

P-328

Psychological characteristics of adolescents with self-destructive behavior

*BIBIANAR BAIZHUMANOVA*², *SVETA BERDIBAYEVA*¹,
*AKMARAL ZHUMADILOVA*², *MARIYA MUN*³, *BAUYRZHAN IBATULIN*⁴,
*AKMARAL SYRGAKBAYEVA*¹, *GALIYA KARRI*³

¹Al-Farabi Kazakh National University, Kazakhstan

²L.N.Gumilyov Eurasian National University

³Turan University

⁴Sagadat Nurmagambetov The Military Institute of the Ground Forces of the Ministry of Defense of the Republic of Kazakhstan

E-mail: berdibayeva.svetal@mail.ru

Self-harmful behavior is an addiction. Similarities between self-harmful behavior and addiction are noted in the DSM-5. Psychologists and clinicians note that the highest level of self-harmful behavior is observed at the age of 10-24 years. We selected 37 teenagers out of 81, aged 12-17 years. This group included adolescents with self-destructive behavior who had self-harmed in the last 6 months. Research tests were: “SP-45: Suicidal risk” (P. Yunatskevich), “Social anhedonia scale” (Eckblad M., Chapman L.), “Perceived stress scale-10” (S. Cohen, G. Williamson), “Emotional Dysregulation Questionnaire” (N. Polskaya), “Scale of Causes of Self-Harmful Behavior” (N. Polskaya). We performed Spearman's correlation analysis using SPSS. Positive correlations were found between “SR-45” and “Social Anhedonia”, “Perceived Stress Scale-10”. The higher the indicators of a deficit in the ability to experience pleasure (0.384, $p < 0.05$) and increased experience of subjectively perceived stress (0.536, $p < 0.01$), the higher is adolescents' suicidal risk. Positive correlations were found between “SR-45” and “Emotional Dysregulation Questionnaire” The higher the tendency to engage in “mental chewing” (0.568, $p < 0.01$), avoidance of emotional pain (0.652, $p < 0.01$), difficulty managing and understanding their own feelings and the feelings of others (0.360, $p < 0.05$), the higher is the risk of suicidal behavior. Positive correlations were found between “SR-45” and “Scale of causes of self-harmful behavior” - instrumental (0.594, $p < 0.01$), somatic (0.578, $p < 0.01$) methods of self-harm. The more often adolescents are dominated by the desire to restore intrapersonal control (0.357, $p < 0.05$), relieve tension (0.547, $p < 0.01$), attract attention of others (0.627, $p < 0.01$), the higher is their suicidal risk.

Keywords: addictive behavior, psychological and pedagogical prevention, system of early psychological and pedagogical prevention