



PUNCHING WALLS

‘An under-recognized form of self-injury’

- ✊ In a group of 1,143 Veterans seeking PTSD treatment, **43%** reported **punching walls or objects** within the past two weeks.
- ✊ The behavior was **twice as common in male Veterans**, compared with female Veterans.
- ✊ Wall/object punching was more likely to result in **emotional relief** than were other forms of non-suicidal self-injury, such as cutting, biting, or burning oneself. It was also strongly related to **current suicidal thinking**.
- ✊ The researchers recommend **more study** of this “**important but under-recognized form**” of nonsuicidal self-injury.