



Alexian Brothers Urge to Self-Injure Scale

ABUSI · SELF-REPORT

RESPONDENT NAME

DATE

CLINICIAN

The questions below apply to the last week. Select the response to the most appropriate statement.

1	How often have you thought about injuring yourself or about how you want to injure yourself?	0 NEVER, 0 TIMES IN THE LAST WEEK	1 RARELY, 1-2 TIMES IN THE LAST WEEK	2 OCCASIONALLY, 3-4 TIMES IN THE LAST WEEK	3 SOMETIMES, 5-10 TIMES IN THE LAST WEEK, OR 1-2 TIMES A DAY	4 OFTEN, 11-20 TIMES IN THE LAST WEEK, OR 2-3 TIMES A DAY	5 MOST OF THE TIME, 20-40 TIMES IN THE LAST WEEK, OR 3-6 TIMES A DAY	6 NEARLY ALL OF THE TIME MORE THAN 40 TIMES IN THE LAST WEEK, OR MORE THAN 6 TIMES A DAY
2	At the most severe point, how strong was your urge to self-injure in the last week?	0 NONE AT ALL.	1 SLIGHT, THAT IS, A VERY MILD URGE.	2 MILD URGE.	3 MODERATE URGE.	4 STRONG URGE, BUT EASILY CONTROLLED.	5 STRONG URGE, BUT DIFFICULT TO CONTROL.	6 STRONG URGE AND WOULD HAVE SELF-INJURED IF ABLE TO.
3	How much time have you spent thinking about injuring yourself or about how you want to injure yourself?	0 NONE.	1 LESS THAN 20 MIN.	2 21-45 MIN.	3 46-90 MIN.	4 90 MIN TO 3 HRS.	5 3-6 HRS.	6 MORE THAN 6 HRS.
4	How difficult was it to resist injuring yourself in the last week?	0 NOT DIFFICULT AT ALL	1 VERY MILDLY DIFFICULT	2 MILDLY DIFFICULT	3 MODERATELY DIFFICULT	4 VERY DIFFICULT	5 EXTREMELY DIFFICULT	6 WAS NOT ABLE TO RESIST
5	Keeping in mind your responses to the previous questions, please rate your overall average urge or desire to injure yourself in the last week.	0 NEVER THOUGHT ABOUT IT AND NEVER HAD THE URGE TO SELF-INJURE.	1 RARELY THOUGHT ABOUT IT AND RARELY HAD THE URGE TO SELF-INJURE.	2 OCCASIONALLY THOUGHT ABOUT IT AND OCCASIONALLY HAD THE URGE TO SELF-INJURE.	3 SOMETIMES THOUGHT ABOUT IT AND SOMETIMES HAD THE URGE TO SELF-INJURE.	4 OFTEN THOUGHT ABOUT IT AND OFTEN HAD THE URGE TO SELF-INJURE.	5 THOUGHT ABOUT SELF-INJURY MOST OF THE TIME AND HAD THE URGE TO DO IT MOST OF THE TIME.	6 THOUGHT ABOUT SELF-INJURY NEARLY ALL THE TIME AND HAD THE URGE TO DO IT NEARLY ALL THE TIME.

Developer Reference:

Washburn, J. J., Juzwin, K. R., Styer, D. M., & Aldridge, D. (2010). Measuring the urge to self-injure: Preliminary data from a clinical sample. *Psychiatry Research*, 178(3), 540–544. <https://doi.org/10.1016/j.psychres.2010.05.018>

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