

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	4 OFTEN, 11-20 TIMES IN THE LAST WEEK	5 MOST OF THE TIME, 21-30 TIMES IN THE LAST WEEK	6 NEARLY ALL OF THE TIME, 31-40 TIMES IN THE LAST WEEK
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 IT DOES NOT INTERFERE WITH YOUR DAILY ACTIVITIES	5 STRONG URGE, BUT IT DOES INTERFERE WITH YOUR DAILY ACTIVITIES	6 STRONG URGE AND IT INTERFERES WITH YOUR DAILY ACTIVITIES
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	1 BARELY THOUGHT ABOUT IT	2 OCCASIONALLY THOUGHT ABOUT IT	3 SOMETIMES THOUGHT ABOUT IT	4 OFTEN THOUGHT ABOUT IT	5 THOUGHT ABOUT IT MOST OF THE TIME	6 THOUGHT ABOUT IT ALL OF 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>

Access this measure online

Score Online



Scan to administer the ABUSI online