

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						

Scoring instructions : Addictive Features: 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. Key addictive features: 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? █	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)? █	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? █	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)? █	0 1	2 3 4				4.
5. Despite a desire to cut down or control this behaviour, you are unable to do so? █	0 1	2 3 4				5.
6. You continue this behaviour despite recognizing that it is harmful to you physically and/or emotionally? █	0 1	2 3 4				6.
7. Important social, family, academic or recreational activities are given up or reduced because of this behaviour? █	0 1	2 3 4				7.
Total raw score				/28	/# of Y	

Motivation to Change Scoring Key

How motivated are you at this time to stop self-injuring? Scoring Instructions: 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