

Ottawa Self-Injury Inventory – Functions (OSI-F)

Name: _____	Sex: _____ Male _____ Female
Today's Date: ____ DD ____ MM ____ YY	Date of Birth: ____ DD ____ MM ____ YY

Why do you think you started and if you continue, why do you still self-injure (without meaning to kill yourself)? Please circle the number that best represents how much your self-injury is due to that reason.

Circle "0" if it has never been a reason that you self-injure and "4" if it has always been a reason that you self-injure.

WHY DID YOU START?				IF YOU CONTINUE, WHY DO YOU CONTINUE?							
	never a reason	sometimes a reason	always a reason		never a reason	sometimes a reason	always a reason				
1. to release unbearable tension	0	1	2	3	4	1. to release unbearable tension	0	1	2	3	4
2. to experience a "high" that feels like a drug high	0	1	2	3	4	2. to experience a "high" that feels like a drug high	0	1	2	3	4
3. to stop my parents from being angry with me	0	1	2	3	4	3. to stop my parents from being angry with me	0	1	2	3	4
4. to stop feeling alone and empty	0	1	2	3	4	4. to stop feeling alone and empty	0	1	2	3	4
5. to get care or attention from other people	0	1	2	3	4	5. to get care or attention from other people	0	1	2	3	4
6. to punish myself	0	1	2	3	4	6. to punish myself	0	1	2	3	4
7. to provide a sense of excitement that feels exhilarating	0	1	2	3	4	7. to provide a sense of excitement that feels exhilarating	0	1	2	3	4
8. to relieve nervousness/fearfulness	0	1	2	3	4	8. to relieve nervousness/fearfulness	0	1	2	3	4
9. to avoid getting into trouble for something I did	0	1	2	3	4	9. to avoid getting into trouble for something I did	0	1	2	3	4
10. to distract me from unpleasant memories	0	1	2	3	4	10. to distract me from unpleasant memories	0	1	2	3	4
11. to change my body image and/or appearance	0	1	2	3	4	11. to change my body image and/or appearance	0	1	2	3	4
12. to belong to a group	0	1	2	3	4	12. to belong to a group	0	1	2	3	4
13. to release anger	0	1	2	3	4	13. to release anger	0	1	2	3	4
14. to stop my friends/boy-girlfriend from being angry with me	0	1	2	3	4	14. to stop my friends/boy-girlfriend from being angry with me	0	1	2	3	4
15. to show others how hurt or damaged I am	0	1	2	3	4	15. to show others how hurt or damaged I am	0	1	2	3	4
16. to show others how strong or tough I am	0	1	2	3	4	16. to show others how strong or tough I am	0	1	2	3	4

17. to help me escape from uncomfortable feelings or moods	0 1 2 3 4	17. to help me escape from uncomfortable feelings or moods	0 1 2 3 4
18. to satisfy voices inside or outside of me telling me to do it	0 1 2 3 4	18. to satisfy voices inside or outside of me telling me to do it	0 1 2 3 4
19. to experience physical pain in one area, when the other pain I feel is unbearable	0 1 2 3 4	19. to experience physical pain in one area, when the other pain I feel is unbearable	0 1 2 3 4
20. to stop people from expecting so much from me	0 1 2 3 4	20. to stop people from expecting so much from me	0 1 2 3 4
21. to relieve feelings of sadness or feeling "down"	0 1 2 3 4	21. to relieve feelings of sadness or feeling "down"	0 1 2 3 4
22. to have control in a situation where no one can influence me	0 1 2 3 4	22. to have control in a situation where no one can influence me	0 1 2 3 4
23. to stop me from thinking about ideas of killing myself	0 1 2 3 4	23. to stop me from thinking about ideas of killing myself	0 1 2 3 4
24. to stop me from acting out ideas of killing myself	0 1 2 3 4	24. to stop me from acting out ideas of killing myself	0 1 2 3 4
25. to produce a sense of being real when I feel numb or "unreal"	0 1 2 3 4	25. to produce a sense of being real when I feel numb or "unreal"	0 1 2 3 4
26. to release frustration	0 1 2 3 4	26. to release frustration	0 1 2 3 4
27. to get out of doing something that I don't want to do	0 1 2 3 4	27. to get out of doing something that I don't want to do	0 1 2 3 4
28. for no reason that I know about - it just happens sometimes	0 1 2 3 4	28. for no reason that I know about - it just happens sometimes	0 1 2 3 4
29. to prove to myself how much I can take	0 1 2 3 4	29. to prove to myself how much I can take	0 1 2 3 4
30. for sexual excitement	0 1 2 3 4	30. for sexual excitement	0 1 2 3 4
31. to diminish feeling of sexual arousal	0 1 2 3 4	31. to diminish feeling of sexual arousal	0 1 2 3 4
32. other (please specify) _____	0 1 2 3 4	32. I am "addicted" to doing it	0 1 2 3 4
		33. other (please specify) _____	0 1 2 3 4

Summary Key for the Ottawa Self-Injury Inventory – Functions (OSI-F)*

Affect Regulation: to alleviate acute negative affect/aversive affective arousal

- 1 to release unbearable tension
- 4 to stop feeling alone and empty
- 8 to relieve nervousness/fearfulness
- 10 to distract me from unpleasant memories
- 13 to release anger
- 21 to relieve feelings of sadness or feeling “down”
- 26 to release frustration

Number of items endorsed (out of 7) as 2 or higher: _____

Anti-dissociation: to end the experience of depersonalization or dissociation

- 17 to help me escape from uncomfortable feelings or moods
- 19 to experience physical pain in one area, when the other pain I feel is unbearable
- 25 to produce a sense of being real when I feel numb and “unreal”

Number of items endorsed (out of 3) as 2 or higher: _____

Anti-Suicide: to replace, compromise with or avoid impulse to commit suicide

- 23 to stop me from thinking about ideas of killing myself
- 24 to stop me from acting out ideas of killing myself

Number of items endorsed (out of 2) as 2 or higher: _____

Interpersonal boundaries: to assert ones autonomy/distinction between self and others

- 11 to change my body image and/or appearance
- 22 to have control in a situation where no one can influence me

Number of items endorsed (out of 2) as 2 or higher: _____

Interpersonal Influence: to seek help/influence

- 3 to stop my parents from being angry with me
- 5 to get care or attention from other people
- 9 to avoid getting into trouble for something I did
- 12 to belong to a group
- 14 to stop my friends/boyfriend/girlfriend from being angry with me
- 15 to show others how hurt or damaged I am
- 16 to show others how strong or tough I am
- 20 to stop people from expecting so much from me
- 27 to get out of doing something that I don't want to do

Number of items endorsed (out of 9) as 2 or higher: _____

Self Punishment: to derogate/express anger towards oneself

- 6 to punish myself

Number of items endorsed (out of 1) as 2 or higher: _____

Sensation seeking: to generate exhilaration or excitement

- 7 to provide a sense of excitement that feels exhilarating
- 29 to prove to myself how much I can take
- 30 for sexual excitement
- 31 to diminish feeling of sexual arousal

Number of items endorsed (out of 4) as 2 or higher: _____

Addictive Features:

- 2 to experience a “high” that feels like a drug high
- 32 I am “addicted” to doing it

Number of items endorsed (out of 2) as 2 or higher: _____

Other:

- 18 to satisfy voices inside or outside of me telling me to do it
- 28 for no reason that I know about - it just happens sometimes

* *Note:* these categories are based on the literature regarding functions of NSSI and are currently under evaluation.