

Prediction of Self-Injurious Behaviors in Adolescent Girls Based on Parent–Adolescent Conflict and Dark Personality Traits

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ABSTRACT

The aim of the present study was to predict self-injurious behaviors in adolescent girls based on parent–adolescent conflict and dark personality traits in the city of Takestan. In terms of purpose, this study was fundamental research, and in terms of methodology, it employed a descriptive–correlational design. The statistical population consisted of all adolescent girls in Takestan during the 2024–2025 academic year, from which a sample of 384 participants was selected using a multi-stage cluster sampling method. Data were collected using the Dark Personality Traits Questionnaire developed by Jonason and Webster (2010), the Self-Injury Questionnaire by Sansone et al. (1998), and the Parent–Child Relationship Scale by Fine et al. (1983). Data analysis was conducted using SPSS version 29, employing Pearson correlation coefficient and stepwise regression analysis. The results indicated a positive and significant correlation between dark personality traits and self-injurious behaviors, and a negative and significant correlation between the parent–adolescent relationship and self-injurious behaviors ($p \leq .001$). Furthermore, self-injurious behaviors were predictable based on dark personality traits and the quality of the parent–adolescent relationship. It can be concluded that personality characteristics and the emotional quality of adolescents' relationships with their parents play a crucial role in the occurrence of self-injurious behaviors. Therefore, it is recommended that family specialists and school counselors focus on identifying personality-related issues as well as adolescents experiencing familial tension in order to reduce self-injurious behaviors.

Keywords: Self-injurious behaviors, adolescent girls, dark personality traits, parent–adolescent relationship

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Introduction

Adolescence is widely recognized as a critical developmental period characterized by rapid biological, psychological, and social changes that significantly influence behavioral outcomes and mental health trajectories. During this stage, individuals experience heightened emotional reactivity, identity exploration, and increased sensitivity to interpersonal relationships, particularly within the family context (1, 2). These developmental transitions, while normative, may also render adolescents vulnerable to a range of maladaptive behaviors, including non-suicidal self-injury (NSSI), which has emerged as a growing public health concern worldwide. Empirical evidence indicates that the prevalence of self-injurious behaviors among adolescents has increased substantially over the past decade, with meta-analytic findings highlighting

significant rates across both clinical and non-clinical populations (3, 4). Such behaviors are often conceptualized as maladaptive coping strategies employed to regulate intense negative emotions, alleviate psychological distress, or communicate unmet emotional needs (5, 6).

Non-suicidal self-injury is defined as the deliberate and direct destruction of one's own body tissue without suicidal intent, and it is associated with a range of adverse psychological outcomes, including depression, anxiety, and interpersonal dysfunction (7, 8). Research has demonstrated that adolescents who engage in self-injurious behaviors are more likely to exhibit emotional dysregulation, impulsivity, and difficulties in interpersonal relationships (4, 5). Furthermore, systematic reviews of prevention and intervention programs emphasize that early identification of risk factors is essential for reducing the incidence and recurrence of such behaviors (9). In this regard, both individual-level factors, such as personality traits, and contextual factors, such as family relationships, have been identified as key determinants of self-injurious behaviors.

Among individual-level determinants, personality traits—particularly those encompassed within the dark personality spectrum—have received increasing attention in recent years. The Dark Triad, consisting of narcissism, Machiavellianism, and psychopathy, represents socially aversive personality traits characterized by manipulateness, lack of empathy, emotional coldness, and self-centeredness (10). Subsequent theoretical extensions have introduced the concept of the Dark Tetrad by incorporating sadism as an additional dimension, further broadening the conceptualization of maladaptive personality functioning (11, 12). Empirical studies have consistently demonstrated that individuals with elevated levels of dark personality traits are more likely to engage in risky and antisocial behaviors, including aggression, delinquency, and self-harm (13, 14). These traits are often associated with deficits in emotional regulation, reduced empathy, and impaired interpersonal functioning, all of which may contribute to the emergence of self-injurious behaviors (15, 16).

Moreover, recent research has highlighted the predictive role of dark personality traits in self-harm and suicidal behaviors among adolescents and young adults. For instance, studies have shown that both the Dark Triad and its vulnerable variants are significantly associated with higher levels of self-injury, guilt, and shame proneness (17, 18). Similarly, findings from more recent investigations indicate that dark and vulnerable personality traits play a crucial role in explaining engagement in self-harm and other high-risk behaviors, particularly in sociocultural contexts characterized by limited emotional support and heightened psychosocial stressors (19). These findings underscore the importance of considering personality-based vulnerabilities when examining the etiology of self-injurious behaviors.

In addition to individual characteristics, family dynamics—especially the quality of the parent–adolescent relationship—constitute a central contextual factor influencing adolescent adjustment. The parent–child relationship has long been recognized as a foundational determinant of psychological well-being, shaping emotional development, social competence, and behavioral regulation (20). During adolescence, this relationship undergoes significant transformation, often characterized by increased conflict, negotiation of autonomy, and redefinition of roles (2). While moderate levels of conflict may be developmentally normative, persistent and intense parent–adolescent conflict has been linked to a range of maladaptive outcomes, including emotional distress, behavioral problems, and self-injurious behaviors (21, 22).

Empirical evidence suggests that adolescents who perceive their relationships with parents as unsupportive, conflictual, or emotionally distant are at greater risk of engaging in self-harm. For example, longitudinal studies have demonstrated that poor parent–adolescent relationships significantly predict the onset of non-suicidal self-injury over time (6). Similarly, qualitative research indicates that negative parental attitudes, lack of emotional responsiveness, and ineffective communication patterns contribute to adolescents' reliance on maladaptive coping strategies such as self-injury (23). Conversely, positive parenting practices, characterized by warmth, support, and open communication, have been shown to serve as protective factors against self-injurious behaviors (22, 24).

The interplay between family environment and individual personality traits further complicates the understanding of self-injurious behaviors. Research suggests that adolescents with maladaptive personality traits may be particularly sensitive to adverse family dynamics, leading to a heightened risk of behavioral dysregulation (25). For instance, parental psychopathology, inconsistent parenting, and emotional neglect may interact with underlying personality vulnerabilities to exacerbate tendencies toward self-harm (21, 25). Additionally, exposure to childhood maltreatment has been identified as a significant predictor of non-suicidal self-injury, often mediated by emotional dysregulation and maladaptive personality development (26). These findings highlight the necessity of adopting an integrative framework that considers both intrapersonal and interpersonal factors in the study of adolescent self-injurious behaviors.

Gender differences also play a crucial role in the manifestation of self-injurious behaviors. Research indicates that adolescent girls are more likely than boys to engage in non-suicidal self-injury, potentially due to higher levels of internalizing problems, emotional sensitivity, and interpersonal stress (27, 28). Cultural and social expectations may further contribute to these differences by shaping coping strategies and emotional expression patterns. In this context, understanding the specific risk factors associated with self-injury among adolescent girls is essential for developing targeted prevention and intervention programs.

Despite the growing body of literature on self-injurious behaviors, several gaps remain in the existing research. Notably, there is a relative paucity of studies examining the combined effects of dark personality traits and parent–adolescent relationship quality in predicting self-injury, particularly within non-Western contexts. While some studies have explored the individual contributions of these factors, few have integrated them into a comprehensive predictive model (29). Furthermore, cultural variations in family dynamics, personality expression, and behavioral norms necessitate context-specific investigations to enhance the ecological validity of findings.

In addition, although previous research has established the association between dark personality traits and risky behaviors, the mechanisms through which these traits influence self-injury remain insufficiently understood. It is plausible that factors such as emotional dysregulation, interpersonal conflict, and reduced empathy mediate this relationship, yet empirical evidence on these pathways remains limited (11, 16). Similarly, while the protective role of positive parent–adolescent relationships has been well-documented, the extent to which such relationships can buffer the negative effects of maladaptive personality traits warrants further investigation.

Given these considerations, the present study seeks to contribute to the existing literature by examining the predictive role of dark personality traits and parent–adolescent relationship quality in self-injurious behaviors among adolescent girls. By integrating individual and familial factors within a single analytical

framework, this study aims to provide a more comprehensive understanding of the determinants of self-injury and to inform the development of targeted interventions. The findings are expected to have practical implications for mental health professionals, educators, and policymakers involved in adolescent well-being.

The aim of the present study is to predict self-injurious behaviors in adolescent girls based on parent–adolescent conflict and dark personality traits.

Methods and Materials

Study Design and Participants

The present study was fundamental in terms of purpose and descriptive–correlational in nature and method of implementation. The statistical population consisted of all adolescent girls (lower and upper secondary levels) in the city of Takestan during the 2024–2025 academic year (total population = 1,500 students). Using Cochran’s formula, a sample of 384 participants was selected through a multi-stage cluster sampling method. During and after questionnaire completion and data collection, participants’ records were coded to ensure that identifying information remained anonymous, and ethical considerations were strictly observed. Participation in the study was entirely voluntary. Inclusion criteria included being female, enrollment in lower or upper secondary education, residence in Takestan, provision of informed consent, and absence of psychotic disorders requiring hospitalization. Exclusion criteria included failure to meet any inclusion criteria, inaccurate or incomplete responses to questionnaire items, and withdrawal from the study at any stage.

In this study, all ethical considerations were observed to protect the rights and dignity of participants. Prior to data collection, the purpose and significance of the research were fully explained to the students, and informed consent was obtained. All collected data were treated as confidential and used solely for research purposes. Participants were informed that their participation was entirely voluntary and that they could withdraw from the study at any stage without any negative consequences. The study was conducted in accordance with ethical principles governing human research. Furthermore, to ensure privacy, all data were analyzed and reported anonymously. These measures ensured the protection of participants’ rights and the ethical integrity of the research.

In the first stage, schools in Takestan were considered as primary clusters. Subsequently, a number of schools were randomly selected from these clusters to ensure representation of demographic characteristics. In the second stage, several classes were randomly selected from each chosen school to more accurately represent the target population. Finally, a number of students were randomly selected from each class to form the final sample, ensuring that the results would be representative of the entire population. The sample size was also confirmed using the Krejcie and Morgan (1970) table, which, based on an estimated population of 1,500 and a 95% confidence level, indicated an appropriate sample size of approximately 384 participants.

In the next stage, after obtaining informed consent, questionnaires were distributed in paper format for data collection. To adhere to ethical standards, questions related to personal identifying information were omitted, and participants were assured that their responses would remain confidential and used solely for research purposes. They were also informed that their data would not be shared with any organization or institution.

Data Collection

The Dark Personality Traits Questionnaire developed by Jonason and Webster (2010) consists of 12 items and three subscales. Each subscale includes four items designed to assess narcissism (items 1–4), Machiavellianism (items 5–8), and psychopathy (items 9–12). Items are rated on a five-point Likert scale ranging from 1 (very low) to 5 (very high). The questionnaire is designed to measure dark personality traits (narcissism, Machiavellianism, and psychopathy). Scores for each dimension are calculated by summing the responses to the corresponding items. The minimum and maximum scores for each dimension are 4 and 20, respectively, with higher scores indicating greater intensity of the trait. Jonason and Webster (2010) reported reliability coefficients for the overall scale ranging from .76 to .87. In a study by Bashardoost and Shafiei (2015), face and content validity were confirmed by expert judgment. Criterion validity was assessed using the Narcissistic Personality Inventory–16, the short form of the Minnesota Multiphasic Personality Inventory psychopathy scale, and a Machiavellianism questionnaire, with results supporting the criterion validity of the scale. Reliability assessed using Cronbach’s alpha exceeded .68 for all dimensions.

The Self-Injury Questionnaire was developed by Sansone et al. (1998) and consists of 22 items. The scoring format is dichotomous (yes/no). A “yes” response is given only to behaviors that the participant has intentionally engaged in to harm themselves; “no” is scored as 0 and “yes” as 1. The total score ranges from 0 to 22, with higher scores indicating greater levels of self-injurious behavior. Validation studies using a cutoff score of 5 or higher demonstrated that 84% of respondents who met two diagnostic criteria for borderline personality disorder in structured interviews were correctly classified within the borderline personality disorder group (Sansone & Wiederman, 1998). Subsequent studies have demonstrated the convergent validity of this instrument with self-report measures of borderline personality traits, depression, and childhood abuse history (Tahbaz Hossein Zadeh et al., 2011). In the study by Tahbaz Hossein Zadeh et al. (2011), Cronbach’s alpha for this questionnaire was reported as .74.

The Parent–Child Relationship Scale (P-CRS), developed by Fine, Moreland, and Schwebel (1983), is a 24-item instrument designed to assess adolescents’ perceptions of their relationship with their parents. The scale has two parallel forms, one assessing the relationship with the mother and the other with the father; both forms are identical except for the substitution of the terms “mother” and “father.” In this study, the mother form was used. The components of the mother form include positive affect, resentment/role confusion, identification with mother, and communication/dialogue (Sanaei, 2008; Amiryanzadeh, Ghaderi, & Honarparvaran, 2011). Scoring involves reversing negatively worded items, summing item scores within each subscale, and dividing by the number of items to obtain the mean score for each subscale. The total score is calculated as the sum of the subscale means. Sanaei (2008) reported Cronbach’s alpha coefficients ranging from .89 to .94 for father-related subscales and an overall alpha of .96 for mother-related subscales. In a study by Bashirgonbadi et al. (2023), the reliability coefficient using Cronbach’s alpha was reported as .76.

Data Analysis

The collected data were analyzed using SPSS software. Data analysis was conducted at both descriptive and inferential levels. In the descriptive section, indices such as frequency and percentage were used to provide a clear picture of sample characteristics and response distributions, contributing to the description

of female secondary school students. In the inferential section, the normality of data distribution was first assessed using the Kolmogorov–Smirnov test. Then, Pearson correlation analysis was conducted to examine relationships among the main variables. Pearson correlation coefficient and stepwise regression analysis were used to test the study hypotheses.

Findings and Results

Given that the normality of the data related to dark personality traits and self-injurious behaviors was confirmed, the use of Pearson's correlation coefficient was statistically appropriate.

Table 1. Pearson Correlation Coefficients Between Dark Personality Traits, Parent–Adolescent Relationship, and Self-Injurious Behaviors (with M and SD)

Variable	M (SD)	Pearson Correlation (r)	Significance Level (p)
Dark Personality Traits	34.72 (6.15)	.65	.000
Parent–Adolescent Relationship	62.48 (8.27)	–.59	.000
Self-Injurious Behaviors	9.83 (4.12)	–	–

The findings in Table 1 indicate that the Pearson correlation coefficient between dark personality traits and self-injurious behaviors was calculated as .65, suggesting a strong positive association between these two variables. The positive direction of the coefficient indicates that higher scores on dark personality traits are associated with higher levels of self-injurious behaviors among adolescent girls, and conversely, lower scores on dark personality traits correspond to lower levels of such behaviors. Furthermore, the Pearson correlation coefficient between the parent–adolescent relationship and self-injurious behaviors was –.59, indicating a moderately strong negative relationship. This implies that as the quality of the parent–adolescent relationship improves, self-injurious behaviors decrease, and conversely, poorer relationships are associated with increased self-injurious behaviors.

Table 2. Analysis of Variance (ANOVA)

Model	Sum of Squares	df	Mean Square	F	Sig.
Regression	2195.56	2	1097.78	79.48	.000
Residual	5055.11	366	13.81	–	–
Total	7250.67	368	–	–	–

Based on Table 2, the significance level obtained was .000, which is less than .05, indicating that the regression model is statistically significant. Therefore, the application of multiple regression analysis using the stepwise method is justified.

Table 3. Stepwise Regression Model Summary for Predicting Self-Injurious Behaviors Based on Parent–Adolescent Relationship and Dark Personality Traits

Predictor Variables	R	R ²	Adjusted R ²	F	Sig.
Parent–Adolescent Relationship	.59	.35	.33	116.39	.000
Dark Personality Traits	.67	.45	.41	79.48	.000

The results presented in Table 3 indicate a significant relationship between the variables of parent–adolescent relationship and dark personality traits with self-injurious behaviors. In other words, self-injurious behaviors can be predicted based on these two variables. The parent–adolescent relationship entered the model first, followed by dark personality traits, suggesting that, in terms of priority and predictive strength, the parent–adolescent relationship is a stronger predictor of self-injurious behaviors

than dark personality traits. In the best-fitting model, the multiple correlation coefficient between the predictors and self-injurious behaviors was .67, indicating a substantial relationship among these variables in adolescent girls (lower and upper secondary levels) in Takestan during the 2024–2025 academic year. Additionally, the coefficient of determination ($R^2 = .45$) indicates that 45% of the variance in self-injurious behaviors is explained by the parent–adolescent relationship and dark personality traits, while the remaining 55% is attributable to other unexamined variables.

Table 4. Stepwise Regression Coefficients for Predicting Self-Injurious Behaviors

Model	Predictor Variables	B	SE	Beta	t	Sig.
1	Constant	15.28	1.07	—	14.31	.000
	Parent–Adolescent Relationship	−0.09	0.008	−.49	−10.79	.000
2	Constant	9.68	1.42	—	6.81	.000
	Parent–Adolescent Relationship	−0.08	0.008	−.44	−9.73	.000
	Dark Personality Traits	0.16	0.028	.26	5.70	.000

The results in Table 4 indicate that the significance level for the regression coefficients of both parent–adolescent relationship and dark personality traits was .000, which is below .05. Therefore, both variables have a statistically significant effect on self-injurious behaviors and can significantly predict it. With 95% confidence, the research hypothesis is supported. Given the significance of both predictors, the multiple regression equation can be expressed as follows:

Self-Injurious Behaviors = 9.68 − 0.079 (Parent–Adolescent Relationship) + 0.158 (Dark Personality Traits)

The constant coefficient (9.68) represents the baseline level of self-injurious behaviors in the absence of the predictor variables. The negative coefficient for the parent–adolescent relationship (−0.079) indicates that with each one-unit increase in the quality of the parent–adolescent relationship (while holding dark personality traits constant), self-injurious behaviors decrease by 0.079 units. Conversely, a decrease in the quality of the parent–adolescent relationship is associated with an increase in self-injurious behaviors. The positive coefficient for dark personality traits (0.158) indicates that with each one-unit increase in dark personality traits (while holding the parent–adolescent relationship constant), self-injurious behaviors increase by 0.158 units, and conversely, a decrease in dark personality traits is associated with a reduction in self-injurious behaviors.

Discussion and Conclusion

The findings of the present study demonstrated that dark personality traits were positively and significantly associated with self-injurious behaviors among adolescent girls, while the quality of the parent–adolescent relationship was negatively and significantly associated with such behaviors. Furthermore, the results of the stepwise regression analysis indicated that both variables significantly predicted self-injurious behaviors, with the parent–adolescent relationship emerging as the stronger predictor. These findings provide empirical support for a multidimensional understanding of self-injury, emphasizing the simultaneous influence of intrapersonal personality characteristics and interpersonal relational dynamics.

The positive association between dark personality traits and self-injurious behaviors is consistent with a substantial body of literature indicating that maladaptive personality configurations, particularly those characterized by emotional coldness, impulsivity, and manipulateness, are linked to higher engagement in

risky and harmful behaviors. Individuals with elevated levels of traits such as narcissism, Machiavellianism, and psychopathy tend to exhibit deficits in emotional regulation and empathy, which may predispose them to maladaptive coping strategies, including self-injury (10, 15). In line with the present findings, previous studies have demonstrated that dark personality traits significantly predict various forms of risk-taking and antisocial behaviors in adolescents (12, 13). Moreover, research has shown that these traits are associated with increased vulnerability to emotional dysregulation, which is a well-established precursor to self-injurious behaviors (5).

The findings are also consistent with studies examining the Dark Tetrad framework, which extends the Dark Triad by incorporating sadistic tendencies. Individuals with elevated dark traits are more likely to engage in self-harm due to a combination of emotional dysregulation, reduced sensitivity to pain, and a tendency toward self-directed aggression (11). Empirical evidence further supports the link between dark personality traits and self-harm, indicating that individuals with higher levels of these traits report greater involvement in self-injurious and suicidal behaviors (17, 18). More recent findings also highlight the role of both dark and vulnerable personality traits in predicting self-harm among young populations, suggesting that these traits may operate through mechanisms such as heightened shame, guilt, and interpersonal difficulties (19). Thus, the current results reinforce the notion that personality pathology plays a central role in the etiology of self-injurious behaviors.

In contrast, the negative association between the parent–adolescent relationship and self-injurious behaviors underscores the protective role of positive familial interactions. Adolescents who perceive their relationships with parents as supportive, warm, and communicative are less likely to engage in self-harm, as such relationships foster emotional security and adaptive coping strategies. This finding aligns with developmental theories emphasizing the centrality of parent–child relationships in shaping emotional and behavioral outcomes during adolescence (2). Empirical studies have consistently demonstrated that poor parent–adolescent relationships, characterized by conflict, lack of emotional support, and ineffective communication, are associated with increased risk of self-injurious behaviors (6, 22).

The present findings are further supported by qualitative research indicating that adolescents who engage in self-injury often report feelings of emotional neglect, misunderstanding, and invalidation within the family context (23). Such relational deficits may lead adolescents to adopt self-injury as a maladaptive means of coping with emotional distress or as a form of communication when other channels are perceived as ineffective. Additionally, parenting styles characterized by inconsistency, harshness, or low responsiveness have been linked to increased vulnerability to self-harm, highlighting the importance of parenting behaviors in adolescent mental health outcomes (22). Conversely, interventions aimed at improving parent–child relationships have been shown to enhance resilience and reduce maladaptive behaviors, further emphasizing the protective function of positive family dynamics (24).

The finding that the parent–adolescent relationship was a stronger predictor of self-injurious behaviors than dark personality traits is particularly noteworthy. This suggests that, although personality traits constitute relatively stable individual differences, the relational environment may exert a more immediate and modifiable influence on adolescent behavior. This interpretation is consistent with ecological and developmental frameworks, which posit that proximal environmental factors, such as family relationships, play a critical role in shaping behavioral outcomes (21). Moreover, research indicates that adolescents'

perceptions of parenting, rather than objective parenting behaviors, are especially influential in determining emotional and behavioral responses (21). Therefore, interventions targeting family dynamics may be particularly effective in reducing self-injurious behaviors, even among individuals with underlying personality vulnerabilities.

The combined predictive power of dark personality traits and parent–adolescent relationship quality further supports the necessity of an integrative approach to understanding self-injury. The results suggest that these variables do not operate in isolation but rather interact in complex ways to influence behavioral outcomes. For instance, adolescents with high levels of dark personality traits may be more sensitive to relational stressors, thereby amplifying the impact of poor parent–adolescent relationships on self-injurious behaviors (25). Similarly, exposure to adverse family environments, such as conflict or neglect, may contribute to the development or exacerbation of maladaptive personality traits, creating a reciprocal cycle of risk (26). This bidirectional perspective highlights the importance of addressing both individual and contextual factors in prevention and intervention efforts.

The present findings also align with broader epidemiological evidence indicating that self-injurious behaviors are influenced by a combination of risk factors, including emotional dysregulation, interpersonal difficulties, and personality characteristics (3, 4). Additionally, gender-specific research suggests that adolescent girls may be particularly vulnerable to these influences due to higher levels of internalizing symptoms and greater sensitivity to interpersonal stress (27, 28). The focus on adolescent girls in this study therefore provides valuable insights into a high-risk population and underscores the need for gender-sensitive approaches to prevention and intervention.

Despite the strengths of the present study, several limitations should be acknowledged. First, the use of a cross-sectional design limits the ability to draw causal inferences regarding the relationships among variables. Second, the reliance on self-report measures may introduce response biases, such as social desirability or inaccurate recall. Third, the study was conducted within a specific cultural and geographical context, which may limit the generalizability of the findings to other populations. Fourth, although the study examined key predictors of self-injurious behaviors, other potentially important variables, such as peer relationships, socioeconomic status, and mental health history, were not included in the analysis. Finally, the exclusive focus on adolescent girls precludes comparisons with male adolescents, limiting the scope of the findings.

Future research should employ longitudinal designs to examine the causal pathways linking dark personality traits, parent–adolescent relationships, and self-injurious behaviors over time. Additionally, incorporating multi-informant data, including reports from parents, teachers, and clinicians, would enhance the validity of the findings. Future studies should also explore potential mediating and moderating variables, such as emotional regulation, coping strategies, and social support, to provide a more nuanced understanding of the mechanisms underlying self-injury. Expanding the research to include diverse cultural contexts and both genders would further enhance the generalizability of the findings. Moreover, qualitative approaches could provide deeper insights into adolescents' subjective experiences and the contextual factors influencing their behaviors.

From a practical perspective, the findings of this study have important implications for mental health professionals, educators, and policymakers. Interventions aimed at reducing self-injurious behaviors should

adopt a comprehensive approach that addresses both individual personality traits and family dynamics. School-based programs focusing on emotional regulation, coping skills, and interpersonal communication may be particularly beneficial for adolescents at risk. Family-based interventions, including parenting training and family therapy, can help improve the quality of parent–adolescent relationships and reduce conflict. Early identification of adolescents with elevated dark personality traits and those experiencing family tension is essential for timely intervention. Finally, raising awareness about self-injurious behaviors and their risk factors can contribute to reducing stigma and promoting help-seeking behaviors among adolescents.

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Authors' Contributions

All authors equally contributed to this study.

Declaration of Interest

The authors of this article declared no conflict of interest.

Ethical Considerations

The study protocol adhered to the principles outlined in the Helsinki Declaration, which provides guidelines for ethical research involving human participants.

Transparency of Data

In accordance with the principles of transparency and open research, we declare that all data and materials used in this study are available upon request.

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