
Relations Between Impulsivity, Aggression and Self-harm in Inpatients of an Open Psychiatry Ward

T. Wichmann¹, J. Marksteiner², B. Juen¹, E. Singewald², B. Ruepp²

¹Psychology, University of Innsbruck, Innsbruck, Austria ; ²Psychiatrie und Psychotherapie A, Landeskrankenhaus Hall, Hall, Austria

Introduction: aggression and self-harm are often encountered in daily clinical routines. A better understanding of these behaviors is important. **Objectives:** We investigated with self-report measures the kind of relationship between aggression, impulsivity, self-harm, suicide attempts and third party observation of staff.

We **Aimed** at analyzing whether there is a relation between: impulsivity, self-harm aggression (self report measures) and similar reported behavior by third party observations of staff.

Methods: patients were assessed using the Barrett-Impulsivity-Scale (BIS-15), the Aggression Questionnaire (AQ), the Non-Suicidal Self-Injury (QNSSI). Recent patient health records were analyzed for aggression, self-harm and suicide attempts.

Results: N=34; 12 male, 22 female; mean age: 45.26 sd.: 9.54. Recent suicide attempts (RSA) N=7 and impulsivity were not significantly related ($U=90$, $p=.87$), also recent self-harm (RSH) N=9 and impulsivity ($U=112$, $p=.984$) showed no relationship on a statistically significant level. Statistically significant correlations were found between the AQ sum scale and impulsivity ($r=.38$, $p=.027$) and for the AQ subscales: anger ($r=.34$, $p=.049$) and physical aggression ($r=.36$, $p=.04$). Verbal aggression was also significantly correlated to impulsivity ($r=.342$, $p=.048$). Surprisingly no sex differences could be found for AQ and BIS-15. Recent self-harm and recent suicide attempts were not significantly correlated to any of the scales.

Conclusions: Aggressive behavior coincides with impulsivity whereas self-harm and suicide attempts are not related to self-harming behavior in psychiatric inpatients.