

# Understanding Harmful Behavior

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After being assigned to an academic externship at a unit in a London psychiatric hospital where violent and self-injurious patients were treated, Matthew Nock became interested in the question of why people intentionally harm themselves. Ever since that experience, Nock has pursued research to deepen scientific understanding of suicide and self-injury. His studies have approached self-injury behaviors from multiple angles to better understand how such behaviors develop, can be predicted, and prevented. Nock collaborated with Mahzarin Banaji to adapt the Implicit Association Test (IAT) to measure suicidal thoughts in teenagers.