

Poster

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Poster 30

[P-30-02] Speaking Out or Staying Silent: Self-Injury Disclosure Among Incarcerated Youth

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Keywords : Non-suicidal self-injury, disclosure, suicide prevention, youth offender, correctional institution

Non-suicidal self-injury (NSSI) represents a significant public health issue among adolescents, exerting considerable effects on both physical and mental health. Despite its widespread occurrence, many adolescents engaging in NSSI do not disclose their behavior, a critical step toward obtaining support and treatment. This study sought to examine factors influencing the disclosure of NSSI among adolescents detained in correctional institutions in Japan. A questionnaire was administered to 436 adolescents (351 males, 85 females; mean age 16.85 years) residing in four Juvenile Classification Homes between September 2021 and March 2023. Among the 94 participants who reported engaging in repetitive NSSI, 48.39% of males and 62.50% of females had disclosed their behavior, with approximately 70% preferring to disclose to partners or friends and 50% to parents. The age at NSSI onset and avoidant attitudes towards help-seeking were correlated with NSSI disclosure. Participants who did not disclose their NSSI cited reasons such as perceiving it as inconsequential, believing they could address the issue independently, concerns about causing distress to others, and anticipating a lack of understanding. The findings suggest that interventions focused on addressing beliefs and attitudes related to help-seeking behavior may be efficacious in promoting NSSI disclosure. Clinical interventions in the judicial field can serve as a potential avenue for suicide prevention support for youth at an elevated risk of suicide who do not voluntarily reach out to support services.