

Non-Suicidal Self-Injury Scar Cognition Scale (NSSI-SCS)

Instructions: *Please think about your scar(s) from intentionally hurting yourself without suicidal intent.*

How true has each statement been for you over the past 2 weeks?	Very Slightly Or Not At All	A Little Bit	Moderately	Quite A Bit	Extremely
1. My scar(s) represent how strong I am emotionally.	1	2	3	4	5
2. My scar(s) represent how strong I am physically.	1	2	3	4	5
3. My scar(s) bring back memories of things that I don't want to remember.	1	2	3	4	5
4. My scar(s) make me think about how weak I used to be.	1	2	3	4	5
5. My scar(s) make me feel proud that I got through a very tough time.	1	2	3	4	5
6. My scar(s) remind me that I am weak.	1	2	3	4	5
7. My scar(s) make me feel afraid.	1	2	3	4	5
8. My scar(s) make me feel shame.	1	2	3	4	5
9. My scar(s) remind me of stressful things that happened to me in the past.	1	2	3	4	5
10. My scar(s) make me embarrassed in front of other people.	1	2	3	4	5
11. My scar(s) make me feel tough, like I can get through anything.	1	2	3	4	5
12. My scar(s) make me feel like I am weak.	1	2	3	4	5
13. I think about my scar(s).	1	2	3	4	5
14. My scar(s) make me feel hopeless.	1	2	3	4	5
15. My scar(s) make me think about my failures and mistakes.	1	2	3	4	5

16. I think that people stare at my scar(s).	1	2	3	4	5
17. My scar(s) make me feel like I want to kill myself.	1	2	3	4	5
18. My scar(s) make me feel unattractive.	1	2	3	4	5
19. My scar(s) make me feel like I could kill myself if I wanted to.	1	2	3	4	5
20. My scar(s) make me feel hopeful about my future.	1	2	3	4	5
21. My scar(s) make me feel like I can't handle the future.	1	2	3	4	5
22. My scar(s) make me feel like I can't change anything, like I'm stuck.	1	2	3	4	5
23. I think that people judge me because of my scar(s).	1	2	3	4	5
24. I think that I would have better relationships if I didn't have any scar(s).	1	2	3	4	5
25. I think that my scar(s) make me unique.	1	2	3	4	5
26. My scar(s) make me feel less afraid of dying.	1	2	3	4	5

Note. Items 13, 21, and 24 were excluded from the final scale.