

SELF-INJURY QUESTIONNAIRE

Treatment Related (SIQ-TR)

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Self-injurious behavior refers to various kinds of deliberate self-inflicted damage of one's own body surface (e.g., cutting oneself, burning oneself) but without suicidal intent (no wish to die).

In this questionnaire, five types of self-injurious behaviors are checked: scratching, bruising, cutting, burning, and biting oneself.

Each time you will be asked whether you have displayed a particular type of self-injury and, if so, to give more information about it (frequency, feelings, thoughts, etc.).

If you display a form of self-injury that is not mentioned in this questionnaire (e.g., serious hair pulling), you can specify it on the last page.

Thank you for your collaboration.

A1 How long ago did you SCRATCH yourself until it bled?

- a week (-> go to question A2)
- a month (-> go to question A2)
- several months (-> go to question B1)
- more than a year (-> go to question B1)
- never (-> go to question B1)

A2 Which body parts did you injure most of the time?

- head, neck
- arms, hands, fingers, nails
- torso, belly, buttocks
- legs, feet, toes
- breasts, genitals

A3 On how many days did this occur during the last month?

- from 1 to 5 days
- between 6 and 10 days
- between 11 and 15 days
- more than 15 days

A4 How many times a day did this occur on average?

- less than 1 time a day
- 1 to 2 times a day
- 3 to 4 times a day
- 5 or more times a day

A5 How often did you feel pain during this act?

- never
- now and then
- often
- always

A6 To what degree did you feel pain during this act?

- none
- mild
- moderate
- strong
- very strong

A7 When this act occurred, then ...

	1=never	2=sometimes	3=often	4=always
It had been clearly planned beforehand	1	2	3	4
I realized how it had come about	1	2	3	4
I took care of the wound(s)	1	2	3	4
I hid the act from other people	1	2	3	4

1 = Not at all 2 = A bit 3 = Moderately 4 = Much 5 = Very much

A8 How did you feel shortly BEFORE this act occurred?

Glad	1	2	3	4	5
Relieved	1	2	3	4	5
Nervous	1	2	3	4	5
Bored	1	2	3	4	5
Angry at myself	1	2	3	4	5
Angry at others	1	2	3	4	5
Anxious	1	2	3	4	5
Sad	1	2	3	4	5
Guilty	1	2	3	4	5
Other feeling (describe):	1	2	3	4	5

A9 How did you feel shortly AFTER this act occurred?

Glad	1	2	3	4	5
Relieved	1	2	3	4	5
Nervous	1	2	3	4	5
Bored	1	2	3	4	5
Angry at myself	1	2	3	4	5
Angry at others	1	2	3	4	5
Anxious	1	2	3	4	5
Sad	1	2	3	4	5
Guilty	1	2	3	4	5
Other feeling (describe):	1	2	3	4	5

A10 Why did you perform this act?

To feel some pleasure	1	2	3	4	5
To avoid or suppress negative feelings	1	2	3	4	5
To avoid or suppress painful images or memories	1	2	3	4	5
To get into a twilight or numb state	1	2	3	4	5
To get attention from others	1	2	3	4	5
To escape from a twilight or numb state	1	2	3	4	5
To punish myself	1	2	3	4	5
To make myself unattractive	1	2	3	4	5
To avoid or suppress suicidal thoughts	1	2	3	4	5
To show myself how strong I am	1	2	3	4	5
To show others how strong I am	1	2	3	4	5
To avoid doing something unpleasant, you don't want to do	1	2	3	4	5
To avoid school, work, or other activities	1	2	3	4	5
To avoid being with people	1	2	3	4	5
Another reason (describe):	1	2	3	4	5

B1 How long ago did you BRUISE yourself?

- a week (-> go to question B2)
- a month (-> go to question B2)
- several months (-> go to question C1)
- more than a year (-> go to question C1)
- never (-> go to question C1)

B2 Which body parts did you injure most of the time?

- head, neck
- arms, hands, fingers, nails
- torso, belly, buttocks
- legs, feet, toes
- breasts, genitals

B3 On how many days did this occur during the last month?

- from 1 to 5 days
- between 6 and 10 days
- between 11 and 15 days
- more than 15 days

B4 How many times a day did this occur on average?

- less than 1 time a day
- 1 to 2 times a day
- 3 to 4 times a day
- 5 or more times a day

B5 How often did you feel pain during this act?

- never
- now and then
- often
- always

B6 To what degree did you feel pain during this act?

- none
- mild
- moderate
- strong
- very strong

B7 When this act occurred, then ...

1=never 2=sometimes 3=often 4=always

It had been clearly planned beforehand	1	2	3	4
I realized how it had come about	1	2	3	4
I took care of the wound(s)	1	2	3	4
I hid the act from other people	1	2	3	4

1 = Not at all	2 = A bit	3 = Moderately	4 = Much	5 = Very much
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Guilty	1	2	3	4	5
Other feeling (describe):	1	2	3	4	5

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Other feeling (describe):	1	2	3	4	5

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To show myself how strong I am	1	2	3	4	5
To show others how strong I am	1	2	3	4	5
To avoid doing something unpleasant, you don't want to do	1	2	3	4	5
To avoid school, work, or other activities	1	2	3	4	5
To avoid being with people	1	2	3	4	5
Another reason (describe):	1	2	3	4	5

C1 How long ago did you CUT yourself?

- a week (-> go to question C2)
- a month (-> go to question C2)
- several months (-> go to question D1)
- more than a year (-> go to question D1)
- never (-> go to question D1)

C2 Which body parts did you injure most of the time?

- head, neck
- arms, hands, fingers, nails
- torso, belly, buttocks
- legs, feet, toes
- breasts, genitals

C3 On how many days did this occur during the last month?

- from 1 to 5 days
- between 6 and 10 days
- between 11 and 15 days
- more than 15 days

C4 How many times a day did this occur on average?

- less than 1 time a day
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- 3 to 4 times a day
- 5 or more times a day

C5 How often did you feel pain during this act?

- never
- now and then
- often
- always

C6 To what degree did you feel pain during this act?

- none
- mild
- moderate
- strong
- very strong

C7 When this act occurred, then ...

	1=never	2=sometimes	3=often	4=always
It had been clearly planned beforehand	1	2	3	4
I realized how it had come about	1	2	3	4
I took care of the wound(s)	1	2	3	4
I hid the act from other people	1	2	3	4

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To show others how strong I am	1	2	3	4	5
To avoid doing something unpleasant, you don't want to do	1	2	3	4	5
To avoid school, work, or other activities	1	2	3	4	5
To avoid being with people	1	2	3	4	5
Another reason (describe):	1	2	3	4	5

D1 How long ago did you BURN yourself?

- a week (-> go to question D2)
- a month (-> go to question D2)
- several months (-> go to question E1)
- more than a year (-> go to question E1)
- never (-> go to question E1)

D2 Which body parts did you injure most of the time?

- head, neck
- arms, hands, fingers, nails
- torso, belly, buttocks
- legs, feet, toes
- breasts, genitals

D3 On how many days did this occur during the last month?

- from 1 to 5 days
- between 6 and 10 days
- between 11 and 15 days
- more than 15 days

D4 How many times a day did this occur on average?

- less than 1 time a day
- 1 to 2 times a day
- 3 to 4 times a day
- 5 or more times a day

D5 How often did you feel pain during this act?

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- now and then
- often
- always

D6 To what degree did you feel pain during this act?

- none
- mild
- moderate
- strong
- very strong

D7 When this act occurred, then ...

	1=never	2=sometimes	3=often	4=always
It had been clearly planned beforehand	1	2	3	4
I realized how it had come about	1	2	3	4
I took care of the wound(s)	1	2	3	4
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Guilty	1	2	3	4	5
Other feeling (describe):	1	2	3	4	5

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To show myself how strong I am	1	2	3	4	5
To show others how strong I am	1	2	3	4	5
To avoid doing something unpleasant, you don't want to do	1	2	3	4	5
To avoid school, work, or other activities	1	2	3	4	5
To avoid being with people	1	2	3	4	5
Another reason (describe):	1	2	3	4	5

E1 How long ago did you BITE yourself?

- a week (-> go to question E2)
- a month (-> go to question E2)
- several months (-> go to question F1)
- more than a year (-> go to question F1)
- never (-> go to question F1)

E2 Which body parts did you injure most of the time?

- head, neck
- arms, hands, fingers, nails
- torso, belly, buttocks
- legs, feet, toes
- breasts, genitals

E3 On how many days did this occur during the last month?

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- always

E6 To what degree did you feel pain during this act?

- none
- mild
- moderate
- strong
- very strong

E7 When this act occurred, then ...

	1=never	2=sometimes	3=often	4=always
It had been clearly planned beforehand	1	2	3	4
I realized how it had come about	1	2	3	4
I took care of the wound(s)	1	2	3	4
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Other feeling (describe):	1	2	3	4	5

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To avoid school, work, or other activities	1	2	3	4	5
To avoid being with people	1	2	3	4	5
Another reason (describe):	1	2	3	4	5

F1 OTHER form of self-injury : (specify)

How long ago did you display this behavior?

- a week (-> go to question F2)
- a month (-> go to question F2)
- several months (-> end of questionnaire)
- more than a year (-> end of questionnaire)

F2 Which body parts did you injure most of the time?

- head, neck
- arms, hands, fingers, nails
- torso, belly, buttocks
- legs, feet, toes
- breasts, genitals

F3 On how many days did this occur during the last month?

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F7 When this act occurred, then ...

1=never 2=sometimes 3=often 4=always

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Another reason (describe):	1	2	3	4	5