

# Ottawa Self-Injury Inventory (OSI-clinical)

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Researchers and clinicians working in non-profit or publicly owned settings (including universities, non-profit hospitals, and government institutions) may make single copies of the OSI instrument for their own clinical and research use.

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OSI (3.1) rev. November, 2005 ©



7. How old were you when you started to self-injure? \_\_\_\_\_ (years)

8. The **first time** you hurt yourself, where did you get the idea? *(please (✓) only one)*

- |  |  |
|--|--|
| _____ I <u>read</u> about it on an internet website                          | _____ I <u>read</u> about it on a Web Blog                                       |
| _____ I <u>read</u> about it in a book or magazine                           | _____ I <u>saw</u> it happen in a movie or on television                         |
| _____ I <u>saw</u> other people do it in a <u>non-hospital</u> setting       | _____ I <u>heard</u> about it from other people in a <u>non-hospital</u> setting |
| _____ I <u>heard</u> about it from other people in a <u>hospital</u> setting | _____ I <u>saw</u> other people do it in a <u>hospital</u> setting               |
| _____ it was my own idea   | _____ Other (please list) _____  |

9. *circle "0" if not at all and circle "4" if extremely*

<b>When you get the urge to hurt yourself:</b>	<b>Not at all</b>	<b>somewhat</b>	<b>extremely</b>		
The urge is distressing / upsetting	0	1	2	3	4
The urge is comforting	0	1	2	3	4
The urge is intrusive / invasive	0	1	2	3	4

10. Do you only harm yourself after taking drugs or alcohol? \_\_\_\_\_ no \_\_\_\_\_ yes

11. Do you let other people know that you harm yourself?

- |                   |                    |  |                         |
|-------------------|--------------------|--|-------------------------|
| _____ no one      | who do you tell? → | _____ friend(s)                        | _____ family member(s)  |
| _____ some people |                    | _____ psychologist/psychiatrist        | _____ family doctor     |
| _____ most people |                    | _____ other Mental Health Professional | _____ school counsellor |
|                   |                    | _____ telephone helpline               |                         |
|                   |                    | _____ other (please specify) _____     |                         |

12. What areas of your body did/do you injure?

Please (✓) all that apply and put an (X) beside the area that you most frequently injure(d).

<b>WHEN YOU FIRST STARTED</b>	<b>CURRENTLY (past month if still self-injuring)</b>																																																
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13. How did/do you injure yourself (without meaning to kill yourself)?  
 Please (✓) all that apply and put an (X) beside the most frequent method of self-injury.

WHEN YOU FIRST STARTED		CURRENTLY (past month if still self-injuring)	
✓ all that apply	(X) most frequent	✓ all that apply	(X) most frequent
_____ cutting_____	( )	_____ cutting_____	( )
_____ scratching_____	( )	_____ scratching_____	( )
_____ interfering with wound healing_____	( )	_____ interfering with wound healing_____	( )
_____ burning_____	( )	_____ burning_____	( )
_____ biting_____	( )	_____ biting_____	( )
_____ hitting_____	( )	_____ hitting_____	( )
_____ hair pulling_____	( )	_____ hair pulling_____	( )
_____ severe nail biting and/ or nail injuries_____	( )	_____ severe nail biting and/ or nail injuries_____	( )
_____ piercing skin with sharp pointy objects_____	( )	_____ piercing skin with sharp pointy objects_____	( )
_____ piercing of body parts_____	( )	_____ piercing of body parts_____	( )
_____ excessive use of street drugs_____	( )	_____ excessive use of street drugs_____	( )
_____ excessive use of alcohol_____	( )	_____ excessive use of alcohol_____	( )
_____ trying to break bones_____	( )	_____ trying to break bones_____	( )
_____ headbanging_____	( )	_____ headbanging_____	( )
_____ taking too much medication_____	( )	_____ taking too much medication_____	( )
_____ taking too little medication_____	( )	_____ taking too little medication_____	( )
_____ eating or drinking things that are not food_____	( )	_____ eating or drinking things that are not food_____	( )
_____ other (please list)_____	( )	_____ other (please list)_____	( )

14. 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

	never a reason	sometimes a reason	always a reason		never a reason	sometimes a reason	always a reason				
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/boyfriend/girlfriend from being angry with me	0	1	2	3	4	14. to stop my friends/boyfriend/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 and "unreal"	0	1	2	3	4	25. to produce a sense of being real when I feel numb and "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.						32. I am "addicted" to doing it	0	1	2	3	4
33. other (please specify) _____	0	1	2	3	4	33. other (please specify) _____	0	1	2	3	4

15.

circle "0" if never and circle "4" if always

Do you feel relief (better) after harming yourself?	Never	sometimes			always
	0	1	2	3	4



If you feel relief, how long does the relief last  
*(please (✓) only one)*

less than 1minute       1 to 5 minutes       6 to 30 minutes  
 31 to 60 minutes       hours       days

16. If you chose any of the following reasons for continuing to self-injure, please rate their helpfulness.

Circle (0) if self-injury is not at all helpful and circle (4) if self-injury is extremely helpful at:

Self-injury is extremely helpful at:	Not at all helpful	somewhat helpful			extremely helpful
Releasing unbearable tension	0	1	2	3	4
Releasing anger	0	1	2	3	4
Releasing frustration	0	1	2	3	4
Releasing nervousness	0	1	2	3	4
Releasing feelings of sadness or feeling down	0	1	2	3	4
<b>If the reason(s) why you continue to self-injure are different than those listed above, please insert your reason on the line provided and rate it's helpfulness</b>					
Write in your reason _____	0	1	2	3	4
Write in your reason _____	0	1	2	3	4

17. Once you think about harming yourself, do you always do it?     yes     no

18. When you hurt yourself on purpose, on average, how much time goes by between thinking about it and doing it?  
*(Please (✓) 1 item only)*

less than 1 minute       over 30 minutes but less than 1 hour  
 1 minute to 5 minutes       hours  
 6 minutes to 30 minutes       days

19.  
always

circle "0" if never and circle "4" if

Do you hurt or think about hurting yourself after stressful things happen?	never	sometimes			always
	0	1	2	3	4



What kinds of stressful situation(s) typically lead to self-injury?

abandonment (specify) \_\_\_\_\_       failure (specify) \_\_\_\_\_  
 loss (specify) \_\_\_\_\_       rejection (specify) \_\_\_\_\_  
 other(specify) \_\_\_\_\_

20.

circle "0" if never and circle "4" if always

Do you feel physical pain when you harm yourself?	never	sometimes			always
	0	1	2	3	4

21.

circle "0" if never and circle "4" if always

Since you started to self-injure, have you found that:	never	sometimes			always
a. The self-injurious behaviour occurs more often than intended?	0	1	2	3	4
b. The severity in which the self-injurious behaviour occurs has increased (e.g., deeper cuts, more extensive parts of your body)?	0	1	2	3	4
c. If the self-injurious behaviour produced an effect when started, you now need to self-injure more frequently or with greater intensity to produce the same effect?	0	1	2	3	4
d. This behaviour or thinking about it consumes a significant amount of your time (e.g., planning and thinking about it, collecting and hiding sharp objects, doing it and recovering from it)?	0	1	2	3	4
e. Despite a desire to cut down or control this behaviour, you are unable to do so?	0	1	2	3	4
f. You continue this behaviour despite recognizing that it is harmful to you physically and/or emotionally?	0	1	2	3	4
g. Important social, family, academic or recreational activities are given up or reduced because of this behaviour?	0	1	2	3	4

22. If you are trying to resist hurting yourself, what do you do instead?

*please (✓) all that apply and put an (X) beside the **most helpful** thing you do to resist hurting yourself.*

✓ all that apply	(X) the most helpful if applicable
_____ never try to resist _____	( )
_____ talk with someone	( )
_____ exercise / sports	( )
_____ reading writing, music, dance	( )
_____ watch television, play video or computer games	( )
_____ do things to relax (e.g., hot bath, yoga, deep breathing)	( )
_____ use alcohol and or street drugs	( )
_____ do anything to keep hands busy	( )
_____ other (please specify) _____	( )

23.

How <b>motivated</b> are you at this time <u>to stop self-injuring</u> ?	not at all motivated	somewhat motivated	extremely motivated
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	0	1	2	3	4
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24. What treatment(s) if any, have you received with the goal of reducing and/or eliminating your self-harm?  
*(Please (✓) all items that apply)*

- I have not had treatment     I declined treatment     Self help (e.g., self-help books, internet)  
 individual therapy     school counselling     group therapy  
 family therapy     medication (please specify) \_\_\_\_\_  
 other (please specify) \_\_\_\_\_  
 \_\_\_\_\_

25. What treatment(s) if any, have you found the most helpful in reducing and/or eliminating your self-harm?  
*(Please (✓) all items that apply)*

- I have not had treatment     I declined treatment     Self help (e.g., self-help books, internet)  
 individual therapy     school counselling     group therapy  
 family therapy     medication (please specify) \_\_\_\_\_  
 other (please specify) \_\_\_\_\_  
 \_\_\_\_\_

26.

I feel that this questionnaire has fully described my experience of Self-Injury	Strongly Disagree	Somewhat Agree		Strongly Agree
	0	1	2	3

27. Is there anything else you would like to share with us regarding your self-injury behaviour?

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