

SITBI-Short Form

These questions ask about your thoughts and feelings of suicide and self-injurious behaviors. Please listen carefully and respond as accurately as you can. Do you have questions before we begin?

Suicidal Ideation

- 1) Have you ever had thoughts of killing yourself? 1) _____
 0) no 1) yes
- 2) How old were you the first time you had thoughts of killing yourself? (*age*) 2) _____
- 3) How old were you the last time? (*age*) 3) _____
- 4) During how many separate times in your life have you had thoughts of killing yourself? (Please give your best estimate.) 4) _____
- 5) How many separate times in the past year? 5) _____
- 6) How many separate times in the past month? 6) _____
- 7) How many separate times in the past week? 7) _____
- 8) When was the last time? 8) _____

Hand respondent 0-4 rating scale

Here is a scale we will use for a number of the upcoming questions.

- 9) On this scale of 0 to 4, at the worst point how intense were your thoughts of killing yourself? 9) _____
- 10) On average, how intense were these thoughts? 10) _____
- 11) When you've had a thought, what method did you think of using? 11) _____
- | | | |
|---------------------------|----------------------|----------------------------|
| 1) own prescription drugs | 7) hanging | 13) drowning |
| 2) illicit drugs (not rx) | 8) sharp object | 14) suffocation |
| 3) over-counter drugs | 9) auto exhaust | 15) other's rx drugs |
| 4) poison | 10) other gases | 16) other _____ |
| 5) firearms | 11) train/ car | 17) multiple methods _____ |
| 6) immolation | 12) jump from height | 88) not applicable |
| | | 99) unknown |
- 12) When you have thoughts of killing yourself, how long do they usually last? 12) _____
- | | |
|----------------------|-------------------------------------|
| 0) 0 seconds | 5) 1-2 days |
| 1) 1-60 seconds | 6) more than 2 days |
| 2) 2-15 minutes | 7) wide range (spans > 2 responses) |
| 3) 16-60 minutes | 88) not applicable |
| 4) less than one day | 99) unknown |
- 13) On the scale of 0 to 4, what is the likelihood that you will have thoughts of killing yourself in the future? 13) _____

Suicide Plan

14) Have you ever actually made a plan to kill yourself? 14) _____
 0) no 1) yes

We will refer to this as a suicide plan.

15) How old were you the first time you made such a plan? (*age*) 15) _____

16) How old were you the last time? (*age*) 16) _____

17) During how many separate times in your life have you made a plan? 17) _____

18) How many separate times in the past year? 18) _____

19) How many separate times in the past month? 19) _____

20) How many separate times in the past week? 20) _____

21) On the scale of 0 to 4, at the worst point, how seriously did you consider acting on the plan? 21) _____

22) On average, how seriously have you considered acting on them? 22) _____

23) When you've had a plan, what method did you think of using? 23) _____

- | | | |
|---------------------------|----------------------|----------------------------|
| 1) own prescription drugs | 7) hanging | 13) drowning |
| 2) illicit drugs (not rx) | 8) sharp object | 14) suffocation |
| 3) over-counter drugs | 9) auto exhaust | 15) other's rx drugs |
| 4) poison | 10) other gases | 16) other _____ |
| 5) firearms | 11) train/ car | 17) multiple methods _____ |
| 6) immolation | 12) jump from height | 88) not applicable |
| | | 99) unknown |

24) When you've had a plan, how long have you thought about it before either moving onto something else or acting on the plan? 24) _____

- | | |
|----------------------|-------------------------------------|
| 0) 0 seconds | 5) 1-2 days |
| 1) 1-60 seconds | 6) more than 2 days |
| 2) 2-15 minutes | 7) wide range (spans > 2 responses) |
| 3) 16-60 minutes | 88) not applicable |
| 4) less than one day | 99) unknown |

25) On the scale of 0 to 4, what do you think the likelihood is that you will make a plan to kill yourself in the future? 25) _____

Suicide Gesture

Say slowly - make sure they understand exactly what you are saying

- 26) Have you ever done something to lead someone to believe that you wanted to kill yourself when you really had no intention of doing so? 26) _____
 0) no 1) yes

Only score if there was NO suicidal intent, and they wanted someone else to BELIEVE they wanted to make a suicide attempt

We will refer to this as a suicide gesture.

- 27) How old were you the first time you made a suicide gesture? (age) 27) _____
 28) How old were you the last time? (age) 28) _____
 29) During how many separate times in your life have you made a suicide gesture? 29) _____
 30) How many have you made in the past year? 30) _____
 31) How many have you made in the past month? 31) _____
 32) How many have you made in the past week? 32) _____
 33) What have you done? 33) _____

- 34) When you've made a suicide gesture, for how long have you thought about it before doing it? 34) _____
 0) 0 seconds 5) 1-2 days
 1) 1-60 seconds 6) more than 2 days
 2) 2-15 minutes 7) wide range (spans > 2 responses)
 3) 16-60 minutes 88) not applicable
 4) less than one day 99) unknown
- 35) On the scale of 0 to 4, what do you think the likelihood is that you will make a suicide gesture in the future? 35) _____

Suicide Attempt

- 36) Have you ever made an actual attempt to kill yourself in which you had at least some intent to die? 36) _____
 0) no 1) yes

We will refer to this as a suicide attempt.

- 37) How old were you the first time you made a suicide attempt? (*age*) 37) _____

- 38) When was the **most recent** attempt? 38) ___/___/___

- 39) *How many days was that from today?* 39) _____
 88) *not applicable*
 99) *time unknown*

- 40) How many suicide attempts have you made in your lifetime? 40) _____

- 41) How many have you made in the past year? 41) _____

- 42) How many have you made in the past month? 42) _____

- 43) How many have you made in the past week? 43) _____

- 44) What method did you use for your most recent attempt? 44) _____
 1) own prescription drugs 7) hanging 13) drowning
 2) illicit drugs (not rx) 8) sharp object 14) suffocation
 3) over-counter drugs 9) auto exhaust 15) other's rx drugs
 4) poison 10) other gases 16) other _____
 5) firearms 11) train/ car 17) multiple methods _____
 6) immolation 12) jump from height 88) not applicable
 99) unknown

- 45) What were the circumstances that contributed most to your most recent attempt?
Put in order of importance.
 1) job loss/ job stress/ academic failure 8) psychiatric symptoms 45a) _____
 2) dispute with family or friends 9) humiliating event 45b) _____
 3) dispute with spouse/lover 10) other: _____
 4) financial problems 11) refuses to answer 45c) _____
 5) eviction 88) not applicable
 6) health problems 99) unknown
 7) death of another person

- 46) What kind of injuries did you have as a result of this attempt? 46) _____

Regarding the **most lethal** attempt:

- 47) When did it occur? 47) ___/___/___

- 48) What kind of injuries did you have as a result of this attempt? 48) _____
- 49) How long have you usually thought about suicide before making an attempt? 49) _____
- 0) 0 seconds 5) 1-2 days
1) 1-60 seconds 6) more than 2 days
2) 2-15 minutes 7) wide range (spans > 2 responses)
3) 16-60 minutes 88) not applicable
4) less than one day 99) unknown
- 50) On the scale of 0 to 4, what do you think the likelihood is that you will
make a suicide attempt in the future? 50) _____

Thoughts of Non-Suicidal Self-Injury

- 51) Have you ever had thoughts of purposely hurting yourself without wanting to die? (for example, cutting or burning) 51) _____
 0) no 1) yes

We will refer to this as non-suicidal self-injury.

- 52) How old were you the first time you thought about engaging in NSSI? (*age*) 52) _____
- 53) How old were you the last time? (*age*) 53) _____
- 54) During how many separate times in your life have you thought about engaging in NSSI? 54) _____
- 55) How many separate times in the past year? 55) _____
- 56) How many separate times in the past month? 56) _____
- 57) How many separate times in the past week? 57) _____
- 58) On the scale of 0 to 4, at the worst point, how intense were your thoughts about engaging in NSSI? 58) _____
- 59) On average, how intense were these thoughts? 59) _____
- 60) When you have had these thoughts, how long have they usually lasted? 60) _____
 0) 0 seconds 5) 1-2 days
 1) 1-60 seconds 6) more than 2 days
 2) 2-15 minutes 7) wide range (spans > 2 responses)
 3) 16-60 minutes 88) not applicable
 4) less than one day 99) unknown
- 61) On the scale of 0 to 4, what do you think the likelihood is that you will have thoughts about engaging in NSSI in the future? 61) _____

Non-Suicidal Self-Injury

- 62) Have you ever actually engaged in NSSI? 62) _____
 0) no 1) yes
- 63) How old were you the first time? (*age*) 63) _____
- 64) How old were you the last time? (*age*) 64) _____
- 65) How many times in your life have you engaged in NSSI? 65) _____
- 66) How many times in the past year? 66) _____
- 67) How many times in the past month? 67) _____
- 68) How many times in the past week? 68) _____
- 69) Now I'm going to go through a list of things that people have done to harm themselves. Please let me know which of these you've done: 69a) _____
 1) cut or carved skin 69b) _____
 2) hit yourself on purpose 69c) _____
 3) pulled your hair out 69d) _____
 4) gave yourself a tattoo 69e) _____
 5) picked at a wound
 6) burned your skin (i.e., with a cigarette, match or other hot object)
 7) inserted objects under your nails or skin
 8) bit yourself (e.g., your mouth or lip)
 9) picked areas of your body to the point of drawing blood
 10) scraped your skin
 11) "erased" your skin to the point of drawing blood
 12) other (specify): _____
 88) not applicable
 99) unknown
- 70) Have you ever received medical treatment for harm caused by NSSI? 70) _____
 0) no 88) not applicable
 1) yes 99) unknown
- 71) On average, for how long have you thought about NSSI before engaging in it? 71) _____
 0) 0 seconds 5) 1-2 days
 1) 1-60 seconds 6) more than 2 days
 2) 2-15 minutes 7) wide range (spans > 2 responses)
 3) 16-60 minutes 88) not applicable
 4) less than one day 99) unknown
- 72) On the scale of 0 to 4, what do you think the likelihood is that you will engage in NSSI in the future? 72) _____

0

1

2

3

4

Low/little

Very much/ Severe

Suggested citation for this measure:

Nock, M. K., Holmberg, E. B., Photos, V. I., & Michel, B. D. (2007). The Self-Injurious Thoughts and Behaviors Interview: Development, reliability, and validity in an adolescent sample. *Psychological Assessment, 19*, 309-317.