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Family Risk and Protective Factors Associated with Non-Suicidal Self-Injury in Male Adolescents: A Systematic Review

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Abstract

Background

Non-suicidal self-injury (NSSI) is a growing mental health concern among adolescents, with increasing prevalence reported globally. While existing research has identified multiple individual and social risk factors, the role of family-related variables, particularly among male adolescents, remains less clearly synthesized.

Objective

The present study aimed to systematically identify and synthesize family-related factors associated with NSSI among male adolescents.

Methods

A systematic review design was employed following PRISMA guidelines. A comprehensive literature search was conducted across multiple electronic databases, including PubMed, Scopus, Web of Science, EMBASE, PsycARTICLES, and Google Scholar. Studies were included if they examined NSSI among adolescents and reported family-related variables such as parenting practices, family functioning, attachment, family conflict, or socioeconomic status. A total of 17 studies published between 2017 and 2025 met the inclusion criteria and were included in the qualitative synthesis. Data were extracted and analyzed using a narrative synthesis approach.

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