

Self-Injury Questionnaire

Sometimes people engage on purpose in behaviors that affect or change their bodies. This questionnaire asks about behaviors like these that you may have engaged in and reasons why you have done them. If you have ever engaged in the behavior listed, please circle the numbers of all reasons that apply to why you have done that particular behavior.

1. Cosmetic surgery (e.g., nose job, liposuction) other than after a serious injury or accident

- a. How many surgeries have you had? _____ (if none, skip to question #2)
- b. On which body parts have you had cosmetic surgery? (please list all): _____

If you have ever engaged in this behavior, circle the numbers of all applicable reasons:

- | | |
|---|--|
| 1. For fun | 16. To achieve a feeling of peace |
| 2. For the rush of adrenalin or excitement | 17. To reduce tension or anxiety |
| 3. My friends or family did it or taught me to do it. | 18. To “numb out” or “space out” |
| 4. To distract from feelings or thoughts | 19. To escape from reality |
| 5. To deal with physical pain instead of mental pain | 20. To deal with feelings of loneliness |
| 6. To distract from memories | 21. To purify myself or a part of myself |
| 7. To show the pain I feel inside | 22. To feel powerful |
| 8. To see blood | 23. To gain control over my body |
| 9. To get a reaction from someone | 24. To become sexually aroused or stimulated |
| 10. To express anger or frustration at someone else | 25. To protect people who are important to me |
| 11. To punish myself for something | 26. To re-enact or replay events from the past |
| 12. To express anger or frustration at myself | 27. Suicide attempt |
| 13. To deal with feelings about sex or closeness | 28. Instead of suicide or to avoid suicide |
| 14. To bring myself back to reality | 29. To get help or care from someone |
| 15. To feel real or alive | 30. I do not know why |

Other reason not indicated on list: _____

Self-Injury Questionnaire

2. Tattoos

a. How many tattoos do you have? _____ (if none, skip to question #3)

b. On which body parts do you have tattoos? (please list all): _____

c. Approximately how many inches across is your biggest tattoo? _____ inches

If you have ever engaged in this behavior, circle the numbers of all applicable reasons:

- | | |
|---|---|
| 1. For fun | 16.To achieve a feeling of peace |
| 2. For the rush of adrenalin or excitement | 17.To reduce tension or anxiety |
| 3. My friends or family did it or taught me to do it. | 18.To “numb out” or “space out” |
| 4. To distract from feelings or thoughts | 19.To escape from reality |
| 5. To deal with physical pain instead of mental pain | 20.To deal with feelings of loneliness |
| 6. To distract from memories | 21.To purify myself or a part of myself |
| 7. To show the pain I feel inside | 22.To feel powerful |
| 8. To see blood | 23.To gain control over my body |
| 9. To get a reaction from someone | 24.To become sexually aroused or stimulated |
| 10.To express anger or frustration at someone else | 25.To protect people who are important to me |
| 11.To punish myself for something | 26.To re-enact or replay events from the past |
| 12.To express anger or frustration at myself | 27.Suicide attempt |
| 13.To deal with feelings about sex or closeness | 28.Instead of suicide or to avoid suicide |
| 14.To bring myself back to reality | 29.To get help or care from someone |
| 15.To feel real or alive | 30.I do not know why |

Other reason not indicated on list: _____

Self-Injury Questionnaire

3. Body piercing (other than ears)

a. How many piercings do you have? _____ (if none, skip to question #4)

b. On which body parts have you been pierced? (please list all): _____

If you have ever engaged in this behavior, circle the numbers of all applicable reasons:

- | | |
|---|---|
| 1. For fun | 16.To achieve a feeling of peace |
| 2. For the rush of adrenalin or excitement | 17.To reduce tension or anxiety |
| 3. My friends or family did it or taught me to do it. | 18.To “numb out” or “space out” |
| 4. To distract from feelings or thoughts | 19.To escape from reality |
| 5. To deal with physical pain instead of mental pain | 20.To deal with feelings of loneliness |
| 6. To distract from memories | 21.To purify myself or a part of myself |
| 7. To show the pain I feel inside | 22.To feel powerful |
| 8. To see blood | 23.To gain control over my body |
| 9. To get a reaction from someone | 24.To become sexually aroused or stimulated |
| 10.To express anger or frustration at someone else | 25.To protect people who are important to me |
| 11.To punish myself for something | 26.To re-enact or replay events from the past |
| 12.To express anger or frustration at myself | 27.Suicide attempt |
| 13.To deal with feelings about sex or closeness | 28.Instead of suicide or to avoid suicide |
| 14.To bring myself back to reality | 29.To get help or care from someone |
| 15.To feel real or alive | 30.I do not know why |

Other reason not indicated on list: _____

Self-Injury Questionnaire

For the remaining questions, please circle the number that indicates the most frequently (if ever) you have engaged in each behavior listed here. The number you circle should indicate the most that you have ever done this behavior even if your current behavior is different. As above, if you have ever engaged in the behavior listed, please circle the numbers of all reasons that apply to why you have done that particular behavior.

4. Drank alcohol until vomited or passed out

1	2	3	4	5	6	7
Never	Once / Twice Ever	Couple of Times a Year	Once / Twice a Month	Once / Twice a Week	Several Times a Week	Daily

If you have ever engaged in this behavior, circle the numbers of all applicable reasons:

1. For fun
2. For the rush of adrenalin or excitement
3. My friends or family did it or taught me to do it.
4. To distract from feelings or thoughts
5. To deal with physical pain instead of mental pain
6. To distract from memories
7. To show the pain I feel inside
8. To see blood
9. To get a reaction from someone
10. To express anger or frustration at someone else
11. To punish myself for something
12. To express anger or frustration at myself
13. To deal with feelings about sex or closeness
14. To bring myself back to reality
15. To feel real or alive
16. To achieve a feeling of peace
17. To reduce tension or anxiety
18. To “numb out” or “space out”
19. To escape from reality
20. To deal with feelings of loneliness
21. To purify myself or a part of myself
22. To feel powerful
23. To gain control over my body
24. To become sexually aroused or stimulated
25. To protect people who are important to me
26. To re-enact or replay events from the past
27. Suicide attempt
28. Instead of suicide or to avoid suicide
29. To get help or care from someone
30. I do not know why

Other reason not indicated on list: _____

Self-Injury Questionnaire

5. Used marijuana

1	2	3	4	5	6	7
Never	Once / Twice Ever	Couple of Times a Year	Once / Twice a Month	Once / Twice a Week	Several Times a Week	Daily

If you have ever engaged in this behavior, circle the numbers of all applicable reasons:

1. For fun
2. For the rush of adrenalin or excitement
3. My friends or family did it or taught me to do it.
4. To distract from feelings or thoughts
5. To deal with physical pain instead of mental pain
6. To distract from memories
7. To show the pain I feel inside
8. To see blood
9. To get a reaction from someone
10. To express anger or frustration at someone else
11. To punish myself for something
12. To express anger or frustration at myself
13. To deal with feelings about sex or closeness
14. To bring myself back to reality
15. To feel real or alive
16. To achieve a feeling of peace
17. To reduce tension or anxiety
18. To “numb out” or “space out”
19. To escape from reality
20. To deal with feelings of loneliness
21. To purify myself or a part of myself
22. To feel powerful
23. To gain control over my body
24. To become sexually aroused or stimulated
25. To protect people who are important to me
26. To re-enact or replay events from the past
27. Suicide attempt
28. Instead of suicide or to avoid suicide
29. To get help or care from someone
30. I do not know why

Other reason not indicated on list: _____

Self-Injury Questionnaire

6. Used illegal drugs other than marijuana (e.g., cocaine, amphetamines)

1	2	3	4	5	6	7
Never	Once / Twice Ever	Couple of Times a Year	Once / Twice a Month	Once / Twice a Week	Several Times a Week	Daily

If you have ever engaged in this behavior, circle the numbers of all applicable reasons:

1. For fun
2. For the rush of adrenalin or excitement
3. My friends or family did it or taught me to do it.
4. To distract from feelings or thoughts
5. To deal with physical pain instead of mental pain
6. To distract from memories
7. To show the pain I feel inside
8. To see blood
9. To get a reaction from someone
10. To express anger or frustration at someone else
11. To punish myself for something
12. To express anger or frustration at myself
13. To deal with feelings about sex or closeness
14. To bring myself back to reality
15. To feel real or alive
16. To achieve a feeling of peace
17. To reduce tension or anxiety
18. To “numb out” or “space out”
19. To escape from reality
20. To deal with feelings of loneliness
21. To purify myself or a part of myself
22. To feel powerful
23. To gain control over my body
24. To become sexually aroused or stimulated
25. To protect people who are important to me
26. To re-enact or replay events from the past
27. Suicide attempt
28. Instead of suicide or to avoid suicide
29. To get help or care from someone
30. I do not know why

Other reason not indicated on list: _____

Self-Injury Questionnaire

7. Abused prescription or over-the-counter medications

1	2	3	4	5	6	7
Never	Once / Twice Ever	Couple of Times a Year	Once / Twice a Month	Once / Twice a Week	Several Times a Week	Daily

If you have ever engaged in this behavior, circle the numbers of all applicable reasons:

1. For fun
2. For the rush of adrenalin or excitement
3. My friends or family did it or taught me to do it.
4. To distract from feelings or thoughts
5. To deal with physical pain instead of mental pain
6. To distract from memories
7. To show the pain I feel inside
8. To see blood
9. To get a reaction from someone
10. To express anger or frustration at someone else
11. To punish myself for something
12. To express anger or frustration at myself
13. To deal with feelings about sex or closeness
14. To bring myself back to reality
15. To feel real or alive
16. To achieve a feeling of peace
17. To reduce tension or anxiety
18. To “numb out” or “space out”
19. To escape from reality
20. To deal with feelings of loneliness
21. To purify myself or a part of myself
22. To feel powerful
23. To gain control over my body
24. To become sexually aroused or stimulated
25. To protect people who are important to me
26. To re-enact or replay events from the past
27. Suicide attempt
28. Instead of suicide or to avoid suicide
29. To get help or care from someone
30. I do not know why

Other reason not indicated on list: _____

Self-Injury Questionnaire

8. Thrown up on purpose after eating large amounts of food

1	2	3	4	5	6	7
Never	Once / Twice Ever	Couple of Times a Year	Once / Twice a Month	Once / Twice a Week	Several Times a Week	Daily

If you have ever engaged in this behavior, circle the numbers of all applicable reasons:

1. For fun
2. For the rush of adrenalin or excitement
3. My friends or family did it or taught me to do it.
4. To distract from feelings or thoughts
5. To deal with physical pain instead of mental pain
6. To distract from memories
7. To show the pain I feel inside
8. To see blood
9. To get a reaction from someone
10. To express anger or frustration at someone else
11. To punish myself for something
12. To express anger or frustration at myself
13. To deal with feelings about sex or closeness
14. To bring myself back to reality
15. To feel real or alive
16. To achieve a feeling of peace
17. To reduce tension or anxiety
18. To “numb out” or “space out”
19. To escape from reality
20. To deal with feelings of loneliness
21. To purify myself or a part of myself
22. To feel powerful
23. To gain control over my body
24. To become sexually aroused or stimulated
25. To protect people who are important to me
26. To re-enact or replay events from the past
27. Suicide attempt
28. Instead of suicide or to avoid suicide
29. To get help or care from someone
30. I do not know why

Other reason not indicated on list: _____

Self-Injury Questionnaire

9. Binged on food (ate an excessively large amount) on purpose

1	2	3	4	5	6	7
Never	Once / Twice Ever	Couple of Times a Year	Once / Twice a Month	Once / Twice a Week	Several Times a Week	Daily

If you have ever engaged in this behavior, circle the numbers of all applicable reasons:

1. For fun
2. For the rush of adrenalin or excitement
3. My friends or family did it or taught me to do it.
4. To distract from feelings or thoughts
5. To deal with physical pain instead of mental pain
6. To distract from memories
7. To show the pain I feel inside
8. To see blood
9. To get a reaction from someone
10. To express anger or frustration at someone else
11. To punish myself for something
12. To express anger or frustration at myself
13. To deal with feelings about sex or closeness
14. To bring myself back to reality
15. To feel real or alive
16. To achieve a feeling of peace
17. To reduce tension or anxiety
18. To “numb out” or “space out”
19. To escape from reality
20. To deal with feelings of loneliness
21. To purify myself or a part of myself
22. To feel powerful
23. To gain control over my body
24. To become sexually aroused or stimulated
25. To protect people who are important to me
26. To re-enact or replay events from the past
27. Suicide attempt
28. Instead of suicide or to avoid suicide
29. To get help or care from someone
30. I do not know why

Other reason not indicated on list: _____

Self-Injury Questionnaire

10. Fasted for a day or more on purpose (not for religious reasons)

1	2	3	4	5	6	7
Never	Once / Twice Ever	Couple of Times a Year	Once / Twice a Month	Once / Twice a Week	Several Times a Week	Daily

If you have ever engaged in this behavior, circle the numbers of all applicable reasons:

1. For fun
2. For the rush of adrenalin or excitement
3. My friends or family did it or taught me to do it.
4. To distract from feelings or thoughts
5. To deal with physical pain instead of mental pain
6. To distract from memories
7. To show the pain I feel inside
8. To see blood
9. To get a reaction from someone
10. To express anger or frustration at someone else
11. To punish myself for something
12. To express anger or frustration at myself
13. To deal with feelings about sex or closeness
14. To bring myself back to reality
15. To feel real or alive
16. To achieve a feeling of peace
17. To reduce tension or anxiety
18. To “numb out” or “space out”
19. To escape from reality
20. To deal with feelings of loneliness
21. To purify myself or a part of myself
22. To feel powerful
23. To gain control over my body
24. To become sexually aroused or stimulated
25. To protect people who are important to me
26. To re-enact or replay events from the past
27. Suicide attempt
28. Instead of suicide or to avoid suicide
29. To get help or care from someone
30. I do not know why

Other reason not indicated on list: _____

Self-Injury Questionnaire

11. Used laxatives, enemas, or diuretics for other than medical reasons

1	2	3	4	5	6	7
Never	Once / Twice Ever	Couple of Times a Year	Once / Twice a Month	Once / Twice a Week	Several Times a Week	Daily

If you have ever engaged in this behavior, circle the numbers of all applicable reasons:

1. For fun
2. For the rush of adrenalin or excitement
3. My friends or family did it or taught me to do it.
4. To distract from feelings or thoughts
5. To deal with physical pain instead of mental pain
6. To distract from memories
7. To show the pain I feel inside
8. To see blood
9. To get a reaction from someone
10. To express anger or frustration at someone else
11. To punish myself for something
12. To express anger or frustration at myself
13. To deal with feelings about sex or closeness
14. To bring myself back to reality
15. To feel real or alive
16. To achieve a feeling of peace
17. To reduce tension or anxiety
18. To “numb out” or “space out”
19. To escape from reality
20. To deal with feelings of loneliness
21. To purify myself or a part of myself
22. To feel powerful
23. To gain control over my body
24. To become sexually aroused or stimulated
25. To protect people who are important to me
26. To re-enact or replay events from the past
27. Suicide attempt
28. Instead of suicide or to avoid suicide
29. To get help or care from someone
30. I do not know why

Other reason not indicated on list: _____

Self-Injury Questionnaire

12. Exercised even though you were very sick or seriously injured

1	2	3	4	5	6	7
Never	Once / Twice Ever	Couple of Times a Year	Once / Twice a Month	Once / Twice a Week	Several Times a Week	Daily

If you have ever engaged in this behavior, circle the numbers of all applicable reasons:

1. For fun
2. For the rush of adrenalin or excitement
3. My friends or family did it or taught me to do it.
4. To distract from feelings or thoughts
5. To deal with physical pain instead of mental pain
6. To distract from memories
7. To show the pain I feel inside
8. To see blood
9. To get a reaction from someone
10. To express anger or frustration at someone else
11. To punish myself for something
12. To express anger or frustration at myself
13. To deal with feelings about sex or closeness
14. To bring myself back to reality
15. To feel real or alive
16. To achieve a feeling of peace
17. To reduce tension or anxiety
18. To “numb out” or “space out”
19. To escape from reality
20. To deal with feelings of loneliness
21. To purify myself or a part of myself
22. To feel powerful
23. To gain control over my body
24. To become sexually aroused or stimulated
25. To protect people who are important to me
26. To re-enact or replay events from the past
27. Suicide attempt
28. Instead of suicide or to avoid suicide
29. To get help or care from someone
30. I do not know why

Other reason not indicated on list: _____

Self-Injury Questionnaire

13. Smoked cigarettes

1	2	3	4	5	6	7
Never	Once / Twice Ever	Couple of Times a Year	Once / Twice a Month	Once / Twice a Week	Several Times a Week	Daily

If you have ever engaged in this behavior, circle the numbers of all applicable reasons:

1. For fun
2. For the rush of adrenalin or excitement
3. My friends or family did it or taught me to do it.
4. To distract from feelings or thoughts
5. To deal with physical pain instead of mental pain
6. To distract from memories
7. To show the pain I feel inside
8. To see blood
9. To get a reaction from someone
10. To express anger or frustration at someone else
11. To punish myself for something
12. To express anger or frustration at myself
13. To deal with feelings about sex or closeness
14. To bring myself back to reality
15. To feel real or alive
16. To achieve a feeling of peace
17. To reduce tension or anxiety
18. To “numb out” or “space out”
19. To escape from reality
20. To deal with feelings of loneliness
21. To purify myself or a part of myself
22. To feel powerful
23. To gain control over my body
24. To become sexually aroused or stimulated
25. To protect people who are important to me
26. To re-enact or replay events from the past
27. Suicide attempt
28. Instead of suicide or to avoid suicide
29. To get help or care from someone
30. I do not know why

Other reason not indicated on list: _____

Self-Injury Questionnaire

14. Drove recklessly

1	2	3	4	5	6	7
Never	Once / Twice Ever	Couple of Times a Year	Once / Twice a Month	Once / Twice a Week	Several Times a Week	Daily

If you have ever engaged in this behavior, circle the numbers of all applicable reasons:

1. For fun
2. For the rush of adrenalin or excitement
3. My friends or family did it or taught me to do it.
4. To distract from feelings or thoughts
5. To deal with physical pain instead of mental pain
6. To distract from memories
7. To show the pain I feel inside
8. To see blood
9. To get a reaction from someone
10. To express anger or frustration at someone else
11. To punish myself for something
12. To express anger or frustration at myself
13. To deal with feelings about sex or closeness
14. To bring myself back to reality
15. To feel real or alive
16. To achieve a feeling of peace
17. To reduce tension or anxiety
18. To “numb out” or “space out”
19. To escape from reality
20. To deal with feelings of loneliness
21. To purify myself or a part of myself
22. To feel powerful
23. To gain control over my body
24. To become sexually aroused or stimulated
25. To protect people who are important to me
26. To re-enact or replay events from the past
27. Suicide attempt
28. Instead of suicide or to avoid suicide
29. To get help or care from someone
30. I do not know why

Other reason not indicated on list: _____

Self-Injury Questionnaire

15. Drove while intoxicated

1	2	3	4	5	6	7
Never	Once / Twice Ever	Couple of Times a Year	Once / Twice a Month	Once / Twice a Week	Several Times a Week	Daily

If you have ever engaged in this behavior, circle the numbers of all applicable reasons:

1. For fun
2. For the rush of adrenalin or excitement
3. My friends or family did it or taught me to do it.
4. To distract from feelings or thoughts
5. To deal with physical pain instead of mental pain
6. To distract from memories
7. To show the pain I feel inside
8. To see blood
9. To get a reaction from someone
10. To express anger or frustration at someone else
11. To punish myself for something
12. To express anger or frustration at myself
13. To deal with feelings about sex or closeness
14. To bring myself back to reality
15. To feel real or alive
16. To achieve a feeling of peace
17. To reduce tension or anxiety
18. To “numb out” or “space out”
19. To escape from reality
20. To deal with feelings of loneliness
21. To purify myself or a part of myself
22. To feel powerful
23. To gain control over my body
24. To become sexually aroused or stimulated
25. To protect people who are important to me
26. To re-enact or replay events from the past
27. Suicide attempt
28. Instead of suicide or to avoid suicide
29. To get help or care from someone
30. I do not know why

Other reason not indicated on list: _____

Self-Injury Questionnaire

16. Intentionally avoided going to the doctor even though very sick or seriously injured

1	2	3	4	5	6	7
Never	Once / Twice Ever	Couple of Times a Year	Once / Twice a Month	Once / Twice a Week	Several Times a Week	Daily

If you have ever engaged in this behavior, circle the numbers of all applicable reasons:

1. For fun
2. For the rush of adrenalin or excitement
3. My friends or family did it or taught me to do it.
4. To distract from feelings or thoughts
5. To deal with physical pain instead of mental pain
6. To distract from memories
7. To show the pain I feel inside
8. To see blood
9. To get a reaction from someone
10. To express anger or frustration at someone else
11. To punish myself for something
12. To express anger or frustration at myself
13. To deal with feelings about sex or closeness
14. To bring myself back to reality
15. To feel real or alive
16. To achieve a feeling of peace
17. To reduce tension or anxiety
18. To “numb out” or “space out”
19. To escape from reality
20. To deal with feelings of loneliness
21. To purify myself or a part of myself
22. To feel powerful
23. To gain control over my body
24. To become sexually aroused or stimulated
25. To protect people who are important to me
26. To re-enact or replay events from the past
27. Suicide attempt
28. Instead of suicide or to avoid suicide
29. To get help or care from someone
30. I do not know why

Other reason not indicated on list: _____

Self-Injury Questionnaire

17. Spent time with people who were dangerous

1	2	3	4	5	6	7
Never	Once / Twice Ever	Couple of Times a Year	Once / Twice a Month	Once / Twice a Week	Several Times a Week	Daily

If you have ever engaged in this behavior, circle the numbers of all applicable reasons:

1. For fun
2. For the rush of adrenalin or excitement
3. My friends or family did it or taught me to do it.
4. To distract from feelings or thoughts
5. To deal with physical pain instead of mental pain
6. To distract from memories
7. To show the pain I feel inside
8. To see blood
9. To get a reaction from someone
10. To express anger or frustration at someone else
11. To punish myself for something
12. To express anger or frustration at myself
13. To deal with feelings about sex or closeness
14. To bring myself back to reality
15. To feel real or alive
16. To achieve a feeling of peace
17. To reduce tension or anxiety
18. To “numb out” or “space out”
19. To escape from reality
20. To deal with feelings of loneliness
21. To purify myself or a part of myself
22. To feel powerful
23. To gain control over my body
24. To become sexually aroused or stimulated
25. To protect people who are important to me
26. To re-enact or replay events from the past
27. Suicide attempt
28. Instead of suicide or to avoid suicide
29. To get help or care from someone
30. I do not know why

Other reason not indicated on list: _____

Self-Injury Questionnaire

18. Got into a physical fight

1	2	3	4	5	6	7
Never	Once / Twice Ever	Couple of Times a Year	Once / Twice a Month	Once / Twice a Week	Several Times a Week	Daily

If you have ever engaged in this behavior, circle the numbers of all applicable reasons:

1. For fun
2. For the rush of adrenalin or excitement
3. My friends or family did it or taught me to do it.
4. To distract from feelings or thoughts
5. To deal with physical pain instead of mental pain
6. To distract from memories
7. To show the pain I feel inside
8. To see blood
9. To get a reaction from someone
10. To express anger or frustration at someone else
11. To punish myself for something
12. To express anger or frustration at myself
13. To deal with feelings about sex or closeness
14. To bring myself back to reality
15. To feel real or alive
16. To achieve a feeling of peace
17. To reduce tension or anxiety
18. To “numb out” or “space out”
19. To escape from reality
20. To deal with feelings of loneliness
21. To purify myself or a part of myself
22. To feel powerful
23. To gain control over my body
24. To become sexually aroused or stimulated
25. To protect people who are important to me
26. To re-enact or replay events from the past
27. Suicide attempt
28. Instead of suicide or to avoid suicide
29. To get help or care from someone
30. I do not know why

Other reason not indicated on list: _____

Self-Injury Questionnaire

19. Engaged in unprotected sex

1	2	3	4	5	6	7
Never	Once / Twice Ever	Couple of Times a Year	Once / Twice a Month	Once / Twice a Week	Several Times a Week	Daily

If you have ever engaged in this behavior, circle the numbers of all applicable reasons:

1. For fun
2. For the rush of adrenalin or excitement
3. My friends or family did it or taught me to do it.
4. To distract from feelings or thoughts
5. To deal with physical pain instead of mental pain
6. To distract from memories
7. To show the pain I feel inside
8. To see blood
9. To get a reaction from someone
10. To express anger or frustration at someone else
11. To punish myself for something
12. To express anger or frustration at myself
13. To deal with feelings about sex or closeness
14. To bring myself back to reality
15. To feel real or alive
16. To achieve a feeling of peace
17. To reduce tension or anxiety
18. To “numb out” or “space out”
19. To escape from reality
20. To deal with feelings of loneliness
21. To purify myself or a part of myself
22. To feel powerful
23. To gain control over my body
24. To become sexually aroused or stimulated
25. To protect people who are important to me
26. To re-enact or replay events from the past
27. Suicide attempt
28. Instead of suicide or to avoid suicide
29. To get help or care from someone
30. I do not know why

Other reason not indicated on list: _____

Self-Injury Questionnaire

20. Pinched your body on purpose until bruising or pain occurred

1	2	3	4	5	6	7
Never	Once / Twice Ever	Couple of Times a Year	Once / Twice a Month	Once / Twice a Week	Several Times a Week	Daily

If you have ever engaged in this behavior, circle the numbers of all applicable reasons:

1. For fun
2. For the rush of adrenalin or excitement
3. My friends or family did it or taught me to do it.
4. To distract from feelings or thoughts
5. To deal with physical pain instead of mental pain
6. To distract from memories
7. To show the pain I feel inside
8. To see blood
9. To get a reaction from someone
10. To express anger or frustration at someone else
11. To punish myself for something
12. To express anger or frustration at myself
13. To deal with feelings about sex or closeness
14. To bring myself back to reality
15. To feel real or alive
16. To achieve a feeling of peace
17. To reduce tension or anxiety
18. To “numb out” or “space out”
19. To escape from reality
20. To deal with feelings of loneliness
21. To purify myself or a part of myself
22. To feel powerful
23. To gain control over my body
24. To become sexually aroused or stimulated
25. To protect people who are important to me
26. To re-enact or replay events from the past
27. Suicide attempt
28. Instead of suicide or to avoid suicide
29. To get help or care from someone
30. I do not know why

Other reason not indicated on list: _____

Self-Injury Questionnaire

21. Cut or gouged your body with a razor, broken glass, etc. on purpose

1	2	3	4	5	6	7
Never	Once / Twice Ever	Couple of Times a Year	Once / Twice a Month	Once / Twice a Week	Several Times a Week	Daily

If you have ever engaged in this behavior, circle the numbers of all applicable reasons:

1. For fun
2. For the rush of adrenalin or excitement
3. My friends or family did it or taught me to do it.
4. To distract from feelings or thoughts
5. To deal with physical pain instead of mental pain
6. To distract from memories
7. To show the pain I feel inside
8. To see blood
9. To get a reaction from someone
10. To express anger or frustration at someone else
11. To punish myself for something
12. To express anger or frustration at myself
13. To deal with feelings about sex or closeness
14. To bring myself back to reality
15. To feel real or alive
16. To achieve a feeling of peace
17. To reduce tension or anxiety
18. To “numb out” or “space out”
19. To escape from reality
20. To deal with feelings of loneliness
21. To purify myself or a part of myself
22. To feel powerful
23. To gain control over my body
24. To become sexually aroused or stimulated
25. To protect people who are important to me
26. To re-enact or replay events from the past
27. Suicide attempt
28. Instead of suicide or to avoid suicide
29. To get help or care from someone
30. I do not know why

Other reason not indicated on list: _____

Self-Injury Questionnaire

22. Burned yourself with a lit cigarette, match, or lighter on purpose

1	2	3	4	5	6	7
Never	Once / Twice Ever	Couple of Times a Year	Once / Twice a Month	Once / Twice a Week	Several Times a Week	Daily

If you have ever engaged in this behavior, circle the numbers of all applicable reasons:

1. For fun
2. For the rush of adrenalin or excitement
3. My friends or family did it or taught me to do it.
4. To distract from feelings or thoughts
5. To deal with physical pain instead of mental pain
6. To distract from memories
7. To show the pain I feel inside
8. To see blood
9. To get a reaction from someone
10. To express anger or frustration at someone else
11. To punish myself for something
12. To express anger or frustration at myself
13. To deal with feelings about sex or closeness
14. To bring myself back to reality
15. To feel real or alive
16. To achieve a feeling of peace
17. To reduce tension or anxiety
18. To “numb out” or “space out”
19. To escape from reality
20. To deal with feelings of loneliness
21. To purify myself or a part of myself
22. To feel powerful
23. To gain control over my body
24. To become sexually aroused or stimulated
25. To protect people who are important to me
26. To re-enact or replay events from the past
27. Suicide attempt
28. Instead of suicide or to avoid suicide
29. To get help or care from someone
30. I do not know why

Other reason not indicated on list: _____

Self-Injury Questionnaire

23. Banged your head against a hard surface on purpose

1	2	3	4	5	6	7
Never	Once / Twice Ever	Couple of Times a Year	Once / Twice a Month	Once / Twice a Week	Several Times a Week	Daily

If you have ever engaged in this behavior, circle the numbers of all applicable reasons:

1. For fun
2. For the rush of adrenalin or excitement
3. My friends or family did it or taught me to do it.
4. To distract from feelings or thoughts
5. To deal with physical pain instead of mental pain
6. To distract from memories
7. To show the pain I feel inside
8. To see blood
9. To get a reaction from someone
10. To express anger or frustration at someone else
11. To punish myself for something
12. To express anger or frustration at myself
13. To deal with feelings about sex or closeness
14. To bring myself back to reality
15. To feel real or alive
16. To achieve a feeling of peace
17. To reduce tension or anxiety
18. To “numb out” or “space out”
19. To escape from reality
20. To deal with feelings of loneliness
21. To purify myself or a part of myself
22. To feel powerful
23. To gain control over my body
24. To become sexually aroused or stimulated
25. To protect people who are important to me
26. To re-enact or replay events from the past
27. Suicide attempt
28. Instead of suicide or to avoid suicide
29. To get help or care from someone
30. I do not know why

Other reason not indicated on list: _____

Self-Injury Questionnaire

24. Slapped yourself or hit yourself with something on purpose

1	2	3	4	5	6	7
Never	Once / Twice Ever	Couple of Times a Year	Once / Twice a Month	Once / Twice a Week	Several Times a Week	Daily

If you have ever engaged in this behavior, circle the numbers of all applicable reasons:

1. For fun
2. For the rush of adrenalin or excitement
3. My friends or family did it or taught me to do it.
4. To distract from feelings or thoughts
5. To deal with physical pain instead of mental pain
6. To distract from memories
7. To show the pain I feel inside
8. To see blood
9. To get a reaction from someone
10. To express anger or frustration at someone else
11. To punish myself for something
12. To express anger or frustration at myself
13. To deal with feelings about sex or closeness
14. To bring myself back to reality
15. To feel real or alive
16. To achieve a feeling of peace
17. To reduce tension or anxiety
18. To “numb out” or “space out”
19. To escape from reality
20. To deal with feelings of loneliness
21. To purify myself or a part of myself
22. To feel powerful
23. To gain control over my body
24. To become sexually aroused or stimulated
25. To protect people who are important to me
26. To re-enact or replay events from the past
27. Suicide attempt
28. Instead of suicide or to avoid suicide
29. To get help or care from someone
30. I do not know why

Other reason not indicated on list: _____

Self-Injury Questionnaire

25. Punched walls or other objects on purpose

1	2	3	4	5	6	7
Never	Once / Twice Ever	Couple of Times a Year	Once / Twice a Month	Once / Twice a Week	Several Times a Week	Daily

If you have ever engaged in this behavior, circle the numbers of all applicable reasons:

1. For fun
2. For the rush of adrenalin or excitement
3. My friends or family did it or taught me to do it.
4. To distract from feelings or thoughts
5. To deal with physical pain instead of mental pain
6. To distract from memories
7. To show the pain I feel inside
8. To see blood
9. To get a reaction from someone
10. To express anger or frustration at someone else
11. To punish myself for something
12. To express anger or frustration at myself
13. To deal with feelings about sex or closeness
14. To bring myself back to reality
15. To feel real or alive
16. To achieve a feeling of peace
17. To reduce tension or anxiety
18. To “numb out” or “space out”
19. To escape from reality
20. To deal with feelings of loneliness
21. To purify myself or a part of myself
22. To feel powerful
23. To gain control over my body
24. To become sexually aroused or stimulated
25. To protect people who are important to me
26. To re-enact or replay events from the past
27. Suicide attempt
28. Instead of suicide or to avoid suicide
29. To get help or care from someone
30. I do not know why

Other reason not indicated on list: _____

Self-Injury Questionnaire

26. Engaged in sexual behaviors that led to physical pain or injury

1	2	3	4	5	6	7
Never	Once / Twice Ever	Couple of Times a Year	Once / Twice a Month	Once / Twice a Week	Several Times a Week	Daily

If you have ever engaged in this behavior, circle the numbers of all applicable reasons:

1. For fun
2. For the rush of adrenalin or excitement
3. My friends or family did it or taught me to do it.
4. To distract from feelings or thoughts
5. To deal with physical pain instead of mental pain
6. To distract from memories
7. To show the pain I feel inside
8. To see blood
9. To get a reaction from someone
10. To express anger or frustration at someone else
11. To punish myself for something
12. To express anger or frustration at myself
13. To deal with feelings about sex or closeness
14. To bring myself back to reality
15. To feel real or alive
16. To achieve a feeling of peace
17. To reduce tension or anxiety
18. To “numb out” or “space out”
19. To escape from reality
20. To deal with feelings of loneliness
21. To purify myself or a part of myself
22. To feel powerful
23. To gain control over my body
24. To become sexually aroused or stimulated
25. To protect people who are important to me
26. To re-enact or replay events from the past
27. Suicide attempt
28. Instead of suicide or to avoid suicide
29. To get help or care from someone
30. I do not know why

Other reason not indicated on list: _____

Self-Injury Questionnaire

27. Scratched your skin on purpose till it hurt or bled

1	2	3	4	5	6	7
Never	Once / Twice Ever	Couple of Times a Year	Once / Twice a Month	Once / Twice a Week	Several Times a Week	Daily

If you have ever engaged in this behavior, circle the numbers of all applicable reasons:

1. For fun
2. For the rush of adrenalin or excitement
3. My friends or family did it or taught me to do it.
4. To distract from feelings or thoughts
5. To deal with physical pain instead of mental pain
6. To distract from memories
7. To show the pain I feel inside
8. To see blood
9. To get a reaction from someone
10. To express anger or frustration at someone else
11. To punish myself for something
12. To express anger or frustration at myself
13. To deal with feelings about sex or closeness
14. To bring myself back to reality
15. To feel real or alive
16. To achieve a feeling of peace
17. To reduce tension or anxiety
18. To “numb out” or “space out”
19. To escape from reality
20. To deal with feelings of loneliness
21. To purify myself or a part of myself
22. To feel powerful
23. To gain control over my body
24. To become sexually aroused or stimulated
25. To protect people who are important to me
26. To re-enact or replay events from the past
27. Suicide attempt
28. Instead of suicide or to avoid suicide
29. To get help or care from someone
30. I do not know why

Other reason not indicated on list: _____

Self-Injury Questionnaire

28. Picked at scabs, fingernails, or cuticles on purpose till they hurt or bled

1	2	3	4	5	6	7
Never	Once / Twice Ever	Couple of Times a Year	Once / Twice a Month	Once / Twice a Week	Several Times a Week	Daily

If you have ever engaged in this behavior, circle the numbers of all applicable reasons:

1. For fun
2. For the rush of adrenalin or excitement
3. My friends or family did it or taught me to do it.
4. To distract from feelings or thoughts
5. To deal with physical pain instead of mental pain
6. To distract from memories
7. To show the pain I feel inside
8. To see blood
9. To get a reaction from someone
10. To express anger or frustration at someone else
11. To punish myself for something
12. To express anger or frustration at myself
13. To deal with feelings about sex or closeness
14. To bring myself back to reality
15. To feel real or alive
16. To achieve a feeling of peace
17. To reduce tension or anxiety
18. To “numb out” or “space out”
19. To escape from reality
20. To deal with feelings of loneliness
21. To purify myself or a part of myself
22. To feel powerful
23. To gain control over my body
24. To become sexually aroused or stimulated
25. To protect people who are important to me
26. To re-enact or replay events from the past
27. Suicide attempt
28. Instead of suicide or to avoid suicide
29. To get help or care from someone
30. I do not know why

Other reason not indicated on list: _____

Self-Injury Questionnaire

29. Pulled on your hair on purpose until it hurt or came out

1	2	3	4	5	6	7
Never	Once / Twice Ever	Couple of Times a Year	Once / Twice a Month	Once / Twice a Week	Several Times a Week	Daily

If you have ever engaged in this behavior, circle the numbers of all applicable reasons:

1. For fun
2. For the rush of adrenalin or excitement
3. My friends or family did it or taught me to do it.
4. To distract from feelings or thoughts
5. To deal with physical pain instead of mental pain
6. To distract from memories
7. To show the pain I feel inside
8. To see blood
9. To get a reaction from someone
10. To express anger or frustration at someone else
11. To punish myself for something
12. To express anger or frustration at myself
13. To deal with feelings about sex or closeness
14. To bring myself back to reality
15. To feel real or alive
16. To achieve a feeling of peace
17. To reduce tension or anxiety
18. To “numb out” or “space out”
19. To escape from reality
20. To deal with feelings of loneliness
21. To purify myself or a part of myself
22. To feel powerful
23. To gain control over my body
24. To become sexually aroused or stimulated
25. To protect people who are important to me
26. To re-enact or replay events from the past
27. Suicide attempt
28. Instead of suicide or to avoid suicide
29. To get help or care from someone
30. I do not know why

Other reason not indicated on list: _____

Self-Injury Questionnaire

30. Ate toxic substances or sharp objects (e.g., razor blades, staples) on purpose

1	2	3	4	5	6	7
Never	Once / Twice Ever	Couple of Times a Year	Once / Twice a Month	Once / Twice a Week	Several Times a Week	Daily

If you have ever engaged in this behavior, circle the numbers of all applicable reasons:

1. For fun
2. For the rush of adrenalin or excitement
3. My friends or family did it or taught me to do it.
4. To distract from feelings or thoughts
5. To deal with physical pain instead of mental pain
6. To distract from memories
7. To show the pain I feel inside
8. To see blood
9. To get a reaction from someone
10. To express anger or frustration at someone else
11. To punish myself for something
12. To express anger or frustration at myself
13. To deal with feelings about sex or closeness
14. To bring myself back to reality
15. To feel real or alive
16. To achieve a feeling of peace
17. To reduce tension or anxiety
18. To “numb out” or “space out”
19. To escape from reality
20. To deal with feelings of loneliness
21. To purify myself or a part of myself
22. To feel powerful
23. To gain control over my body
24. To become sexually aroused or stimulated
25. To protect people who are important to me
26. To re-enact or replay events from the past
27. Suicide attempt
28. Instead of suicide or to avoid suicide
29. To get help or care from someone
30. I do not know why

Other reason not indicated on list: _____

Self-Injury Questionnaire

31. Bit yourself on purpose

1	2	3	4	5	6	7
Never	Once / Twice Ever	Couple of Times a Year	Once / Twice a Month	Once / Twice a Week	Several Times a Week	Daily

If you have ever engaged in this behavior, circle the numbers of all applicable reasons:

1. For fun
2. For the rush of adrenalin or excitement
3. My friends or family did it or taught me to do it.
4. To distract from feelings or thoughts
5. To deal with physical pain instead of mental pain
6. To distract from memories
7. To show the pain I feel inside
8. To see blood
9. To get a reaction from someone
10. To express anger or frustration at someone else
11. To punish myself for something
12. To express anger or frustration at myself
13. To deal with feelings about sex or closeness
14. To bring myself back to reality
15. To feel real or alive
16. To achieve a feeling of peace
17. To reduce tension or anxiety
18. To “numb out” or “space out”
19. To escape from reality
20. To deal with feelings of loneliness
21. To purify myself or a part of myself
22. To feel powerful
23. To gain control over my body
24. To become sexually aroused or stimulated
25. To protect people who are important to me
26. To re-enact or replay events from the past
27. Suicide attempt
28. Instead of suicide or to avoid suicide
29. To get help or care from someone
30. I do not know why

Other reason not indicated on list: _____

Self-Injury Questionnaire

32. Other behavior(s) not listed _____

1	2	3	4	5	6	7
Never	Once / Twice Ever	Couple of Times a Year	Once / Twice a Month	Once / Twice a Week	Several Times a Week	Daily

If you have ever engaged in this behavior, circle the numbers of all applicable reasons:

- | | |
|---|--|
| 1. For fun | 16. To achieve a feeling of peace |
| 2. For the rush of adrenalin or excitement | 17. To reduce tension or anxiety |
| 3. My friends or family did it or taught me to do it. | 18. To “numb out” or “space out” |
| 4. To distract from feelings or thoughts | 19. To escape from reality |
| 5. To deal with physical pain instead of mental pain | 20. To deal with feelings of loneliness |
| 6. To distract from memories | 21. To purify myself or a part of myself |
| 7. To show the pain I feel inside | 22. To feel powerful |
| 8. To see blood | 23. To gain control over my body |
| 9. To get a reaction from someone | 24. To become sexually aroused or stimulated |
| 10. To express anger or frustration at someone else | 25. To protect people who are important to me |
| 11. To punish myself for something | 26. To re-enact or replay events from the past |
| 12. To express anger or frustration at myself | 27. Suicide attempt |
| 13. To deal with feelings about sex or closeness | 28. Instead of suicide or to avoid suicide |
| 14. To bring myself back to reality | 29. To get help or care from someone |
| 15. To feel real or alive | 30. I do not know why |

Other reason not indicated on list: _____

Self-Injury Questionnaire

SCORING NOTES FROM ALEXANDER 1999

Categories of Reasons for Self-Harm (p. 46)

Fun: Item #1

Arousal/Stimulation: Items #2, #24

Social Influence: Item #3

Regulation of Feelings: Items #4, #5, #6, #13, #20

Communication with Others: Items #7, #9, #10, #29

Sight of Blood: Item #8

Self-Punishment: Items #11, #12

Restoration of Reality: Items #14, #15

Tension Reduction: Items #16, #17

Avoidance of Reality: Items #18, #19

Power/Control: Items #21, #22, #23

Protection of Others: Item #25

Re-enactment: Item #26

Suicide Attempt: Item #27

Avoidance of Suicide: Item #28

Connors Self-Harm Subtypes (p. 21)

Body Alterations (Qs 1-3): Cosmetic surgery, tattoos, body piercings (Qs 1, 2, 3)

Indirect Self-Harm (Qs 4-10, 12-13): Substance use, disordered eating

Failure to Care for Self (Qs 14-19): Reckless driving, avoiding needed medical care, time with dangerous people, physical fights, unprotected sex

Overt Self-Injury (Q11, Qs 20-31): Unnecessary enemas/laxatives/diuretics, pinching, cutting/gouging, burning, banging head, hitting/slapping self, punching walls/objects, sex to cause pain/injury, scratching, picking nails/cuticles until bleeding, pulling hair, eating toxic substances/sharp objects, biting self

Differentiation of Indirect Self-Injury versus Overt Self-Injury (NSSI) (p. 50)

Indirect Self-Injury: Questions 1-19 (see above)

Overt Self-Injury (NSSI): Questions 20-31 (see above)