

SITBI-Long 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) _____

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) Why do you think you have thoughts of killing yourself? 12) _____
-
- 13) On a scale of 0 to 4, how much did you think of killing yourself as a way to get rid of bad feelings? 13) _____
- 14) How much did you think of killing yourself as a way to feel something, because you were feeling numb or empty? 14) _____

- 15) How much did you think of killing yourself in order to communicate with someone else or to get attention? 15) _____
- 16) How much did you think of killing yourself in order to get out of doing something or to get away from others? 16) _____
- 17) On a scale of 0 to 4, to what extent did problems with your family lead to your having thoughts of killing yourself? 17) _____
- 18) How much did problems with your friends lead to these thoughts? 18) _____
- 19) How much did problems with your relationships lead to these thoughts? 19) _____
- 20) How much did problems with your peers lead to these thoughts? 20) _____
- 21) How much did problems with work or school lead to these thoughts? 21) _____
- 22) How much did your mental state at the time lead to these thoughts? 22) _____
- 23) During what percent of the time were you using drugs or alcohol when you had thoughts of killing yourself? 23) _____
- 24) When you have thoughts of killing yourself, how long do they usually last? 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 | 8) not applicable |
| 4) less than one day | 9) unknown |
- 25) Before you ever thought about killing yourself, how many of your friends, to your knowledge, thought about killing themselves? 25) _____
- 26) Since the first time you thought about killing yourself, how many of your friends have thought about killing themselves? 26) _____
- 27) Before you ever thought about killing yourself, how much did your friends thinking about killing themselves influence your thinking about killing yourself, on a scale of 0 to 4? 27) _____
- 28) Since you ever thought about killing yourself, how much have your friends thinking about killing themselves influenced your thinking about killing yourself on a scale of 0 to 4? 28) _____
- 29) On a scale of 0 to 4, what is the likelihood that you will have thoughts of killing yourself in the future? 29) _____

Suicide Plan

30) Have you ever actually made a plan to kill yourself? 30) _____
 0) no 1) yes

We will refer to this as a suicide plan.

31) How old were you the first time you made such a plan? (*age*) 31) _____

32) How old were you the last time? (*age*) 32) _____

33) During how many separate times in your life have you made a plan? 33) _____

34) How many separate times in the past year? 34) _____

35) How many separate times in the past month? 35) _____

36) How many separate times in the past week? 36) _____

37) On a scale of 0 to 4, at the worst point, how seriously did you consider acting on the plan? 37) _____

38) On average, how seriously have you considered acting on them? 38) _____

39) When you've had a plan, what method did you think of using? 39) _____

- | | | |
|---------------------------|----------------------|----------------------------|
| 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 |

40) Why do you think you make suicide plans? 40) _____

41) On a scale of 0 to 4, when you have made a suicide plan, how much did you make this plan as a way to get rid of bad feelings? 41) _____

42) How much did you make this plan in order to feel something, because you were feeling numb or empty? 42) _____

43) How much did you make this plan to communicate with someone else or to get attention? 43) _____

44) How much did you make this plan to get out of doing something or to get away from others? 44) _____

- 45) On a scale of 0 to 4, to what extent did problems with your family lead to your making suicide plans? 45)_____
- 46) How much did problems with your friends lead to your making suicide plans? 46)_____
- 47) How much did problems with your relationships lead to your making suicide plans? 47)_____
- 48) How much did problems with your peers lead to your making suicide plans? 48)_____
- 49) How much did problems with work or school lead to your making suicide plans? 49)_____
- 50) How much did your mental state at the time lead to your making suicide plans? 50)_____
- 51) During what percent of the time were you using drugs or alcohol when you made suicide plans? 51)_____
- 52) When you've had a plan, how long have you thought about it before either moving onto something else or acting on the plan? 52)_____
- 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 9) unknown
- 53) Before you ever made a suicide plan, how many of your friends, to your knowledge, made suicide plans? 53)_____
- 54) Since the first time you made a suicide plan, how many of your friends have made suicide plans? 54)_____
- 55) Before you ever made a suicide plan, how much did your friends making suicide plans influence your making suicide plans, on a scale of 0 to 4? 55)_____
- 56) Since the first time you made a suicide plan, how much have your friends making suicide plans influenced your making suicide plans, on a scale of 0 to 4? 56)_____
- 57) On a scale of 0 to 4, what do you think the likelihood is that you will make a suicide plan in the future? 57)_____

Suicide Gesture

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

- 58) 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? 58) _____
 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.

- 59) How old were you the first time you made a suicide gesture? (*age*) 59) _____
- 60) How old were you the last time? (*age*) 60) _____
- 61) During how many separate times in your life have you made a suicide gesture? 61) _____
- 62) How many have you made in the past year? 62) _____
- 63) How many have you made in the past month? 63) _____
- 64) How many have you made in the past week? 64) _____
- 65) What have you done? 65) _____
-
- 66) Why do you think you make suicide gestures? 66) _____
-
- 67) On a scale of 0 to 4, when you have made a suicide gesture, how much did you make this gesture as a way to get rid of bad feelings? 67) _____
- 68) How much did you make the gesture to feel something, because you were feeling numb or empty? 68) _____
- 69) How much did you make the gesture to communicate with someone else or to get attention? 69) _____
- 70) How much did you make the gesture to get out of doing something or to get away from others? 70) _____
- 71) On a scale of 0 to 4, to what extent did problems with your family lead to your making suicide gestures? 71) _____
- 72) How much did problems with your friends lead to your making suicide gestures? 72) _____

- 73) How much did problems with your relationships lead to your making suicide gestures? 73) _____
- 74) How much did problems with your peers lead to your making suicide gestures? 74) _____
- 75) How much did problems with work or school lead to your making suicide gestures? 75) _____
- 76) How much did your mental state at the time lead to your making suicide gestures? 76) _____
- 77) During what percent of the time were you using drugs or alcohol when you made suicide gestures? 77) _____
- 78) When you've made a suicide gesture, for how long have you thought about it before doing it? 78) _____
- | | |
|----------------------|-------------------------------------|
| 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 |
- 79) Before you ever made a suicide gesture, how many of your friends, to your knowledge, made suicide gestures? 79) _____
- 80) Since the first time you made a suicide gesture, how many of your friends have made suicide gestures? 80) _____
- 81) Before you ever made a suicide gesture, how much did your friends making suicide gestures influence your making suicide gestures, on a scale of 0 to 4? 81) _____
- 82) Since the first time you made a suicide gesture, how much have your friends making suicide gestures influenced your making suicide gestures, on a scale of 0 to 4? 82) _____
- 83) On a scale of 0 to 4, what do you think the likelihood is that you will make a suicide gesture in the future? 83) _____

Suicide Attempt

- 84) Have you ever made an actual attempt to kill yourself in which you had at least some intent to die? 84) _____
 0) no 1) yes

We will refer to this as a suicide attempt.

- 85) How old were you the first time you made a suicide attempt? (*age*) 85) _____

- 86) When was the **most recent** attempt? 86) ___/___/___

- 87) *How many days was that from today?* 87) _____

88) *not applicable*

89) *time unknown*

- 88) How many suicide attempts have you made in your lifetime? 88) _____

- 89) How many have you made in the past year? 89) _____

- 90) How many have you made in the past month? 90) _____

- 91) How many have you made in the past week? 91) _____

- 92) What method did you use for your most recent attempt? 92) _____

- | | | |
|---------------------------|----------------------|----------------------------|
| 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 |

- 93) 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 | 93a) _____ |
| 2) dispute with family or friends | 9) humiliating event | |
| 3) dispute with spouse/lover | 10) other: _____ | 93b) _____ |
| 4) financial problems | 11) refuses to answer | |
| 5) eviction | 88) not applicable | 93c) _____ |
| 6) health problems | 99) unknown | |
| 7) death of another person | | |

- 94) What kind of injuries did you have as a result of this attempt? 94) _____

Regarding the **most lethal** attempt:

- 95) When did it occur? 95) ___/___/___

- 96) What kind of injuries did you have as a result of this attempt? 96)_____
- 97) How long have you usually thought about suicide before making an attempt? 97)_____
- 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
- 98) Why do you think you make suicide attempts? 98)_____
-
- 99) On a scale of 0 to 4, when you have made a suicide attempt, how much did you 99)_____
 make this attempt as a way to get rid of bad feelings?
- 100) How much did you make the attempt to feel something, because you were feeling 100)_____
 numb or empty?
- 101) How much did you make the attempt to communicate with someone else or to 101)_____
 get attention?
- 102) How much did you make the attempt to get out of doing something or to get 102)_____
 away from others?
- 103) On a scale of 0 to 4, to what extent did problems with your family lead to your 103)_____
 making a suicide attempt?
- 104) How much did problems with your friends lead to your making a suicide attempt? 104)_____
- 105) How much did problems with your relationships lead to your making a suicide 105)_____
 attempt?
- 106) How much did problems with your peers lead to your making a suicide attempt? 106)_____
- 107) How much did problems with work or school lead to your making a suicide 107)_____
 attempt?
- 108) How much did your mental state at the time lead to your making a suicide 108)_____
 attempt?

- 109) On a scale of 0 to 4, how much physical pain were you in when you made the suicide attempt(s)? 109)_____
- 110) During what percent of the time were you using drugs or alcohol when you made the suicide attempt(s)? 110)_____
- 111) Before you ever made a suicide attempt, how many of your friends, to your knowledge, had made suicide attempts? 111)_____
- 112) Since the first time you made a suicide attempt, how many of your friends have made suicide attempts? 112)_____
- 113) Before you ever made a suicide attempt, how much did your friends making suicide attempts influence your making suicide attempts, on a scale of 0 to 4? 113)_____
- 114) Since the first time you made a suicide attempt, how much have your friends making suicide attempts influenced your making suicide attempts, on a scale of 0 to 4? 114)_____
- 115) On a scale of 0 to 4, what do you think the likelihood is that you will make a suicide attempt in the future? 115)_____

Thoughts of Non-Suicidal Self-Injury

- 116) Have you ever had thoughts of purposely hurting yourself without wanting to die? (for example, cutting or burning) 116) _____
 0) no 1) yes

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

- 117) How old were you the first time you thought about engaging in NSSI? (*age*) 117) _____

- 118) How old were you the last time? (*age*) 118) _____

- 119) During how many separate times in your life have you thought about engaging in NSSI? 119) _____

- 120) How many separate times in the past year? 120) _____

- 121) How many separate times in the past month? 121) _____

- 122) How many separate times in the past week? 122) _____

- 123) On the scale of 0 to 4, at the worst point, how intense were your thoughts about engaging in NSSI? 123) _____

- 124) On average, how intense were these thoughts? 124) _____

- 125) Why do you think you have thoughts of engaging in NSSI? 125) _____

- 126) On a scale of 0 to 4, how much did you think of engaging in NSSI as a way to get rid of bad feelings? 126) _____

- 127) How much did you think of engaging in NSSI as a way to feel something, because you were feeling numb or empty? 127) _____

- 128) How much did you think of engaging in NSSI in order to communicate with someone else or to get attention? 128) _____

- 129) How much did you think of engaging in NSSI in order to get out of doing something or to get away from others? 129) _____

- 130) On a scale of 0 to 4, to what extent did problems with your family lead to your having thoughts of engaging in NSSI? 130) _____

- 131) How much did problems with your friends lead to these thoughts? 131) _____

- 132) How much did problems with your relationships lead to these thoughts? 132) _____

- 133) How much did problems with your peers lead to these thoughts? 133) _____

- 134) How much did problems with work or school lead to these thoughts? 134) _____
- 135) How much did your mental state at the time lead to these thoughts? 135) _____
- 136) During what percent of the time were you using drugs or alcohol when you had thoughts of engaging in NSSI? 136) _____
- 137) When you have had these thoughts, how long have they usually lasted? 137) _____
- | | |
|----------------------|-------------------------------------|
| 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 | 9) unknown |
- 138) Before you ever thought about engaging in NSSI, how many of your friends, to your knowledge, thought about engaging in NSSI? 138) _____
- 139) Since the first time you thought about engaging in NSSI, how many of your friends have thought about engaging in NSSI? 139) _____
- 140) Before you ever thought about engaging in NSSI, how much did your friends thinking about engaging in NSSI influence your thinking about engaging in NSSI, on a scale of 0 to 4? 140) _____
- 141) Since you ever thought about engaging in NSSI, how much have your friends thinking about engaging in NSSI influenced your thinking about engaging in NSSI on a scale of 0 to 4? 141) _____
- 142) On a scale of 0 to 4, what do you think the likelihood is that you will have thoughts about engaging in NSSI in the future? 142) _____

Non-Suicidal Self-Injury

- 143) Have you ever actually engaged in NSSI? 143) _____
 0) no 1) yes
- 144) How old were you the first time? (*age*) 144) _____
- 145) How old were you the last time? (*age*) 145) _____
- 146) How many times in your life have you engaged in NSSI? 146) _____
- 147) How many times in the past year? 147) _____
- 148) How many times in the past month? 148) _____
- 149) How many times in the past week? 149) _____
- 150) 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: 150a) _____
 1) cut or carved skin 150b) _____
 2) hit yourself on purpose 150c) _____
 3) pulled your hair out 150d) _____
 4) gave yourself a tattoo 150e) _____
 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
- 151) Have you ever received medical treatment for harm caused by NSSI? 151) _____
 0) no 88) not applicable
 1) yes 99) unknown
- 152) Why do you think you engage in NSSI? 152) _____
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- 153) On a scale of 0 to 4, when you have engaged in NSSI, how much did you do it as a way to get rid of bad feelings? 153) _____
- 154) How much did you engage in NSSI in order to feel something, because you were feeling numb or empty? 154) _____
- 155) How much did you engage in NSSI to communicate with someone else or to 155) _____

get attention?

- 156) How much did you engage in NSSI to get out of doing something or to get away from others? 156) _____
- 157) On a scale of 0 to 4, to what extent did problems with your family lead to your engaging in NSSI? 157) _____
- 158) How much did problems with your friends lead to your engaging in NSSI? 158) _____
- 159) How much did problems with your relationships lead to your engaging in NSSI? 159) _____
- 160) How much did problems with your peers lead to your engaging in NSSI? 160) _____
- 161) How much did problems with work or school lead to your engaging in NSSI? 161) _____
- 162) How much did your mental state at the time lead to your engaging in NSSI? 162) _____
- 163) During what percent of the time were you using drugs or alcohol when you engaged in NSSI? 163) _____
- 164) On average, how long have you thought about NSSI before engaging in it? 164) _____
- | | |
|----------------------|-------------------------------------|
| 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 | 9) unknown |
- 165) Before you ever engaged in NSSI, how many of your friends, to your knowledge, engaged in NSSI? 165) _____
- 166) Since the first time you engaged in NSSI, how many of your friends have engaged in NSSI? 166) _____
- 167) Before you ever engaged in NSSI, how much did your friends engaging in NSSI influence your engaging in NSSI, on a scale of 0 to 4? 167) _____
- 168) Since the first time you engaged in NSSI, how much have your friends engaging of NSSI influenced your engaging in NSSI, on a scale of 0 to 4? 168) _____
- 169) On a scale of 0 to 4, what do you think the likelihood is that you will engage in NSSI in the future? 169) _____

0

Low/little

1

2

3

4

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.