



Non-Suicidal Self-Injury (NSSI) Student Questionnaire*

- Have you ever done any of the following **with the purpose of intentionally hurting yourself?**
 - Severely scratched or pinched with fingernails or other objects to the point that bleeding occurs or marks remain on the skin
 - Cut wrists, arms, legs, torso or other areas of the body
 - Dripped acid on to skin
 - Carved words or symbols into the skin
 - Ingested a caustic substance(s) or sharp object(s) (Drano, other cleaning substances, pins, etc)
 - Bitten yourself to the point that bleeding occurs or marks remain on the skin
 - Tried to break your own bone(s)
 - Ripped or torn skin
 - Burned wrists, hands, arms, legs, torso or other areas of the body
 - Rubbed glass into skin or stuck sharp objects such as needles, pins, and staples into or underneath the skin (not including tattooing, body piercing, or needles used for medication use)
 - Banged or punched objects to the point of bruising or bleeding
 - Punched or banged oneself to the point of bruising or bleeding
 - Intentionally prevented wounds from healing
 - Engaged in fighting or other aggressive activities with the intention of getting hurt

- Are there any other ways that you have physically hurt or mutilated your body with the purpose of intentionally hurting yourself?
 - Yes – Please specify _____
 - No

- How true are the following statements about **WHY** you hurt yourself?

I hurt myself ...	Strongly Disagree (1)	Somewhat Disagree (2)	Somewhat Agree (3)	Strongly Agree (4)
...to feel something				
...because my friends hurt themselves				
...as a self-punishment				
...to get a rush or surge or energy				
...to deal with frustration				
...to cope with uncomfortable feelings (i.e. depression, anxiety)				
...in hopes that someone would notice that something is wrong or so that others will pay attention to me				



I hurt myself ...	Strongly Disagree (1)	Somewhat Disagree (2)	Somewhat Agree (3)	Strongly Agree (4)
...so I do not hurt myself in other ways				
...because it feels good				
...to deal with anger				
...to get control over myself or my life				
...to shock or hurt someone				
...to avoid killing myself				
...because I get the urge and cannot stop it				
...to relieve stress or pressure				
...to change my emotional pain into something physical				
...because of my self-hatred				
...because I like the way it looks				
...as a way to practice suicide				
...as an attempt to die				
Other, please describe:				

4. When was the last time you intentionally hurt yourself in one of the ways listed above?

- Less than a week ago
- Between 1 week and 1 month ago
- Between 1 and 3 months ago
- Between 3 and 5 months ago
- Between 6 months and 1 year ago
- Between 1 and 2 years ago
- More than 2 years ago

5. How likely are you to intentionally hurt yourself again?

- Very likely
- Somewhat likely
- Not sure
- Somewhat unlikely
- Very unlikely

6. Who knows that you intentionally hurt yourself? _____