

The NSSI Expectancy Questionnaire

We are interested in your thoughts about what might happen if someone engages in self-injury. If you personally have self-injured think about what you might expect the outcome to be when you self-injure. If you do not self-injure, think about what the outcome might be if you did.

How likely is it that after self-injuring:

	Extremely unlikely	Somewhat unlikely	Somewhat likely	Extremely likely
1. I would feel less frustrated with the world	1	2	3	4
2. My friends would be disgusted	1	2	3	4
3. I could make other people do things for me	1	2	3	4
4. I would feel physical pain	1	2	3	4
5. I would feel like a failure	1	2	3	4
6. I would feel better about myself	1	2	3	4
7. My friends would not approve of me	1	2	3	4
8. It would be easier to get what I want from others	1	2	3	4
9. It would hurt	1	2	3	4
10. I would feel ashamed	1	2	3	4
11. I would feel calm	1	2	3	4
12. My family would be disgusted	1	2	3	4
13. Other people would notice and offer sympathy	1	2	3	4
14. I would not be aware of any physical pain (R)	1	2	3	4
15. I would feel numb	1	2	3	4
16. The future would seem more optimistic	1	2	3	4
17. My parents would be angry	1	2	3	4
18. I would feel that it would be easier to open up and express my feelings	1	2	3	4
19. I would not feel any pain (R)	1	2	3	4
20. I would feel emotionally drained	1	2	3	4
21. I would feel relieved	1	2	3	4
22. Other people would notice and think I was a freak	1	2	3	4
23. I would get care from others	1	2	3	4
24. The pain would be intense	1	2	3	4

25.I would hate myself	1	2	3	4
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Citation: Hasking, P & Boyes., M. (in press). The Nonsuicidal Self-Injury Expectancy Questionnaire (NEQ): Factor structure and initial validation. *Clinical Psychologist*.