

	在過去六個月中，你是否有過下列故意傷害自己（但並非自殺）的行為：	從未試過	試過一次	試過二至五次	試過六至十一次	試過十二次以上
1.	故意割傷自己	0	1	2	3	4
2.	故意燒傷自己	0	1	2	3	4
3.	故意嚴重抓傷自己以致出血或留下疤痕	0	1	2	3	4
4.	故意將尖銳的物體，例如針、鋼釘、訂書釘等插入皮膚或指甲	0	1	2	3	4
5.	故意咬傷自己	0	1	2	3	4
6.	故意猛烈碰撞頭部或其他身體部份，以致瘀傷	0	1	2	3	4
7.	故意拳打自己，以致瘀傷	0	1	2	3	4

	In the past six months, have you ever hurt yourself deliberately (<u>without suicidal intention</u>)?	Never	Once	Two to five times	Six to eleven times	More than twelve times
1.	Deliberate to cut myself	0	1	2	3	4
2.	Deliberate to burn myself	0	1	2	3	4
3.	Deliberate to scratch myself that ends up bleeding or leaving scars	0	1	2	3	4
4.	Deliberate to insert sharp objects such as pins, needles or staples into the skin or nails	0	1	2	3	4
5.	Deliberate to bite myself	0	1	2	3	4
6.	Deliberate to bang the head or other parts of the body resulting in bruises	0	1	2	3	4
7.	Deliberate to punch myself resulting in bruises	0	1	2	3	4