

Scientific report Stage 1 1

Nonsuicidal self-injury and disordered eating behaviors: from shared risk factors to personalized network-based interventions

**PN-IV-P2-2.1-TE-2023-1722, contract no.
62TE/2025**

Project director,

Associate prof Ph.D. Diana-Mirela Nechita

Babeş-Bolyai University, Cluj-Napoca

December 2025

Executive summary

The project aims to investigate the proximal mechanisms that explain the co-occurrence of nonsuicidal self-injury and disordered eating behaviors, using ecological momentary assessment (EMA) and network models. The final goal is to develop a personalized intervention, guided by real-time data and tailored to each participant's individual profile.

In this first phase, the project focused on the following main directions:

- (1) conducting a literature review and a meta-analysis on shared risk factors;
- (2) developing the design and protocols for all work packages;
- (3) creating the EMA questionnaire and integrating it into the m-path application;
- (4) recruiting participants and collecting data for Study 1;
- (5) preparing manuscripts related to this stage;
- (6) disseminating results in relevant scientific contexts.

All planned activities were completed on schedule. The literature review was finalized and expanded through a systematic meta-analysis synthesizing associations between key risk factors and the target behaviors, providing the theoretical foundation for selecting EMA variables. The study designs and protocols for all project components were developed, and the WP1 protocol was preregistered on the Open Science Framework. The EMA questionnaire was built and implemented in the m-path app.

Recruitment yielded 410 registrations, of which 154 were eligible and 105 completed the EMA phase with adequate compliance. Over one week, participants provided repeated assessments of behaviors, emotions, cognitions, and their functions, generating a rich dataset for subsequent analyses. Regarding scientific output, one ISI article was published, and two additional manuscripts were completed and submitted to international journals. Project findings were disseminated via the project website, through organizing and chairing a thematic symposium at the 55th EABCT Annual Congress, and through presenting the meta-analysis results at the APR 2025 Conference.

Through the activities carried out in this stage, the project fully achieved its planned objectives, establishing a solid foundation for the next phases and for the development of the personalized network-informed intervention.