

Abstract

It is a correlation research study, designed to find out the relationship between Self-silencing, Psychological distress and Self-harm among school going children. The purpose of the study was to define the relationship between the three variables and other factors which could create an impact on them. Two hundred and fifty (n=121 private and n=129 government) school going children participated in this study. Kessler Psychological distress scale was utilized to measure psychological distress, Self the silencing scale was used to calculate self-silencing behaviors in the participants and Deliberate Self-harm inventory helped to measure self-harming behavior in school children. Results revealed several links between the involved factors of all the three variables. Significant mean difference between the two genders on psychological distress was predicted through this study. DSHI was found to be a significant, negative predictor of psychological distress.