

ID# \_\_\_\_\_

Date \_\_\_\_\_

**IMSA**

Please take a minute to think about your most recent suicide attempt. Indicate the date of your **most recent** attempt: \_\_\_\_\_.

Sometimes people see things differently as time passes. For the purposes of this questionnaire, we are asking about the reasons that were important for you leading up to your most recent attempt, even though you may not have the same thoughts and feelings today. As you answer these questions, try to imagine yourself back in the situation when you were considering attempting suicide and the reasons that were going through your mind at that time.

Below are some common reasons people give for attempting suicide. Please rate how **important** each of these reasons was to your most recent attempt.

0-----1-----2-----3-----4

**Not at all important      Somewhat important      Important      Very Important      Most Important**

**“I attempted suicide because I...”**

**Response**

1. ...was so flawed I had to escape from myself.	0	1	2	3	4
2. ...was feeling hopeless.	0	1	2	3	4
3. ...had almost attempted in the days or weeks beforehand, but this time it didn't seem as scary.	0	1	2	3	4
4. ...wanted to make my family better off.	0	1	2	3	4
5. ...wanted to get help from someone.	0	1	2	3	4
6. ...lost all hope that things could get better in the future.	0	1	2	3	4
7. ...couldn't stand all the emotions in my head anymore.	0	1	2	3	4
8. ...wanted to know if someone really cared about me.	0	1	2	3	4
9. ...my state of mind was too unbearable.	0	1	2	3	4
10. ...didn't belong to any community.	0	1	2	3	4
11. ...wanted to make people sorry for the way they treated me.	0	1	2	3	4
12. ...wanted to die	0	1	2	3	4
13. ...needed to get out of an impossible situation.	0	1	2	3	4
14. ...was only dragging down those around me by staying alive.	0	1	2	3	4
15. ...needed to persuade someone to change his or her mind.	0	1	2	3	4
16. ...couldn't stand being aware of my failings anymore.	0	1	2	3	4
17. ...had thought about it for awhile and finally acted on my plan.	0	1	2	3	4
18. ...hated myself so much.	0	1	2	3	4

0-----1-----2-----3-----4

Not at all      Somewhat      Important      Very      Most  
important      important           Important      Important

**“I attempted suicide because I...”**

**Response**

	0	1	2	3	4
19....didn't have anyone to love.	0	1	2	3	4
20....needed to prevent someone from hurting me.	0	1	2	3	4
21....my emotions were too overwhelming to handle.	0	1	2	3	4
22....seemed like the best way to deal with my problems (e.g. personal, financial).	0	1	2	3	4
23....was so humiliated I couldn't show my face again.	0	1	2	3	4
24....seemed to lose control and I have no idea why I behaved that way.	0	1	2	3	4
25....needed to prove to myself that things were really that bad.	0	1	2	3	4
26....acted on impulse.	0	1	2	3	4
27....was so lonely I couldn't handle it.	0	1	2	3	4
28....needed to make other people understand how distressed I was.	0	1	2	3	4
29....was no longer afraid to try attempting suicide.	0	1	2	3	4
30....was causing too much trouble for those around me.	0	1	2	3	4
31....thought nobody loved me.	0	1	2	3	4
32....had been working myself up and this time I followed through.	0	1	2	3	4
33....didn't have a reason, it just happened.	0	1	2	3	4
34....needed to stop being a burden to others.	0	1	2	3	4
35....needed to stop my mental pain.	0	1	2	3	4
36....wanted to make others afraid.	0	1	2	3	4
37....my future seemed dark.	0	1	2	3	4
38....didn't fit in anywhere.	0	1	2	3	4
39....wanted to make other people feel guilty for not helping me.	0	1	2	3	4
40....my thoughts were too much to bear.	0	1	2	3	4
41....thought it could fix some important practical problems for my family/friends.	0	1	2	3	4
42....the idea just came to me, I didn't really think about it.	0	1	2	3	4
43....needed to get admitted to a hospital so I could get some help.	0	1	2	3	4

0-----1-----2-----3-----4  
 Not at all      Somewhat      Important      Very      Most  
 important      important           Important      Important

**“I attempted suicide because I...”**

**Response**

44. ...didn't think things would get better, no matter what I did.	0	1	2	3	4
45. ...was the most hopeless I'd ever been.	0	1	2	3	4
46. ...could no longer tolerate my emotional pain.	0	1	2	3	4
47. ...thought so poorly of myself, dying seemed like a relief.	0	1	2	3	4
48. ...felt it would help solve some specific problems.	0	1	2	3	4
49. ...it was a spur of the moment decision.	0	1	2	3	4
50. ...was a drain on my loved ones.	0	1	2	3	4
51. ...felt disconnected from everyone in my life.	0	1	2	3	4
52. ...was less afraid of the physical pain than I used to be.	0	1	2	3	4
53. ...hoped to influence the actions of people around me.	0	1	2	3	4
54. ...wanted others to recognize how much I was hurting.	0	1	2	3	4

Please add any other reasons to the list that were not mentioned and rate how big an influence they were on you suicide attempt (0 = not at all important; 4=most important).

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## ITEMS ARRANGED BY SCALE

*"I attempted suicide because..."*

### 1. Hopelessness

2. I was feeling hopeless.

6. I lost all hope that things could get better in the future.

37. My future seemed dark.

44. I didn't think things would get better, no matter what I did.

45. I was the most hopeless I've ever been.

### 2. Psychache/Unbearability

7. I couldn't stand all the emotions in my head anymore.

9. My state of mind was too unbearable.

21. My emotions were too overwhelming to handle.

35. I needed to stop my mental pain.

46. I could no longer tolerate my emotional pain.

### 3. Escape

1. I was so flawed I had to escape from myself.

16. I couldn't stand being aware of my failings anymore.

18. I hated myself so much.

40. My thoughts were too much to bear.

47. I thought so poorly of myself that dying seemed like a relief.

### 4. Problem Solving

13. I needed to get out of an impossible situation.

20. I needed to prevent someone from hurting me.

22. It seemed like the best way to deal with my problems (e.g. personal, financial).

41. I thought it could fix some important practical problems for my family/friends.

48. I felt it would solve some specific problems.

### 5. Impulsivity

24. I seemed to lose control and I have no idea why I behaved that way.

26. I acted on impulse.

33. I didn't have a reason, it just happened.

42. The idea just came to me, I didn't really think about it.

49. It was a spur of the moment decision.

### 6. Burdensomeness

4. I wanted to make my family better off.

14. By staying alive, I was only dragging down those around me.

30. I was causing too much trouble for those around me.

34. I needed to stop being a burden to others.

50. I was a drain on my loved ones.

### 7. Belongingness

10. I didn't belong to any community.

19. I didn't have anyone to love.

31. I thought nobody loved me.

38. I didn't fit in anywhere.

51. I felt disconnected from everyone in my life.
<b>8. Fearlessness/Capability</b>
3. I had almost attempted in the days or weeks beforehand, but this time it didn't seem as scary.
17. I had thought about it for awhile and finally acted on my plan.
29. I was no longer afraid to try attempting suicide.
32. I had been working myself up and this time I followed through.
52. I was less afraid of the physical pain than I used to be.
<b>9. Influencing Others</b>
11. I wanted to make people sorry for the way they treated me.
15. I needed to persuade someone to change his or her mind.
36. I wanted to make others afraid.
39. I wanted to make other people feel guilty for not helping me.
53. I hoped to influence the actions of people around me.
<b>10. Help Seeking</b>
5. I wanted to get help from someone.
8. I wanted to know if someone really cared about me.
28. I needed to make other people understand how distressed I was.
43. I needed to get admitted to a hospital so I could get some help.
54. I wanted other to recognize how much I was hurting.
<b>11. Other</b>
12. I wanted to die
23. I was so humiliated I couldn't show my face again.
25. I needed to prove to myself that things were really that bad.
27. I was so lonely I couldn't handle it.

## SUPERORDINATE SCALES

1) Intrapersonal Scale - Hopelessness, Psychache/Unbearability, Escape, Burdensomeness, Belongingness, Fearlessness

2) Interpersonal Scale - Influencing Others, Help-Seeking

## CITATION

May, A.M. & Klonsky, E.D. (2013). Assessing motivations for suicide attempts: Development and psychometric properties of the Inventory of Motivations for Suicide Attempts (IMSA). *Suicide and Life-Threatening Behavior*, 43(5), 532-546. doi: 10.1111/sltb.12037

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