

## FASM

**A. In the past year, have you engaged in the following behaviors to deliberately harm yourself without trying to kill yourself (check all that apply):**

	No	Yes	How many times?	Have you gotten medical treatment?
1. cut or carved on your skin				
2. hit yourself on purpose				
3. pulled your hair out				
4. gave yourself a tattoo				
5. picked at a wound				
6. burned your skin (i.e., with a cigarette, match or other hot object)				
7. inserted objects under your nails or skin				
8. bit yourself (e.g., your mouth or lip)				
9. picked areas of your body to the point of drawing blood				
10. scraped your skin				
11. "erased" your skin				
12. other: _____				

**B. If not in the past year, have you **EVER** done any of the above acts?**

No
  Yes

**If yes to any of the above behaviors in the past year, please complete the questions (C-G) below:**

**C. How long did you think about doing the above act(s) before actually doing it?**

none

- \_\_\_\_\_ "a few minutes"
- \_\_\_\_\_ < 60 minutes
- \_\_\_\_\_ > 1 hour but < 24 hours
- \_\_\_\_\_ more than 1 day but less than a week
- \_\_\_\_\_ greater than a week

**D. Did you perform any of the above behaviors while you were taking drugs or alcohol?**

- \_\_\_\_\_ Yes
- \_\_\_\_\_ No

**E. Did you experience pain during this self-harm?**

- \_\_\_\_\_ severe pain
- \_\_\_\_\_ moderate pain
- \_\_\_\_\_ little pain
- \_\_\_\_\_ no pain

**F. How old were you when you first harmed yourself in this way? \_\_\_\_\_**

**G. Did you harm yourself for any of the reasons listed below? (check all reasons that apply):**

0	1	2	3
Never	Rarely	Some	Often

Reasons:	Rating
1. to avoid school, work, or other activities	
2. to relieve feeling "numb" or empty	
3. to get attention	
4. to feel something, even if it was pain	
5. to avoid having to do something unpleasant you don't want to do	
6. to get control of a situation	
7. to try to get a reaction from someone, even if its a negative reaction	
8. to receive more attention from your parents or friends	
9. to avoid being with people	
10. to punish yourself	
11. to get other people to act differently or change	
12. to be like someone you respect	
13. to avoid punishment or paying the consequences	

13. to avoid punishment or paying the consequences	
14. to stop bad feelings	
15. to let others know how desperate you were	
16. to feel more a part of a group	
17. to get your parents to understand or notice you	
18. to give yourself something to do when alone	
19. to give yourself something to do when with others	
20. to get help	
21. to make others angry	
22. to feel relaxed	
23. other:	

Thank you for your responses!