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?
   0) no           1) yes

2) How old were you the first time you had thoughts of killing yourself? (age)

3) How old were you the last time? (age)

4) During how many separate times in your life have you had thoughts of killing yourself? (Please give your best estimate.)

5) How many separate times in the past year?

6) How many separate times in the past month?

7) How many separate times in the past week?

8) When was the last time?

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?

10) On average, how intense were these thoughts?

11) When you’ve had a thought, what method did you think of using?
   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?
   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?

Suicide Plan

14) Have you ever actually made a plan to kill yourself?  
   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)  

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

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

18) How many separate times in the past year?  

19) How many separate times in the past month?  

20) How many separate times in the past week?  

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

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

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

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?  

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

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Nock et al. (2007). *Psychological Assessment.*
**Suicide Attempt**

36) Have you ever made an actual attempt to kill yourself in which you had at least some intent to die?  
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)  

38) When was the most recent attempt?  

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

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

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

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

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

44) What method did you use for your most recent attempt?  
   1) own prescription drugs  
   2) illicit drugs (not rx)  
   3) over-counter drugs  
   4) poison  
   5) firearms  
   6) immolation  
   7) hanging  
   8) sharp object  
   9) auto exhaust  
   10) other gases  
   11) train/ car  
   12) jump from height  
   13) drowning  
   14) suffocation  
   15) other's rx drugs  
   16) other _____  
   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  
   2) dispute with family or friends  
   3) dispute with spouse/lover  
   4) financial problems  
   5) eviction  
   6) health problems  
   7) death of another person  
   8) psychiatric symptoms  
   9) humiliating event  
   10) other: _________  
   11) refuses to answer  
   11) 88) not applicable  
   99) unknown  

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

Regarding the **most lethal** attempt:

47) When did it occur?
48) What kind of injuries did you have as a result of this attempt? ______

49) How long have you usually thought about suicide before making an attempt?
    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? ______
**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)
   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)
53) How old were you the last time? (age)
54) During how many separate times in your life have you thought about engaging in NSSI?
55) How many separate times in the past year?
56) How many separate times in the past month?
57) How many separate times in the past week?
58) On the scale of 0 to 4, at the worst point, how intense were your thoughts about engaging in NSSI?
59) On average, how intense were these thoughts?
60) When you have had these thoughts, how long have they usually lasted?
   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   8) 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?
**Non-Suicidal Self-Injury**

62) Have you ever actually engaged in NSSI?  
0) no  
1) yes  

63) How old were you the first time? (age)  

64) How old were you the last time? (age)  

65) How many times in your life have you engaged in NSSI?  

66) How many times in the past year?  

67) How many times in the past month?  

68) How many times in the past week?  

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:  
1) cut or carved skin  
2) hit yourself on purpose  
3) pulled your hair out  
4) gave yourself a tattoo  
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?  
0) no  
88) not applicable  
1) yes  
99) unknown  

71) On average, for how long have you thought about NSSI before engaging in it?  
0) 0 seconds  
1) 1-60 seconds  
2) 2-15 minutes  
3) 16-60 minutes  
4) less than one day  
5) 1-2 days  
6) more than 2 days  
7) wide range (spans > 2 responses)  
88) not applicable  
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?
<table>
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<th>0</th>
<th>1</th>
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<td>Low/little</td>
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Suggested citation for this measure: