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.