Non-suicidal self-injury (NSSI) disorder was recently proposed as a mental disorder for further study, but the existing diagnostic criteria do not have strong empirical support or validity. This study empirically identified a recommended self-injury frequency cut-off to help define one criterion for a valid disorder. The frequency cut-off identified provides a stronger differentiation between those who should and should not be diagnosed with the disorder. These results will guide the future creation of DSM-5 diagnostic criteria for NSSI-disorder that has clinical validity and utility.