

INVENTORY OF STATEMENTS ABOUT SELF-INJURY (ISAS) – SECTION I. BEHAVIORS

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 (i.e., not for suicidal reasons).

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

- | | | | |
|--------------|-------|---|-------|
| Cutting | _____ | Severe Scratching | _____ |
| Biting | _____ | Banging or Hitting Self | _____ |
| Burning | _____ | Interfering w/ Wound Healing
(e.g., picking scabs) | _____ |
| Carving | _____ | Rubbing Skin Against Rough Surface | _____ |
| Pinching | _____ | Sticking Self w/ Needles | _____ |
| Pulling Hair | _____ | Swallowing Dangerous Substances | _____ |
| Other _____, | _____ | | |

***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 are done with this particular questionnaire and should continue to the next.**

2. If you feel that you have a *main* form of self-harm, please circle the behavior(s) on the first page above that you consider to be your main form of self-harm.

3. At what age did you:

First harm yourself? _____ Most recently harm yourself? _____
(approximate date – month/date/year)

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

Please circle a choice: YES SOMETIMES NO

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

Please circle a choice: YES SOMETIMES NO

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

Please circle a choice:

< 1 hour	1 - 3 hours	3 - 6 hours
6 - 12 hours	12 - 24 hours	> 1 day

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

Please circle a choice: YES NO

INVENTORY OF STATEMENTS ABOUT SELF-INJURY (ISAS) – SECTION II. FUNCTIONS

Name: _____

Date: _____

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 statements that are most relevant for you:

- Circle **0** if the statement **not relevant** for you at all
- Circle **1** if the statement is **somewhat relevant** for you
- Circle **2** if the statement is **very relevant** for you

“When I self-harm, I am ...	<u>Response</u>		
1. ... calming myself down	0	1	2
2. ... creating a boundary between myself and others	0	1	2
3. ... punishing myself	0	1	2
4. ... giving myself a way to care for myself (by attending to the wound)	0	1	2
5. ... causing pain so I will stop feeling numb	0	1	2
6. ... avoiding the impulse to attempt suicide	0	1	2
7. ... doing something to generate excitement or exhilaration	0	1	2
8. ... bonding with peers	0	1	2
9. ... letting others know the extent of my emotional pain	0	1	2
10. ... seeing if I can stand the pain	0	1	2
11. ... creating a physical sign that I feel awful	0	1	2
12. ... getting back at someone	0	1	2
13. ... ensuring that I am self-sufficient	0	1	2
14. ... releasing emotional pressure that has built up inside of me	0	1	2
15. ... demonstrating that I am separate from other people	0	1	2
16. ... expressing anger towards myself for being worthless or stupid	0	1	2

Response Key: 0 – not relevant, 1 – somewhat relevant, 2 – very relevant

“When I self-harm, I am ...

17. ... creating a physical injury that is easier to care for than my emotional distress	0	1	2
18. ... trying to feel something (as opposed to nothing) even if it is physical pain	0	1	2
19. ... responding to suicidal thoughts without actually attempting suicide	0	1	2
20. ... entertaining myself or others by doing something extreme	0	1	2
21. ... fitting in with others	0	1	2
22. ... seeking care or help from others	0	1	2
23. ... demonstrating I am tough or strong	0	1	2
24. ... proving to myself that my emotional pain is real	0	1	2
25. ... getting revenge against others	0	1	2
26. ... demonstrating that I do not need to rely on others for help	0	1	2
27. ... reducing anxiety, frustration, anger, or other overwhelming emotions	0	1	2
28. ... establishing a barrier between myself and others	0	1	2
29. ... reacting to feeling unhappy with myself or disgusted with myself	0	1	2
30. ... allowing myself to focus on treating the injury, which can be gratifying or satisfying	0	1	2
31. ... making sure I am still alive when I don't feel real	0	1	2
32. ... putting a stop to suicidal thoughts	0	1	2
33. ... pushing my limits in a manner akin to skydiving or other extreme activities	0	1	2
34. ... creating a sign of friendship or kinship with friends or loved ones	0	1	2
35. ... keeping a loved one from leaving or abandoning me	0	1	2
36. ... proving I can take the physical pain	0	1	2
37. ... signifying the emotional distress I'm experiencing	0	1	2
38. ... trying to hurt someone close to me	0	1	2
39. ... establishing that I am autonomous/independent	0	1	2

Response Key: 0 – not relevant, 1 – somewhat relevant, 2 – very relevant

(Optional) In the space below, please list any statements that you feel would be more accurate for you than the ones listed above:

(Optional) In the space below, please list any statements you feel should be added to the above list, even if they do not necessarily apply to you:

ITEMS COMPRISING EACH OF 13 FUNCTIONS SCALES

Affect Regulation – 1, 14, 27

Interpersonal Boundaries – 2, 15, 28

Self-Punishment – 3, 16, 29

Self-Care – 4, 17, 30

Anti-Dissociation/Feeling-Generation – 5, 18, 31

Anti-Suicide – 6, 19, 32

Sensation-Seeking – 7, 20, 33

Peer-Bonding – 8, 21, 34

Interpersonal Influence – 9, 22, 35

Toughness – 10, 23, 36

Marking Distress – 11, 24, 37

Revenge – 12, 25, 38

Autonomy – 13, 26, 39

Scores for each of the 13 functions range from 0 to 6.

Studies Validating and Using the ISAS

Psychometric properties of ISAS Section I (Behaviors) are reported in:

Klonsky, E.D. & Olino, T.M. (2008). Identifying clinically distinct subgroups of self-injurers among young adults: A latent class analysis. *Journal of Consulting and Clinical Psychology, 76*, 22-27.

Psychometric properties of ISAS Section II (Functions) are reported in:

Klonsky, E.D. & Glenn, C.G. (2009) Assessing the functions of non-suicidal self-injury: Psychometric properties of the Inventory of Statements About Self-injury (ISAS). *Journal of Psychopathology and Behavioral Assessment, 31*, 215-219.

Additional psychometric studies of the ISAS:

Kortge, R., Meade, T., & Tennant, A. (2013). Interpersonal and intrapersonal functions of deliberate self-harm (DSH): A psychometric examination of the Inventory of Statements About Self-injury (ISAS) scale. *Behaviour Change, 30*, 24-35.

Glenn, C.G. & Klonsky, E.D. (2011). One-year test-retest reliability of the Inventory of Statements About Self-injury (ISAS). *Assessment, 18*, 375-378.

Bildik, T., Somer, O. Kabukcu Basay, B., Basay, O., & Ozbaran, B. (2013). The validity and reliability of the Turkish version of the Inventory of Statements About Self-injury. *Turkish Journal of Psychiatry*.

Other studies using part or all of the ISAS (list not comprehensive):

Hamza, C.A. & Willoughby, T. (2013). Nonsuicidal self-injury and suicidal behavior: A latent class analysis among young adults. *PLOS One, 8(3)*, e59955.

Zaki, L.F., Coifman, K.G., Rafaeli, E., Berenson, K.R., & Downey, G. (2013). Emotion differentiation as a protective factor against nonsuicidal self-injury in Borderline Personality Disorder. *Behavior Therapy, 44*, 529-540.

Glenn, C.R. & Klonsky, E.D. (2013). Non-suicidal self-injury disorder: An empirical investigation in adolescent psychiatric inpatients. *Journal of Clinical Child & Adolescent Psychology, 42*, 496-507.

Victor, S.E., Glenn, C.R., & Klonsky, E.D. (2012). Is non-suicidal self-injury an "addiction"? A comparison of craving in substance use and non-suicidal self-injury. *Psychiatry Research, 197*, 73-77.

Weinberg, A. & Klonsky, E.D. (2012). The effects of self-injury on acute negative arousal: A laboratory simulation. *Motivation and Emotion, 36*, 242-254.

Glenn, C.R., Blumenthal, T.D., Klonsky, E.D., & Hajcak, G. (2011). Emotional reactivity in nonsuicidal self-injury: Divergence between self-report and startle measures. *International Journal of Psychophysiology, 80*, 166-170.

Glenn, C.R. & Klonsky, E.D. (2011). Prospective prediction of non-suicidal self-injury: A one-year longitudinal study. *Behavior Therapy, 42*, 751-762..

Klonsky, E.D. (2011). Non-suicidal self-injury in United States adults: Prevalence, sociodemographics, topography, and functions. *Psychological Medicine, 41*, 1981-1986.

Lindholm, T. (2011). Functions of non-suicidal self-injury among young women in residential care: A pilot study with the Swedish version of the Inventory of Statements About Self-injury (ISAS). *Cognitive Behaviour Therapy, 40*, 183-189.

Glenn, C.R. & Klonsky, E.D. (2010). A multimethod analysis of impulsivity in non-suicidal self-injury. *Personality Disorders: Theory, Research, and Treatment, 1*, 67-75.

Glenn, C.R. & Klonsky, E.D. (2010). The role of seeing blood in non-suicidal self-injury. *Journal of Clinical Psychology, 66*, 1-8.

Glenn, C.R. & Klonsky, E.D. (2009). Social context during non-suicidal self-injury indicates suicide risk. *Personality and Individual Differences, 46*, 25-29.