

## Self-Injury Stigma Scale

This questionnaire asks about stigma you may have experienced as a result of a variety of self-injurious behaviors (i.e., cutting oneself, burning oneself, hitting oneself). Please only think about behaviors you have done intentionally (i.e., on purpose) and without suicidal intent (i.e., not for suicidal reasons). Please rate how strongly you agree with each statement; 1 = Strongly Disagree, 2 = Disagree, 3 = Neither Agree nor Disagree, 4 = Agree, 5 = Strongly Agree.

Because I have engaged in non-suicidal self-injury, I think I ....

	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
1. am attention-seeking.					
2. am unstable/unpredictable.					
3. choose to be depressed or sad.					
4. am crazy.					
5. am unworthy of love.					
6. am weak.					
7. am irresponsible.					
8. am defective somehow.					
9. am manipulative.					
10. am suicidal.					
11. am irrational.					
12. am overwhelmed.					
13. am selfish.					

## **Self-Injury Stigma Scale Scoring Instructions**

Sum the scores from all items and divide by 13. Higher numbers on the SISS reflect higher NSSI stigma.

## **Self-Injury Stigma Scale Citation**

We welcome researchers to use this scale in their research. Please cite the following:

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