

8. **Before** you engage in self-harm, do you have a period of preoccupation with self-harm that is difficult to control?

1-----2-----3-----4-----5-----6-----7
Never Half of the time Always

9. Do you think about self-harm even when you aren't engaging in it?

1-----2-----3-----4-----5-----6-----7
Never Half of the time Always

10. Does engaging in self-harm cause you stress?

1-----2-----3-----4-----5-----6-----7
Never Half of the time Always

11. Does engaging in self-harm cause you problems with other people?

1-----2-----3-----4-----5-----6-----7
Never Half of the time Always

12. Does engaging in self-harm cause academic or work difficulties?

1-----2-----3-----4-----5-----6-----7
Never Half of the time Always

13. Does engaging in self-harm cause difficulties in other areas of your life?

1-----2-----3-----4-----5-----6-----7
Never Half of the time Always

13b. If so, in what areas? _____

14. How often do you engage in these behaviors when under the influence of drugs or alcohol?

1-----2-----3-----4-----5-----6-----7
Never Half of the time Always

15. How often do you engage in these behaviors in response to odd experiences, like hearing or seeing things that other people can't hear or see (e.g. voices or visions)?

1-----2-----3-----4-----5-----6-----7
Never Half of the time Always

16. Have you been diagnosed with a mental health disorder? Yes No

16b. If so, please indicate which mental health disorders you have been diagnosed with _____

NSSIDS Paper or Hand Scoring

The scoring used in the original psychometric paper for the NSSIDS is as follows:

Criterion A: 5+ days of NSSI in a year

Current Threshold: Value for item #1 is greater than or equal to 5.

Past Threshold: Value for item #2 of “yes”

Criterion B: NSSI to relieve negative feelings/cognitive states, resolve an interpersonal difficulty, or induce a positive feeling.

Threshold: A score of 4 (“Half of the time”) or higher on items #3, #4, **OR** #5.

Criterion C: Interpersonal difficulties, negative feelings/thoughts, or hard-to-control preoccupation with NSSI immediately before self-injury, or frequent thoughts about NSSI when not injuring.

Threshold: A score of 4 (“Half of the time”) or higher on items #6, #7, #8, **OR** #9.

Criterion D: NSSI is not socially sanctioned, picking scabs, or nail biting.

Threshold: Refer to the NSSI methods measure used along with the NSSIDS for these data.

Criterion E: NSSI causes distress or impairment in interpersonal, academic, or other functioning.

Threshold: A score of 4 (“Half of the time”) or higher on items #10, #11, #12, **OR** #13.

Criterion F: NSSI is not exclusively during psychosis, delirium, substance intoxication, withdrawal, or better explained by another disorder.

Threshold: To meet criterion F, a participant must report **ALL OF THE FOLLOWING:**

- A score of less than 7 (“Always”) on item #14
- A score of less than 7 (“Always”) on item #15
- Item #16 is “No” OR item #16b is not an exclusionary diagnosis (e.g., stereotypes)

NSSIDS Computer Scoring

Note: Because software and variable setups inevitably differ across researchers and studies, please verify that this code works as expected with your own data files. This code is provided only as a guide. This code does not include scoring for criterion D (excluded methods), as this scoring will depend on the measure of NSSI behaviors used.

/* Scoring for criterion A */

```
RECODE NSSIDS1 (MISSING=SYSMIS) (5 thru Highest=1) (ELSE=0) INTO criterionAcurrent.  
RECODE NSSIDS2 (MISSING=SYSMIS) (1=1) (0=0) INTO criterionApast.  
EXECUTE.
```

/* Scoring for criteria B, C, E, and F */

```
COUNT criterionB=NSSIDS3 NSSIDS4 NSSIDS5(4 thru Highest).  
COUNT criterionC=NSSIDS6 NSSIDS7 NSSIDS8 NSSIDS9(4 thru Highest).  
COUNT criterionE=NSSIDS10 NSSIDS11 NSSIDS12 NSSIDS13(4 thru Highest).  
COUNT criterionF=NSSIDS14 NSSIDS15(Lowest thru 6).  
EXECUTE.
```

```
RECODE criterionB (MISSING=SYSMIS) (1 thru Highest=1) (ELSE=0).  
RECODE criterionC (MISSING=SYSMIS) (1 thru Highest=1) (ELSE=0).  
RECODE criterionE (MISSING=SYSMIS) (1 thru Highest=1) (ELSE=0).  
RECODE criterionF (MISSING=SYSMIS) (2 thru Highest=1) (ELSE=0).  
EXECUTE.
```

/* This syntax flags participants whose diagnoses should be reviewed for exclusion on criterion F */

```
DO IF (criterionF=1 & NSSIDS16=1).  
RECODE criterionF (ELSE=1) INTO flag.  
END IF.  
EXECUTE.
```

/* This syntax combines criteria A, B, C, E, and F. This syntax should be modified to include */
/* your variable for criterion D (excluded methods) and should only be used after dealing with */
/* flagged diagnoses for criterion F by visual inspection of diagnoses reported for item #16 */

```
COUNT DSMdxCurrent=criterionAcurrent criterionB criterionC criterionE criterionF (1).  
COUNT DSMdxPast=criterionApast criterionB criterionC criterionE criterionF (1).  
RECODE DSMdxCurrent (MISSING=SYSMIS) (5=1) (Lowest thru 4=0).  
RECODE DSMdxPast (MISSING=SYSMIS) (5=1) (Lowest thru 4=0).  
EXECUTE.
```