

Dr Marti Fausold-Mowers
Inventory of Statements about Self Injury (ISAS) – Section I Behaviors

NAME

DATE of BIRTH

To Day's DATE

This questionnaire asks about a variety of self-harm behaviors. Please only endorse a behavior if you have done it **intentionally** (i.e. on purpose) and **without suicidal intent** (ie not for suicidal reasons).

1. Please estimate the number of times in your life you have intentionally (ie on purpose) performed each type of non-suicidal self-harm (eg 0, 10, 100, 500):

Cutting	<input style="width: 100%; height: 20px;" type="text"/>	Severe Scratching	<input style="width: 100%; height: 20px;" type="text"/>
Biting	<input style="width: 100%; height: 20px;" type="text"/>	Banging or Hitting Self	<input style="width: 100%; height: 20px;" type="text"/>
Burning	<input style="width: 100%; height: 20px;" type="text"/>	Interfering w/ Wound Healing (picking scabs)	<input style="width: 100%; height: 20px;" type="text"/>
Carving	<input style="width: 100%; height: 20px;" type="text"/>	Rubbing skin against rough surface	<input style="width: 100%; height: 20px;" type="text"/>
Pinching	<input style="width: 100%; height: 20px;" type="text"/>	Sticking self with needles	<input style="width: 100%; height: 20px;" type="text"/>
Pulling Hair	<input style="width: 100%; height: 20px;" type="text"/>	Swallowing dangerous substances	<input style="width: 100%; height: 20px;" type="text"/>
Other	<input style="width: 100%; height: 20px;" type="text"/>		

Important – if you have performed one or more of the behaviors listed above, please complete the final part of this questionnaire. If you have not performed any of the behaviors listed above, you can STOP.

2. If you feel that you have a **main** form of self-harm from above, please identify

3. At what age did you:

First harm yourself?

Most recently harm yourself (Date)

4. Do you experience physical pain during self-harm?

5. When you self-harm, are you alone?

6. Typically, how much time elapses from the time you have the urge to self-harm until you act on the urge?

7. Do/did you want to stop self-harming?

INSTRUCTIONS – This inventory was written to help us better understand the experience of non-suicidal self-harm. Below is a list of statements that may or may not be relevant to your experience of self-harm. Please identify the degree of relevancy each statement has for you.

When I self-harm, I am ...	Not	Somewhat	Very
1. calming myself down	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. creating a boundary between myself and others	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. punishing myself	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. giving myself a way to care for myself (by attending to the wound)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5. causing pain so I will stop feeling numb	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6. avoiding the impulse to commit suicide	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7. doing something to generate excitement or exhilaration	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8. bonding with peers	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9. letting others know the extent of my emotional pain	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10. seeing if I can stand the pain	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
11. creating a physical sign that I feel awful	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
12. getting back at someone	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
13. ensuring that I am self-sufficient	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
14. releasing emotional pressure that has built up inside of me	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
15. demonstrating that I am separate from other people	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
16. expressing anger towards myself for being worthless and stupid	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
17. creating a physical injury that is easier to care for than emotional distress	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
18. trying to feel something (as opposed to nothing) even if it is physical pain	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
19. responding to suicidal thoughts without actually attempting suicide	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
20. entertaining myself or others by doing something extreme	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
21. fitting in with others	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
22. seeking care or help from others	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
23. demonstrating I am tough or strong	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
24. proving to myself that my emotional pain is real	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
25. getting revenge against others	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
26. demonstrating that I do not need to rely on others for help	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
27. reducing anxiety, frustration, anger or other overwhelming emotions	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
28. establishing a barrier between myself and others	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

29. reacting to feeling unhappy with myself or disgusted with myself	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
30. allowing myself to focus on treating the injury which can be gratifying or satisfying	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
31. making sure I am still alive when I don't feel real	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
32. putting a stop to suicidal thoughts	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
33. pushing my limits in a manner akin to skydiving or other extreme activity	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
34. creating a sign of friendship or kinship with friends or loved ones	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
35. keeping a loved one from leaving or abandoning me	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
36. proving I can take the physical pain	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
37. signifying the emotional distress I'm experiencing	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
38. trying to hurt someone close to me	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
39. establishing that I am autonomous / independent	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>