



Functions

Name: \_\_\_\_\_

Sex:  Male

Female

Today's Date: \_\_\_\_ DD \_\_\_\_ MM \_\_\_\_ YY

Date of Birth: \_\_\_\_ DD \_\_\_\_ MM \_\_\_\_ YY

Age: \_\_\_\_

1. **How often in the past month have you:**

*circle "0" if not at all and circle "3" if daily*

	not at all	at least once	weekly	daily
<b>Thought</b> about injuring yourself without the intention to kill yourself?	0	1	2	3
<b>Actually injured</b> yourself, without the intention to kill yourself?	0	1	2	3

2. **How often in the past 6 months have you:**

*circle "0" if not at all and circle "4" if daily*

	not at all	1 to 5 times	monthly	weekly	daily
<b>Thought</b> about injuring yourself without the intention to kill yourself?	0	1	2	3	4
<b>Actually injured</b> yourself, without the intention to kill yourself?	0	1	2	3	4

3. **How often in the past year have you:**

*circle "0" if not at all and circle "4" if daily*

	not at all	1 to 5 times	monthly	weekly	daily
<b>Thought</b> about taking your life (killing yourself)?	0	1	2	3	4

4. **Have you ever made an actual attempt to take your life?**  no  yes

*If yes, then please indicate the number of times:*

in the past month: \_\_\_\_ in the past 6 months: \_\_\_\_ in the past year: \_\_\_\_ prior to one year ago: \_\_\_\_

5. **Have you ever been treated by a doctor after injuring yourself on purpose? (e.g., stitches, wound dressings, etc.)**  no  yes

If yes, how often did a doctor treat you in the past year for hurting yourself on purpose? \_\_\_\_\_ time(s)

6. **Have you been kept in hospital because of hurting yourself on purpose?**  no  yes

If yes, how many times in the past year did you stay overnight in emergency? \_\_\_\_\_

If yes, how many times in the past year did you get admitted to a hospital unit? \_\_\_\_\_

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7.

If you continue,  
why do you continue?

Why did you start?

<b>Why do you think you started and if you continue, why do you still self-injure (without meaning to kill yourself)?</b>  <i>Please circle the number that best represents how much your self-injury is due to that reason. Circle "0" if it has never been a reason that you self-injure and "4" if it has always been a reason that you self-injure.</i>	Why did you start?			If you continue, why do you continue?						
	Never a reason	Sometimes a reason	Always a reason	Never a reason	Sometimes a reason	Always a reason				
1. to release unbearable tension	0	1	2	3	4	0	1	2	3	4
2. to experience a "high" that feels like a drug high	0	1	2	3	4	0	1	2	3	4
3. to stop my parents from being angry with me	0	1	2	3	4	0	1	2	3	4
4. to stop feeling alone and empty	0	1	2	3	4	0	1	2	3	4
5. to get care or attention from other people	0	1	2	3	4	0	1	2	3	4
6. to punish myself	0	1	2	3	4	0	1	2	3	4
7. to provide a sense of excitement that feels exhilarating	0	1	2	3	4	0	1	2	3	4
8. to avoid getting into trouble for something I did	0	1	2	3	4	0	1	2	3	4
9. to distract me from unpleasant memories	0	1	2	3	4	0	1	2	3	4
10. to change my body image and/or appearance	0	1	2	3	4	0	1	2	3	4
11. to belong to a group	0	1	2	3	4	0	1	2	3	4
12. to release anger	0	1	2	3	4	0	1	2	3	4
13. to show others how hurt or damaged I am	0	1	2	3	4	0	1	2	3	4
14. to experience physical pain in one area, when the other pain I feel is unbearable	0	1	2	3	4	0	1	2	3	4
15. to stop people from expecting so much from me	0	1	2	3	4	0	1	2	3	4
16. to relieve feelings of sadness or feeling "down"	0	1	2	3	4	0	1	2	3	4
17. to stop me from thinking about ideas of killing myself	0	1	2	3	4	0	1	2	3	4
18. to stop me from acting out ideas of killing myself	0	1	2	3	4	0	1	2	3	4
19. to produce a sense of being real when I feel numb and "unreal"	0	1	2	3	4	0	1	2	3	4
20. to release frustration	0	1	2	3	4	0	1	2	3	4
21. to get out of doing something that I don't want to do	0	1	2	3	4	0	1	2	3	4
22. to prove to myself how much I can take	0	1	2	3	4	0	1	2	3	4
23. for sexual excitement	0	1	2	3	4	0	1	2	3	4
24. to diminish feeling of sexual arousal	0	1	2	3	4	0	1	2	3	4
25. other (please specify):	0	1	2	3	4	0	1	2	3	4

8. **Since you started to self-injure, have you found that:**  
*circle "0" if never and circle "4" if always*

	Never	Sometimes			Always
1. The self-injurious behaviour occurs more often than intended?	0	1	2	3	4
2. The severity in which the self-injurious behaviour occurs has increased (e.g., deeper cuts, more extensive parts of your body)?	0	1	2	3	4
3. If the self-injurious behaviour produced an effect when started, you now need to self-injure more frequently or with greater intensity to produce the same effect?	0	1	2	3	4
4. This behaviour or thinking about it consumes a significant amount of your time (e.g., planning and thinking about it, collecting and hiding sharp objects, doing it and recovering from it)?	0	1	2	3	4
5. Despite a desire to cut down or control this behaviour, you are unable to do so?	0	1	2	3	4
6. You continue this behaviour despite recognizing that it is harmful to you physically and/or emotionally?	0	1	2	3	4
7. Important social, family, academic or recreational activities are given up or reduced because of this behaviour?	0	1	2	3	4

9. **How motivated are you at this time to stop self-injuring?**

	Not at all Motivated	Somewhat Motivated		Extremely Motivated	
	0	1	2	3	4

Scoring instructions : Fold on the dotted line and transfer the circled number for Q14 "why did you start?" to the corresponding white box in the adjacent row. Sum the items in each column to obtain a total raw score. Divide by the number of items in the column to obtain the mean item score for the four functions. The Function with the highest total mean score (excluding other) reflects the most endorsed function for self-injury.	Internal Emotional Regulation	Social Influence	External Emotional Regulation	Sensation Seeking	Other	Item
1. to release unbearable tension						1.
2. to experience a "high" that feels like a drug high						2.
3. to stop my parents from being angry with me						3.
4. to stop feeling alone and empty						4.
5. to get care or attention from other people						5.
6. to punish myself						6.
7. to provide a sense of excitement that feels exhilarating						7.
8. to avoid getting into trouble for something I did						8.
9. to distract me from unpleasant memories						9.
10. to change my body image and/or appearance						10.
11. to belong to a group						11.
12. to release anger						12.
13. to show others how hurt or damaged I am						13.
14. to experience physical pain in one area, when the other pain I feel is unbearable						14.
15. to stop people from expecting so much from me						15.
16. to relieve feelings of sadness or feeling "down"						16.
17. to stop me from thinking about ideas of killing myself						17.
18. to stop me from acting out ideas of killing myself						18.
19. to produce a sense of being real when I feel numb and "unreal"						19.
20. to release frustration						20.
21. to get out of doing something that I don't want to do						21.
22. to prove to myself how much I can take						22.
23. for sexual excitement						23.
24. to diminish feeling of sexual arousal						24.
25. other (please specify):						25.
RAW SCORE / # ITEMS	/8	/9	/3	/4		
MEAN SCORE						

<b>Scoring instructions :</b> <b>Addictive Features:</b> Transfer the circled number in Q20 to the corresponding Addictive Features box in the adjacent row. Sum all 7 items in the column to obtain a total raw score.  <b>Key addictive features:</b> Please indicate a yes/no response regarding the item score that is at least a 2 or more to calculate the overall DSM total score.	Never	Sometimes	Always	Addictive Features	Item score of 2 or more (Y/N)	Item
1. The self-injurious behaviour occurs more often than intended? <input type="checkbox"/>	0	1	2	3	4	1.
2. The severity in which the self-injurious behaviour occurs has increased (e.g., deeper cuts, more extensive parts of your body)? <input type="checkbox"/>	0	1	2	3	4	2.
3. If the self-injurious behaviour produced an effect when started, you now need to self-injure more frequently or with greater intensity to produce the same effect? <input type="checkbox"/>	0	1	2	3	4	3.
4. This behaviour or thinking about it consumes a significant amount of your time (e.g., planning and thinking about it, collecting and hiding sharp objects, doing it and recovering from it)? <input type="checkbox"/>	0	1	2	3	4	4.
5. Despite a desire to cut down or control this behaviour, you are unable to do so? <input type="checkbox"/>	0	1	2	3	4	5.
6. You continue this behaviour despite recognizing that it is harmful to you physically and/or emotionally? <input type="checkbox"/>	0	1	2	3	4	6.
7. Important social, family, academic or recreational activities are given up or reduced because of this behaviour? <input type="checkbox"/>	0	1	2	3	4	7.
Total raw score				/28	/# of Y	

### Motivation to Change Scoring Key

<b>How motivated are you at this time to stop self-injuring?</b> <b>Scoring Instructions:</b> Transfer the circled number in Q22 to the circled number in the scoring key to determine the extent to which the client is motivated to change.	Not at all Motivated (None)	Somewhat Motivated (Moderate)	Extremely Motivated (High)
	0	1	2
	3	4	

### Summary

Functions: This measure is used to indicate the various functions for starting and continuing self-injurious behaviour in the following four categories: Internal Emotional Regulation (IER), Social Influence (SI), External Emotional Regulation (EER), and Sensation Seeking (SS). The function(s) with the highest mean score(s) indicates a primary function for engaging in self-injury.

Primary Function(s):  IER  SI  EER  SS

Key Addictive Features: This measure indicates the severity of self-injurious behaviour characterized by an addictive component. Higher raw scores indicate a greater intensity of addictive features. Three or more YES responses indicate an addictive component to the NSSI. This may have implications for treatment approach, expectations/outcomes.

Addictive Component:  Yes  No

Motivation to Change: This measure reflects a motivation to stop engaging in self-injurious behaviour . A score of 0 indicates no motivation to change, a score of 1 or 2 indicates moderate motivation to change, and a score of 3 or 4 indicates high motivation to change.

Motivation:  None  Moderate  High