INSTRUCTIONS: ESSENTIAL READING

This questionnaire lists common thoughts and beliefs about attempting suicide. "Attempting suicide" means intentionally physically injuring yourself because you want and expect to kill yourself.

Behaviours that are <u>not</u> suicide or a suicide attempt:
• <u>Nonsuicidal self-injury,</u> which means intentionally physically injuring yourself, but with no desire or intention of killing yourself or being dead
• <u>Behaviours which may unintentionally cause physical harm long-term</u> (eg. smoking, over-eating, binge drinking, eating disorders, unprotected sex)
• <u>Accidentally injuring yourself</u> (eg. accidentally touching something hot)
• <u>Behaviours which change your body for a cultural reason</u> (eg. body piercing, tattooing)

Please indicate how much you <u>currently</u> agree with each belief about attempting suicide. Please answer honestly. There are no "right" or "wrong" beliefs; just what you think.

<u>If a particular belief isn't relevant to you, select "Strongly disagree"</u> to indicate that you do not hold that belief.

	Strongly disagree	Moderately disagree	Mildly disagree	Neither agree nor disagree	Mildly agree	Moderately agree	Strongly agree
Attempting suicide helps me fit in with other people	O	O	O	O	O	O	O
People think that my suicide attempt(s) are selfish	O	O	O	O	O	O	O
I attempt suicide because I deserve to suffer	O	O	O	O	O	O	O
Attempting suicide makes people take my problems seriously	O	O	O	O	O	O	O
Attempting suicide changes the way that I am thinking	O	O	O	O	O	O	O
Attempting suicide is the only option I have for solving my problems	O	O	O	O	O	O	O
Attempting suicide is a way to get back at people who have hurt me	O	O	O	O	O	O	O
Attempting suicide helps me get accepted by some people	O	O	O	O	O	O	O
People judge and criticise my suicide attempt(s)	O	O	O	O	O	O	O
I attempt suicide to punish myself	O	O	O	O	O	O	O
Attempting suicide makes other people help me	O	O	O	O	O	O	O
Attempting suicide clears my mind	O	O	O	O	O	O	O
	Strongly disagree	Moderately disagree	Mildly disagree	Neither agree nor disagree	Mildly agree	Moderately agree	Strongly agree

Siddaway, A. P., Wood, A. M., O'Carroll, R. E., & O'Connor, R. C. (2019). Characterizing self-injurious cognitions: Development and validation of the Suicide Attempt Beliefs Scale (SABS) and the Nonsuicidal Self-Injury Beliefs Scale (NSIBS). *Psychological Assessment, 31*, 592-608.

	Strongly disagree	Moderately disagree	Mildly disagree	Neither agree nor disagree	Mildly agree	Moderately agree	Strongly agree
Attempting suicide is the only method of coping that works for me	O	O	O	O	O	O	O
Attempting suicide is a way to intentionally upset other people	O	O	O	O	O	O	O
Attempting suicide makes me feel part of a group	O	O	O	O	O	O	O
People think that my suicide attempt(s) are abnormal	O	O	O	O	O	O	O
I deserve suicide attempt scars and injuries	O	O	O	O	O	O	O
Attempting suicide makes other people understand how distressed I am	O	O	O	O	O	O	O
Attempting suicide changes my thoughts so the problems in my life do not seem as bad	O	O	O	O	O	O	O
My life would be worse without suicide attempts	O	O	O	O	O	O	O
Attempting suicide shows other people that they were wrong	O	O	O	O	O	O	O
Attempting suicide helps me connect with other people	O	O	O	O	O	O	O
People punish my suicide attempt(s)	O	O	O	O	O	O	O
I attempt suicide to show how much I hate myself	O	O	O	O	O	O	O
Attempting suicide shows other people how distressed I feel	O	O	O	O	O	O	O
Attempting suicide helps me forget my problems	O	O	O	O	O	O	O
Attempting suicide makes my life better	O	O	O	O	O	O	O
Attempting suicide is a form of rebellion	O	O	O	O	O	O	O
Other people accept me because of my suicide attempt(s)	O	O	O	O	O	O	O
Attempting suicide damages important relationships in my life	O	O	O	O	O	O	O
I attempt suicide because I am worthless and unlovable	O	O	O	O	O	O	O
Attempting suicide makes people care about me	O	O	O	O	O	O	O
	Strongly disagree	Moderately disagree	Mildly disagree	Neither agree nor disagree	Mildly agree	Moderately agree	Strongly agree

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	Strongly disagree	Moderately disagree	Mildly disagree	Neither agree nor disagree	Mildly agree	Moderately agree	Strongly agree
Attempting suicide stops upsetting thoughts going round and round in my mind	O	O	O	O	O	O	O
Attempting suicide is the only thing I've got that's just mine	O	O	O	O	O	O	O
Attempting suicide stops other people from forcing me to do things	O	O	O	O	O	O	O
Attempting suicide leads to unwanted attention from other people	O	O	O	O	O	O	O
Attempting suicide is a way to express anger or self-criticism	O	O	O	O	O	O	O
Attempting suicide temporarily stops me from feeling anything	O	O	O	O	O	O	O
Attempting suicide is the only way to control upsetting pictures and images that go through my mind	O	O	O	O	O	O	O

Please use the space below to record any other thoughts or beliefs you have about attempting suicide (intentionally physically injuring yourself because you want and expect to kill yourself):

_____
_____
_____
_____
_____
_____
_____
_____

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