

## Links to Resources

### Children's Hospital Colorado: *Pediatrician's Guide to Non-Suicidal Self-Harm in Teenagers*

- <https://www.childrenscolorado.org/doctors-and-departments/departments/psych/mental-health-professional-resources/primary-care-articles/non-suicidal-self-injury-teens/>

### Contemporary Pediatrics: SOARS model: *Risk assessment of nonsuicidal self-injury*

- <https://www.contemporarypediatrics.com/view/soars-model-risk-assessment-nonsuicidal-self-injury>

### Suicide Prevention Lifeline: *Patient Safety Plan Template*

- [https://suicidepreventionlifeline.org/wp-content/uploads/2016/08/Brown\\_StanleySafetyPlanTemplate.pdf](https://suicidepreventionlifeline.org/wp-content/uploads/2016/08/Brown_StanleySafetyPlanTemplate.pdf)

### Dialectical Behavioral Therapy: *Distress Tolerance: TIPP Skills*

- <https://dialecticalbehavioraltherapy.wordpress.com/distress-tolerance-tipp-skills/>

### Cornell Research Program on Self-Injurious Behaviors in Adolescents and Young Adults

- [www.selfinjury.bctr.cornell.edu](http://www.selfinjury.bctr.cornell.edu)

### Self-Injury Outreach and Support

- [www.sioutreach.org](http://www.sioutreach.org)

### Self-Abuse Finally Ends

- [www.selfinjury.com](http://www.selfinjury.com)

## Links to Research Articles

**Prevalence and Characteristics of Self-Harm in Adolescents: Meta-Analyses of Community-Based Studies 1990–2015** (Gillies, Christou, Dixon, Featherston, Rapti, Garcia-Anguita, Villasis-Keever, Reebye, Christou, Al Kabir & Christou, 2018)

- [https://www.sciencedirect.com/science/article/pii/S089085671831267X?casa\\_token=8G1UIZUE\\_1QAAAAA:NryHbZxHQThC8Y0ZpWF3StmE-Mpj3hrday6gKnGicME0aXGIVYeyVIFXnKlvYADSjWXhr9Ab4w](https://www.sciencedirect.com/science/article/pii/S089085671831267X?casa_token=8G1UIZUE_1QAAAAA:NryHbZxHQThC8Y0ZpWF3StmE-Mpj3hrday6gKnGicME0aXGIVYeyVIFXnKlvYADSjWXhr9Ab4w)

**Non-suicidal self-injury among adolescents: Diagnostic correlates and relation to suicide attempts** (Nock, Joiner, Gordon, Lloyd-Richardson & Prinstein, 2006)

- [https://www.sciencedirect.com/science/article/pii/S0165178106001351?casa\\_token=ss\\_ba\\_dUB77MAAAAA:4p8EtJzLjpooM7mGbn1Bp1z3ztzcsgrOhyhGVoyyEi1U5Lzjbnlix50FI-OPgyYC1pr\\_1T3hig](https://www.sciencedirect.com/science/article/pii/S0165178106001351?casa_token=ss_ba_dUB77MAAAAA:4p8EtJzLjpooM7mGbn1Bp1z3ztzcsgrOhyhGVoyyEi1U5Lzjbnlix50FI-OPgyYC1pr_1T3hig)

**Suicide Attempts and Nonsuicidal Self-Injury in the Treatment of Resistant Depression in Adolescents: Findings from the TORDIA Study** (Asarnow, Porta, Spirito, Emslie, Clarke, Wagner, Vitiello, Keller, Birmaher, McCracken, Mayes, Berk & Brent, 2011)

- [https://www.sciencedirect.com/science/article/pii/S0890856711003443?casa\\_token=JlYpJ2gx-XsAAAAA:By0sAd8RnIV3eiZy8-7n0vL9rDh5TOXEXMt69\\_bunykCISU2-1\\_tSHEBng9WFHo14i7U1F6u7A](https://www.sciencedirect.com/science/article/pii/S0890856711003443?casa_token=JlYpJ2gx-XsAAAAA:By0sAd8RnIV3eiZy8-7n0vL9rDh5TOXEXMt69_bunykCISU2-1_tSHEBng9WFHo14i7U1F6u7A)

**Clinical and Psychosocial Predictors of Suicide Attempts and Nonsuicidal Self-Injury in the Adolescent Depression Antidepressants and Psychotherapy Trial (ADAPT)** (Wilinson, Kelvin, Roberts, Dubicka & Goodyer, 2011)

- <https://ajp.psychiatryonline.org/doi/full/10.1176/appi.ajp.2010.10050718>

**Parental Expressed Emotion and Adolescent Self-Injury** (Wedig & Nock, 2008)

- [https://www.sciencedirect.com/science/article/pii/S0890856709619353?casa\\_token=MU7BIMd0xkwAAAAA:Kcu2DBxeWosbJ3SdUtUMAEsmxmYTJ9R1pq6ftAbX9yYBLIWvU7IQWpILvF OX7ol3ilxjOY5dYg](https://www.sciencedirect.com/science/article/pii/S0890856709619353?casa_token=MU7BIMd0xkwAAAAA:Kcu2DBxeWosbJ3SdUtUMAEsmxmYTJ9R1pq6ftAbX9yYBLIWvU7IQWpILvF OX7ol3ilxjOY5dYg)

**Physiological arousal, distress tolerance, and social problem-solving deficits among adolescent self-injurers** (Nock & Mendes, 2008)

- <https://psycnet.apa.org/record/2008-00950-005>

**Self-Injury** (Nock, 2010)

- [https://www.annualreviews.org/doi/full/10.1146/annurev.clinpsy.121208.131258?casa\\_token=hm3\\_KA2hndoAAAAA%3AtH50qYpJxgUob1I5RPLwC55z2DTAIDgsGImLYSdwt3ZDAGNB8W4CIGSjglk-TCzSRPO\\_WkYZVD4RQ](https://www.annualreviews.org/doi/full/10.1146/annurev.clinpsy.121208.131258?casa_token=hm3_KA2hndoAAAAA%3AtH50qYpJxgUob1I5RPLwC55z2DTAIDgsGImLYSdwt3ZDAGNB8W4CIGSjglk-TCzSRPO_WkYZVD4RQ)

**Revealing the form and function of self-injurious thoughts and behaviors: A real-time ecological assessment study among adolescents and young adults** (Nock, Prinstein & Sterba, 2009)

- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5258190/>

**Therapeutic Interventions for Suicide Attempts and Self-Harm in Adolescents: Systematic Review and Meta-Analysis** (Ougrin, Tranah, Stahl & Asarnow, 2015)

- [https://www.sciencedirect.com/science/article/pii/S089085671400731X?casa\\_token=Dm--Eu7FKjEAAAAA:7C7fXveWjO\\_W4gzKPkz-EEhgMcOKSBBhINAZII88TIPUMySW4L7IXLp0JXdqNINskru8Q4knpA](https://www.sciencedirect.com/science/article/pii/S089085671400731X?casa_token=Dm--Eu7FKjEAAAAA:7C7fXveWjO_W4gzKPkz-EEhgMcOKSBBhINAZII88TIPUMySW4L7IXLp0JXdqNINskru8Q4knpA)

**Protecting Adolescents From Self-Harm: A Critical Review of Intervention Studies** (Brent, McMakin, Kennard, Goldstein, Mayes & Douaihy, 2013)

- [https://www.sciencedirect.com/science/article/pii/S0890856713006394?casa\\_token=U96N OVMAMa4AAAAA:XOAoyjeFJS-UJULFnFDnJCrU8dxH1\\_KzPBNtkKfJsJqFo91y4ZrLbAPw2DLLfQ2E7TgGv1P5A](https://www.sciencedirect.com/science/article/pii/S0890856713006394?casa_token=U96N OVMAMa4AAAAA:XOAoyjeFJS-UJULFnFDnJCrU8dxH1_KzPBNtkKfJsJqFo91y4ZrLbAPw2DLLfQ2E7TgGv1P5A)