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
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

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

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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: ____________________________________________________________
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:*

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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

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*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
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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: ________________________________________
5. Used marijuana

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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)

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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: __________________________________________
7. Abused prescription or over-the-counter medications

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27. Suicide attempt
28. Instead of suicide or to avoid suicide
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30. I do not know why

Other reason not indicated on list: __________________________________________________________
8. Thrown up on purpose after eating large amounts of food

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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

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

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Other reason not indicated on list: ___________________________________________
11. Used laxatives, enemas, or diuretics for other than medical reasons

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Other reason not indicated on list: __________________________________________
12. Exercised even though you were very sick or seriously injured

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Other reason not indicated on list: __________________________________________________________
13. Smoked cigarettes

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Other reason not indicated on list: ____________________________________________________
14. Drove recklessly

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29. To get help or care from someone
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Other reason not indicated on list: ___________________________
**Self-Injury Questionnaire**

15. Drove while intoxicated

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

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Other reason not indicated on list: ____________________________________________
17. Spent time with people who were dangerous

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Other reason not indicated on list: _____________________________________________
Self-Injury Questionnaire

18. Got into a physical fight

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30. I do not know why

Other reason not indicated on list: __________________________________________________________
19. Engaged in unprotected sex

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Other reason not indicated on list: ________________________________________________
Self-Injury Questionnaire

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

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Other reason not indicated on list: ____________________________________________
21. Cut or gouged your body with a razor, broken glass, etc. on purpose

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Other reason not indicated on list: ____________________________________________________________
22. Burned yourself with a lit cigarette, match, or lighter on purpose

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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: ___________________________________________
23. Banged your head against a hard surface on purpose

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27. Suicide attempt  
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29. To get help or care from someone  
30. I do not know why

Other reason not indicated on list: __________________________________________
24. Slapped yourself or hit yourself with something on purpose

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Other reason not indicated on list: ___________________________________________
25. Punched walls or other objects on purpose

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Other reason not indicated on list: ___________________________________________________________
26. Engaged in sexual behaviors that led to physical pain or injury

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Other reason not indicated on list: ____________________________________________
27. Scratched your skin on purpose till it hurt or bled

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Other reason not indicated on list: ___________________________
28. Picked at scabs, fingernails, or cuticles on purpose till they hurt or bled

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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

<table>
<thead>
<tr>
<th>Never</th>
<th>Once / Twice</th>
<th>Couple of Times a Year</th>
<th>Once / Twice</th>
<th>Once / Twice</th>
<th>Several Times a Week</th>
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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
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Other reason not indicated on list: __________________________________________
## Self-Injury Questionnaire

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

<table>
<thead>
<tr>
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<th>3</th>
<th>4</th>
<th>5</th>
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<tbody>
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28. Instead of suicide or to avoid suicide
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30. I do not know why

Other reason not indicated on list: ____________________________________________________________
31. Bit yourself on purpose

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30. I do not know why

Other reason not indicated on list: ___________________________________________________
32. Other behavior(s) not listed ________________________________________________

__________________________________________________________________________

__________________________________________________________________________

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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)