

### Self-Embedding Disorder

(1) Many troubled teens are inserting nails, paper clips, bits of rocks, glass, and even crayons into their bodies as a way to help cope with disturbing thoughts and feelings, said US researchers.

(2) Such cases include embedding numerous objects into their arms, feet, ankles, and necks.

(3) This is generally called self-embedding disorder, which exceeds self mutilation.

(4) Self embedding emerged in 2005, and had never been seen prior to that date, said a surgeon who has developed a technique to remove objects accidentally embedded in the skin.

(5) Self injury includes numerous actions such as, cutting the skin, burning, hair pulling, breaking bones, and swallowing substances.

(6) It is often kept a secret, however 13-24% of high school students in the US and Canada have practiced deliberate self injury at least once.

#### 語注

(1) troubled 問題を抱えた、悩んだ cope with 対処する

disturbing 心をかき乱す、不安にする

(2) embed 埋め込む

(3) self embedding disorder 「自己埋め込み障害」 self mutilation 自傷行為

(4) prior to …より前に

(5) self injury 自傷行為

(6) deliberate 故意の