The Screen for Nonsuicidal Self-Injury (SNSI)

Instructions

Sometimes people also hurt themselves on purpose when they do not want to die. For example, they might hurt themselves because it helps them to feel better when they're upset, or because they want to punish themselves, or because they want to feel something. This type of self-injury is referred to as nonsuicidal self-injury because it involves injuring yourself on purpose when you don't want to die. The following questions will ask you about different forms of nonsuicidal self-injury you may have used to hurt yourself when you were not suicidal.

Please indicate whether you have done any of the following during **the past year**. For each item, select "No" or "Yes."

Screen for Nonsuicidal Self-Injury (SNSI) Items

Item	Question	Response Options
1	Have you ever intentionally cut yourself (e.g., on your wrists, legs, or torso)?	No / Yes
2	Have you ever intentionally burned yourself (e.g., with a lighter or cigarette)?	No / Yes
3	Have you ever intentionally scratched yourself to the point that you bled, or it left a mark?	No / Yes
4	Have you ever intentionally bitten your cheeks, lips, or other parts of your body to the point of bleeding or breaking the skin?	No / Yes
5	Have you ever intentionally stuck sharp objects (e.g., needles, pins, staples) into your skin?	No / Yes
6	Have you ever intentionally banged your head against walls or objects to the point of bruising or bleeding?	No / Yes
7	Have you ever intentionally punched or hit yourself to the point of bruising or bleeding?	No / Yes
8	Have you ever intentionally punched or hit walls or objects to the point of bruising or bleeding?	No / Yes
9	Have you ever intentionally prevented wounds from healing?	No / Yes
10	Have you ever done anything else to intentionally hurt or mutilate your body on purpose that resulted in tissue damage (e.g., bruising or bleeding)? Please specify: _____	No / Yes

Scoring

"No" = 0, "Yes" = 1. Items are summed for a total score (range 0–10). Scores greater than 1 indicate high-risk for NSSI disorder. Replacing "*the past year*" with "*your lifetime*" can be done to screen for lifetime NSSI behaviors. **Note:** If method(s) specified in the last item are not examples of nonsuicidal self-injury (e.g., suicide attempt), the item is to be scored as a "No" = 0.

Source

Halverson, T. F., Patel, T. A., Mann, A. J. D., Evans, M. K., Gratz, K. L., Beckham, J. C., Calhoun, P. S., & Kimbrel, N. A. (2022). *The Screen for Nonsuicidal Self-Injury: Development and initial validation among veterans with psychiatric disorders*. *Suicide and Life-Threatening Behavior*, 52, 615–630. https://doi.org/10.1111/sltb.12847