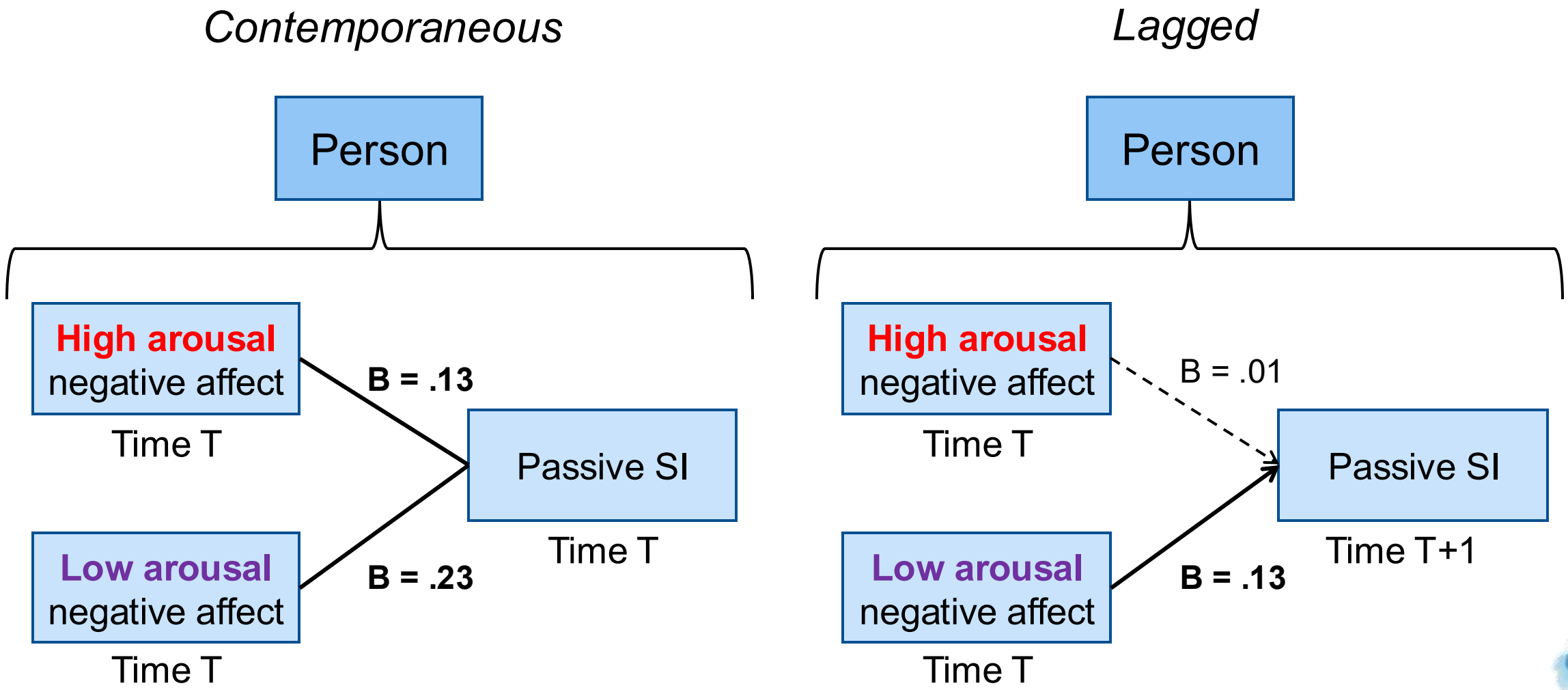
Analytic Plan

- A series of **multi-level models** to test negative affect arousal dimensions as predictors of self-injurious thoughts
  - Age as covariate

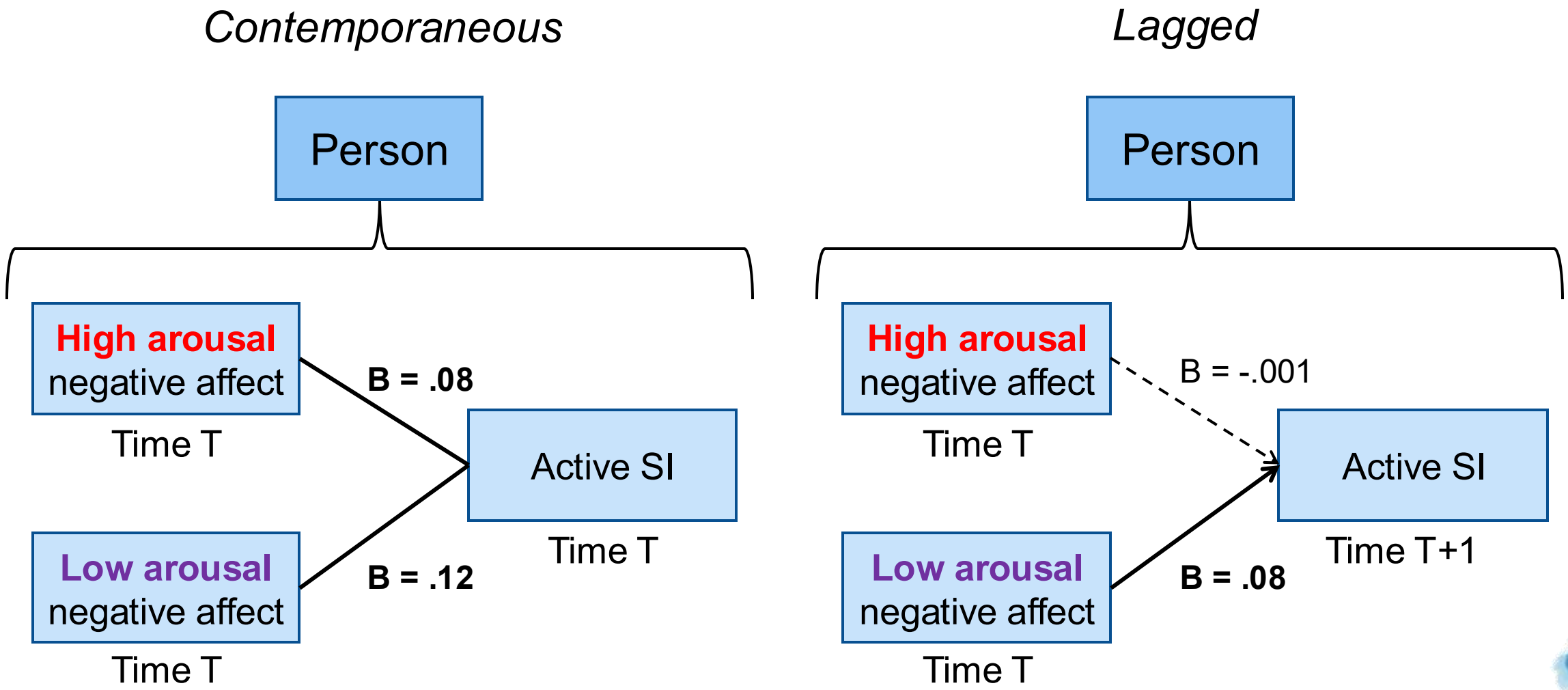




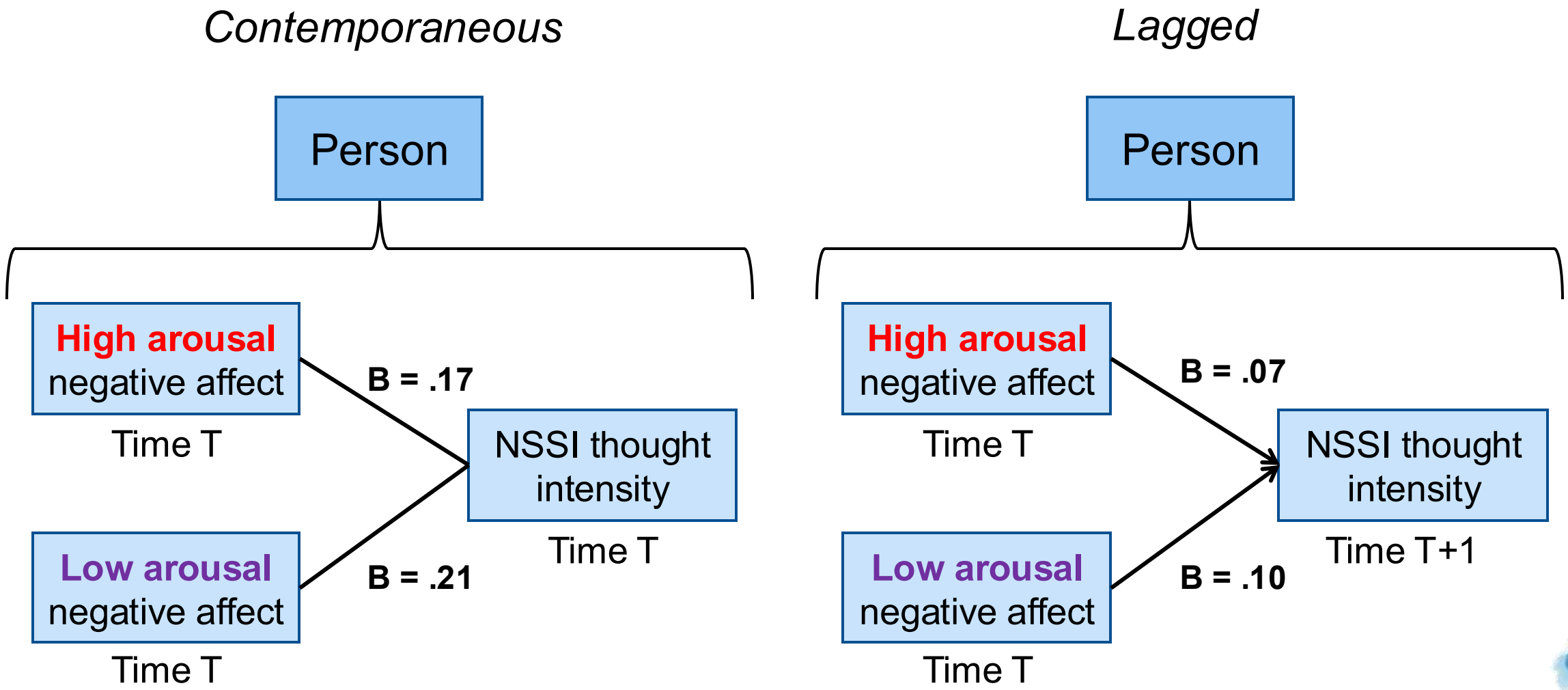
Results – Passive suicidal thought intensity



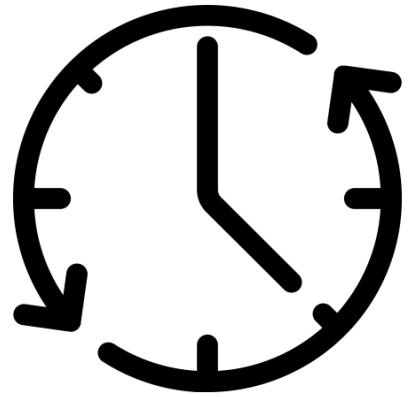
Results – Active suicidal thought intensity



Results – NSSI thought intensity



Summary



- Passive and active suicidal thought intensity
  - **High** and **low** arousal NA – *contemporaneous*
  - **Low** arousal NA only – *lagged*
- NSSI thought intensity
  - **High** and **low** arousal NA – *contemporaneous and lagged*
- High arousal: thoughts → behavior
- Emotional inertia
- Clinical implications
  - Mood tracking
  - Positive affect treatment vs. distress tolerance

Asarnow et al., 2021; Craske et al., 2019; Rogers et al., 2016; Saccaro et al., 2024; Smyth et al., 2017

Thank you!

YOUTH RISK + RESILIENCE LAB

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