

Non-suicidal Self-injury Decisional Balance (NSSI-DB), Processes of Change, (NSSI-POC) and Self-Efficacy (NSSI-SE) Scales

Reference:

Kruzan, K. P., Whitlock, J., & Hasking, P. (2020). Development and initial validation of scales to assess Decisional Balance (NSSI-DB), Processes of Change (NSSI-POC), and Self-Efficacy (NSSI-SE) in a population of young adults engaging in nonsuicidal self-injury. *Psychological Assessment, 32*(7), 635–648. <https://doi.org/10.1037/pas0000821>

NSSI-DB (Pros and Cons)

Each of the following statements represents a thought that might occur to a person who is dealing with self-injury. Please indicate HOW IMPORTANT each of these statements is to you in your decisions about recovery from self-injury. Please choose the option that BEST describes your experience.

	Not at all important to my decisions about recovery (1)	Slightly important to my decisions about recovery (2)	Moderately important to my decisions about recovery (3)	Very important to my decisions about recovery (4)	Extremely important to my decisions about recovery (5)
If I were to recover from NSSI...					
1. I would have better self-worth					
2. I would finally be able to really accept myself					
3. I would be healthier					
4. I would feel less shame or guilt					
5. My friends and family would be liberated of the burden of my injury					
6. Others would worry less about me					
7. I would hurt others less					
8. I would not let people down by my injury					
9. I wouldn't know how to gain a sense of control when things were tough					
10. I might feel a loss of control					
11. I would worry that I wouldn't know how to release emotions					
12. I would miss the relief I feel after injuring					

Scoring:

Perceived Pros: Self-concept related = items 1, 2, 3, 4

Perceived Pros: Relationships to others = items 5, 6, 7, 8

Perceived Cons = items 9, 10, 11, 12

NSSI-POC

The following statements reflect some peoples' thoughts, feelings, and experiences in dealing with self-injury. Think of any similar experiences you may have had and rate HOW FREQUENTLY, if at all, you used each of these DURING THE PAST 30 DAYS. Please choose the response that BEST describes your experience.

	Never (1)	Seldom (2)	Occasionally (3)	Frequently (4)	Repeatedly (5)
How often have these been true for you in the past 30 days...					
1. Through therapy and/or my own research I have tried to understand why I self-injure					
2. I have noticed that certain mental states or places are correlated with my self-injury					
3. I understand self-injury to be a choice I am making at some level					
4. I have thought about things I have read or learned related to living without self-injury in my life					
5. I felt upset by the possibility that I would do more harm to myself than I intended					
6. I worried about the possibility that my self-injury will leave wounds or scars on my body					
7. I became worried about the possibility that I might get infections because I injure					
8. I became worried about the possibility that I will not be able to stop when I'm older					
9. Self-injury became something that I couldn't imagine doing long term					
10. I was able to imagine a life without self-injury					
11. I thought about the type of person I would be when self-injury is not part of my life					
12. I knew I would live a life without self-injury					
13. I found at least one person I could talk to when I felt to urge to self-injure					
14. I talked to at least one person who listened to me without judging					
15. I had people around me that I confide in about my self-injury					

16. When I felt like injuring, I reached out to someone for help					
17. I changed my environment or went to a public place when I felt vulnerable to self-injury					
18. I tried to actively remove triggers from my life					
19. I set goals for how long I would go without self-harm					
20. I felt proud when I resisted self-injurious behavior					
21. I reminded myself that the further I get from self-injuring, the more my confidence in my ability to use healthier ways of coping grows					
22. I took actions that demonstrate my commitment to stopping self-injury					

Scoring:

Consciousness raising = items 1, 2, 3, 4

Dramatic relief = items 5, 6, 7, 8

Self-reevaluation = items 9, 10, 11, 12

Helping relationships = items 13, 14, 15, 16

Change actions = items 17, 18, 19, 20, 21, 22

NSSI-SE

	Not at all confident (1)	Slightly confident (2)	Moderately confident (3)	Very confident (4)	Extremely confident (5)
I can resist self-injury when...					
1. I have confidence that I can use other coping skills					
2. I feel like I can accept myself					
3. I understand what is causing or triggering the behavior					
4. I feel confident in my ability to handle the emotions coming up					
	Not at all tempted (1)	Slightly tempted (2)	Moderately tempted (3)	Very tempted (4)	Extremely tempted (5)
I am tempted to self-injure when...					
5. I feel something I do not want to feel (e.g. depressed, rejected, confused, shame)					
6. I feel out of control or in a chaotic environment					
7. I need to relieve inner pressure or need a release					
8. I want something to make my good mood even better					
9. I just want to reassure myself that it is there for me, like a best friend					
10. I crave or need the ritual of it					
11. I have easy access to tools					

Scoring:

Confidence = items 1, 2, 3, 4

Emotion regulation temptations = items, 5, 6, 7

Reinforcing temptations = items 8, 9, 10, 11