The increase in the rates of self-harming among women prisoners has been catching the attention of researchers. This study aimed to estimate the prevalence of self-harm among Pakistani women prisoners before and during their imprisonment. It also aimed to estimate the reasons for self-harm among women prisoners. The study sample comprised 38 women prisoners. A Structured Interview Performa and Deliberate Self-Harm Inventory was used to assess self-harm, its types, and reasons. Results showed that majority (f = 25) of women prisoners had the history of self-harm before their imprisonment. Majority (f = 27) of women prisoners had mental distress which served as an antecedent for their self-harming behavior. Before imprisonment, majority (f = 20) of women prisoners harm themselves by banging their heads and prevent their wounds from healing. During imprisonment, ways of self-harm mostly include punching oneself, stopping to eat, and hitting hands badly on floor. The results highlight the importance of forensic psychologist and psychological intervention in prison setting for reducing the incidence of self-harm among women prisoners.

Keywords: Self-harm, women prisoners, Pakistan.