

Non-suicidal self-harm is linked to suicidal thoughts in Chinese adolescents with mood disorders: a cross-sectional report

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Self-injury questionnaire (adolescent version)

1. Do you have any of the following events occurred recently?

- a. Failing the exam
- b. Strained relationship with schoolfellow or friends
- c. Falling seriously ill (yourself or relatives)
- d. Death of close relatives
- e. Poor family finance
- f. Academic pressure in admission tests
- g. Accidental fright or incident
- h. Others

True or False:

1. Is there any behavior of active or passive non-suicidal self-injury in the last month?
2. Are there over 5 times of non-suicidal self-injury during the last year?
3. Do you feel hopeless?
4. Do you wish for death?
5. Do you think yourself having the ability and courage to commit suicide?
6. Do you have suicidal ideations?
7. Do you have any suicidal plans?
8. Do you wish to end your life by accidents?
9. Do you handle things in a hurry due to anticipation of death?
10. Is there any person you can talk to when you are sad?
11. Is there anybody who can understand your psychological pain?

12. *If you are still at school:*

- 1) Time for break and entertainment is limited due to large amount of schoolwork
- 2) Too much academic pressure due to expectations of parents or teachers
- 3) Poor family relationship that makes you feel life was not worth living
- 4) Suffer from bullying
- 5) Feeling embarrassed or ashamed due to family financial burden

13. Are you temporarily absent from school?

Self-injury questionnaire (parent version)

1. Did your son/daughter have any of the following events occurred recently?

- a. Failing the exam
- b. Strained relationship with schoolfellow or friends
- c. Falling seriously ill (yourself, relatives, or your children)
- d. Death of close relatives
- e. Poor family finance
- i. Academic pressure in admission tests
- f. Accidental fright or incident
- g. Others

True or False for your son/daughter:

1. Is there any behavior of active or passive non-suicidal self-injury in the last month?
2. Are there over 5 times of non-suicidal self-injury during the last year?
3. Do they feel hopeless?
4. Do they wish for death?
5. Do they think themselves having the ability and courage to commit suicide?
6. Do they have suicidal ideations?
7. Do they have any suicidal plans?
8. Do they wish to end your life by accidents?
9. Do they handle things in a hurry due to anticipation of death?
10. Is there any person they can talk to when they are sad?
11. Is there anybody who can understand their psychological pain?
12. *If they are still at school:*
 - 6) Time for break and entertainment is limited due to large amount of schoolwork
 - 7) Too much academic pressure due to expectations of parents or teachers
 - 8) Poor family relationship that makes them feel life was not worth living
 - 9) Suffer from bullying
 - 10) Feeling embarrassed or ashamed due to family financial burden
13. Are they temporarily absent from school?