

Alexian Brothers Urge to Self-Injure Scale (ABUSI)

The questions below apply to **the last week**. Place an "X" in the box next to the most appropriate statement

1. How often have you thought about injuring yourself or about how you want to injure yourself?

- Never, 0 times in the last week
- Rarely, 1 -2 times in the last week
- Occasionally, 3 – 4 times in the last week
- Sometimes, 5 – 10 times in the last week, or 1 -2 times a day
- Often, 11 – 20 times in the last week, or 2 – 3 times a day
- Most of the time, 20 – 40 times in the last week, or 3 – 6 times a day
- Nearly all of the time, more that 40 times in the last week, or more than 6 times a day

2. At the most severe point, how strong was your urge to self-injure in the last week?

- None at all.
- Slight, that is, a very mild urge.
- Mild Urge.
- Moderate Urge.
- Strong Urge, but easily controlled.
- Strong Urge, but difficult to control.
- Strong Urge and would have self-injured if able to.

3. How much time have you spent thinking about injuring yourself or about how you want to injure yourself?

- None. Less than 20 min. 21-45 min. 46-90 min. 90 min to 3 hrs. 3-6 hrs. More than 6 hrs.

4. How difficult was it to resist injuring yourself in the last week?

- Not difficult at all Very mildly difficult Mildly difficult Moderately difficult Very difficult Extremely difficult Was not able to resist

5. Keeping in mind your responses to the previous questions, please rate your *overall average* urge or desire to injure yourself in the last week.

- Never thought about it and never had the urge to self-injure.
- Rarely thought about it and rarely had the urge to self-injure.
- Occasionally thought about it and occasionally had the urge to self-injure.
- Sometimes thought about it and sometimes had the urge to self-injure.
- Often thought about it and often had the urge to self-injure.
- Thought about self-injury most of the time and had the urge to do it most of the time.
- Thought about self-injury nearly all the time and had the urge to do it nearly all the time.