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Item Generation and Refinement

Strenuous efforts were made to generate an exhaustive list of distinct cognitions about SIB, and to incorporate the perspectives of clinicians, researchers, and individuals with lived experience of SIB during the different stages of item generation and refinement (see Figure 1 below). This methodology aimed to make the scales that were developed clinically useful, understandable, and broadly relevant; and to minimise the potential influence of researcher bias during the scale development process. Item generation and refinement involved the following steps.

Thought Capture Item Generation

A “thought capture” qualitative study was conducted in order to elicit a broad and representative pool of self-injurious cognitions (SICs) from individuals with lived experience of SIB. Attempts were made to elicit a wide range of types of SICs, including thoughts, assumptions, beliefs, expectations, reasons, attitudes, imagery, dreams, nightmares, memories, and meta-cognitions.

The questions used to elicit SICs in the thought capture exercise were based on a range of methodologies that have been used previously in clinical and health psychology to elicit cognitions. The questions were independently reviewed by five National Health Service (NHS) Clinical Psychologists and ten members of the public to verify that they were clear and that the protocol was likely to elicit the types of information that the research team expected. The questions were further refined based on this feedback.

Participants were instructed that they would be asked a series of questions about their self-injurious thoughts. To avoid fatigue and frustration, participants were explicitly instructed that they could skip questions as needed in order to avoid repeating themselves and because some of the questions may not be relevant to every person. As we were interested in exploring which cognitions characterise any and all types of SIB, and so as not to artificially constrain responses, we did not ask participants to differentiate by method of SIB or whether the SIB was motivated by suicidal thoughts or intent.

To avoid confusion and in the interests of eliciting specific and nuanced SICs, participants were provided with a definition of self-injurious behaviour (SIB) and a clarification of behaviours which we do not consider to be SIB. SIB was defined as ‘physically hurting or injuring yourself on purpose, whether you intend to kill yourself or not. (Also called suicide, self-injury, self-harm).’

63 thought capture questions were administered. The questions were initially broad and open-ended in the aim of minimising the influence of the research team’s position on the information reported. Participants were asked to report any thoughts, feelings, mental images, dreams or nightmares, memories, and other experiences “(e.g., voices, sounds, smells, sensations, tastes, etc)” related to SIB and its sequelae, including cognitions about physical pain, blood, and injuries experienced as part of SIB. Thereafter, the questions became progressively more specific and guiding in order to comprehensively elicit cognitions in relation to each of the three hypothesised domains of SICs (positive SICs, negative SICs, and facilitating SICs). The survey ended with a “mop-up” question which asked participants to record anything about self-injurious thoughts or behaviour that they had not reported so far.

Responses were used to form items that were rationally organized into themed groups of items (homogeneous item composites; HICs; Hogan, 1983) to ensure that sufficient markers were included for each potential facet of SICs. This procedure is recommended because having multiple markers (at least 5 items) for each cognitive theme ensures that a corresponding factor has a reasonable chance to emerge during structural analyses. However, the construction of HICs does not force corresponding factors to emerge. This procedure also helps avoid the inclusion of duplicate items in item pools.

Participants

Individuals who have thought about or engaged in any form of SIB in the last six months were recruited online. They provided responses to the thought capture exercise using the survey software Qualtrics. Participants were entered into a prize draw for a chance to win a £100 Amazon voucher.

Research Team Item Generation

Independent of the thought capture study, the research team generated a broad item pool explicitly designed to operationalize positive, negative, and facilitating SICs. Potential markers of the three domains of SICs were generated by drawing on a broad range of sources: (1) all existing measures of the reasons, functions, and motivations for engaging in or refraining from SA and/or NSSI; (2) existing measures of perceptions that are thought to underlie suicidal thoughts and/or SA specifically, such as hopelessness, defeat/entrapment, burdensomeness, unlovability, unbearability, unsolvability, thwarted belongingness, and acquired capability; (3) themes that have emerged from previous qualitative research on SIB ; (4) indications regarding SICs in the SIB literature; (5) online social support forums and YouTube testimonials; (6) the clinical experience of the first author; (7) cognitive-behavioural theory, research, and measures for other self-destructive behaviours, especially binge eating and substance misuse; (8) clinical, health, and social psychology theory and research on behaviour, health behaviour, behaviour change, and risk perception; and (9) research regarding transdiagnostic cognitive processes and metacognition (e.g., rumination, thought suppression, intrusive thoughts and memories). All items were phrased to describe any form of cognition *about* SIB, irrespective of suicidal intent (i.e. items did not differentiate between SA and NSSI). No reference was made to the method of SIB. Items were rationally organized into HICs.

Procedure for Combining Item Pools

A revised item pool was created by combining the item pool that emerged from the thought capture exercise with the item pool that had been generated by the research team. As with the previous item pools, each item was phrased in relation to “SIB” (self-injurious behaviour), rather than specifying suicidal intent or particular SIB methods. When an item from each item pool expressed the same content and meaning, the clearest, simplest, or shortest item was retained for the revised item pool. All items that expressed unique content were included in the new, combined item pool and the research team put no boundaries, conditions, or hypotheses on which items should or should not be retained. Although items were eventually discarded based on psychometric analyses, beginning the process with an over-inclusive item pool ensured that the final instrument/s adequately cover all content areas (Clark & Watson, 1995).

Item Refinement

The next step in the scale development was for the combined item pool to be (simultaneously) reviewed and refined by three SIB stakeholder groups: (1) Public and private sector clinicians from across the world who worked in specialist SIB services or services that regularly encountered SIB (e.g., personality disorder treatment services), (2) researchers and clinician-academics who have recently (last 5 years) published on SIB, self-destructive behaviour, or problematic health behaviours, and (3) People with lived experience of SIB who have “thought about self-harm, nonsuicidal self-injury, or suicide in the last two years.” Researchers and clinicians were recruited through speculative emails. People with lived experience of SIB were recruited online through the same methods as all participants were recruited (see main article).

Participants were not paid. As with the item pool generated by the research team, this facet of the scale development process was guided by our underlying hypothesis that the presence and interaction of positive SICs, negative SICs, and facilitating SICs characterise SA and NSSI. Items were therefore grouped according to the facet of the hypothesis they

appeared to resemble. Participants were then provided with operational definitions of the three SIC domains and asked to rate (Yes/No) whether each item matched the operational definition. The following definitions were provided:

Positive beliefs about SIB are beliefs about the individual and interpersonal advantages of SIB. These beliefs are what makes SIB sometimes seem an attractive, favourable, or valued option. These beliefs make SIB more likely to occur. (The word “positive” does not imply that SIB is seen as a “helpful” or “constructive” option; only that it is sometimes seen as an advantageous or desirable option. SIB may in fact be a person’s least bad or only option). Do the following items fit this definition of INDIVIDUAL “positive beliefs about SIB” / Do the following items fit this definition of INTERPERSONAL “positive beliefs about SIB”?

Negative beliefs about SIB are beliefs about the individual and interpersonal disadvantages and detrimental consequences of SIB. These beliefs describe how SIB can be perceived as an aversive, unfavourable, or undesirable option. These beliefs make SIB less likely to occur. Do the following items fit this definition of INDIVIDUAL “negative beliefs about SIB?” / INTERPERSONAL “negative beliefs about SIB?”

“Facilitating thoughts justify and give “permission” to engage in SIB. Facilitating thoughts occur in response to conflicting positive and negative beliefs about SIB and make SIB more likely to occur. They activate and strengthen positive beliefs about SIB and inhibit and weaken negative beliefs about SIB. Facilitating thoughts enable individuals to proceed with a behaviour that they know to be unconstructive. Do the following items fit this definition of “facilitating thoughts about SIB?”

Because the SIB literature is like no other in the extent to which different people interpret different terminology to mean different things, definitions of what SIB is and is not were provided on every page of each online survey. The following definitions and clarifications were provided to each sample:

- *Self-injurious behaviour = physically hurting or injuring yourself on purpose. It includes suicide attempts and nonsuicidal self-injury.*
- *A suicide attempt = intentionally physically injuring yourself in order to kill yourself.*
- *Nonsuicidal self-injury = intentionally physically injuring yourself, but with no desire or intention of killing yourself or being dead.*

Things that are not a suicide attempt or nonsuicidal self-injury:

- *Behaviours which unintentionally cause physical harm long-term (e.g. smoking, over-eating, binge drinking, eating disorders, unprotected sex)*
- *Accidentally injuring yourself (e.g. accidentally touching something hot)*
- *Behaviours which change your body for a cultural reason (e.g. body piercing, tattooing)*

A definition of one other domain of SICs termed “anti-suicide cognitions” was also provided to Sample 1. These items were hypothesised to be a facet of individual positive beliefs about SIB and described using NSSI as a means to avoid acting on suicidal thoughts and urges. In contrast to the rest of the item pool (which was phrased in reference to SIB), anti-suicide items specified NSSI and SA as separate phenomenon and used the terminology of “NSSI” and “suicide”. The following clarification was provided:

This section asks about a group of thoughts that are specific to nonsuicidal self-injury (NSSI). To recap, NSSI involves physically hurting or injuring yourself on purpose with no intention or expectation at all of dying. Anti-suicide NSSI thoughts are thoughts about engaging in nonsuicidal self-injury as a way to avoid acting on suicidal thoughts or urges (i.e. to avoid making a suicide attempt). Do the following items fit this definition of “anti-suicide NSSI thoughts”?

After this exercise, participants in the item refinement stage (researchers, clinicians, and people with lived experience of SIB) were asked to indicate whether they believed that

any self-injurious thoughts were missing from the item pool, whether any items could be rephrased to be simpler or clearer, and whether any items should be deleted. Participants were also given the opportunity to make comments. Several changes were made to the item pool in response to the feedback received.

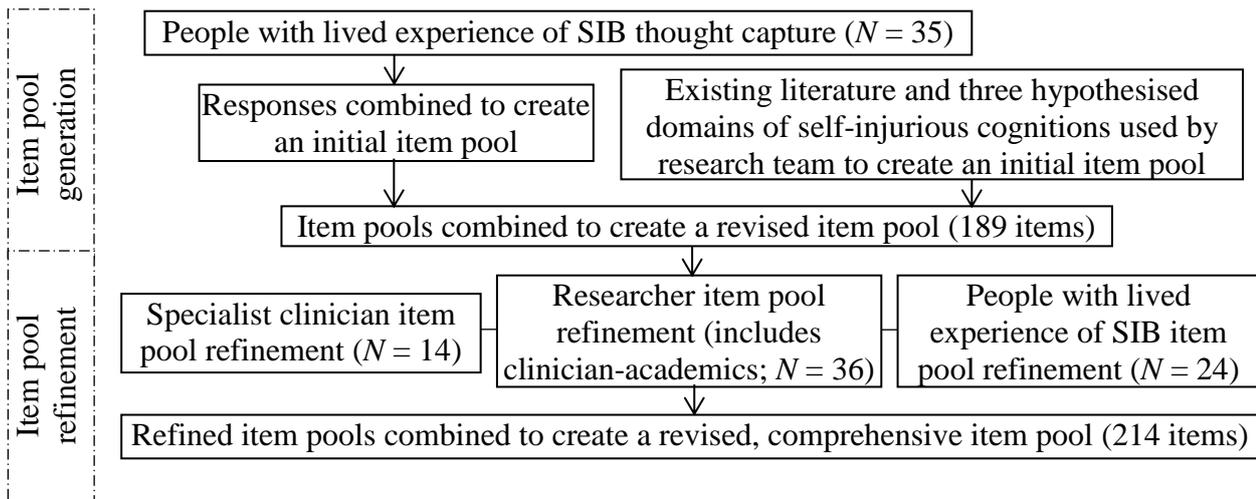


Figure 1. Item generation and refinement steps

Instructions Used in Sample 1

The following instructions were used in Sample 1:

Every thought refers to "self-injurious behaviour" ("SIB") so that it potentially describes a suicide attempt or nonsuicidal self-injury. For example, the thought "SIB makes things better" could mean "Making a suicide attempt makes things better" or "Engaging in nonsuicidal self-injury makes things better." If you have never had a particular thought, select "Strongly disagree."

Table S1. *Self-Injurious Cognitions and Behavior and Demographic Characteristics by Sample*

	Thought capture	Sample 1	Sample 2	Sample 3	Sample 4	Sample 5	Sample 6
<i>N</i>	35	698	436	484	380	664	650
Suicidal thought(s)							
Lifetime presence	33 (94%)	698 (100%)	419 (96%)	469 (97%)	363 (96%)	646 (97%)	628 (97%)
Lifetime frequency							
1	0 (0%)	1 (0%)	5 (1%)	3 (1%)	11 (%)	6 (1%)	6 (1%)
2-5	8 (24%)	135 (19 %)	48 (11%)	47 (10%)	55 (%)	78 (12%)	60 (9%)
5-10	4 (12%)	23 (3%)	56 (13%)	37 (8%)	40 (%)	73 (11%)	70 (11%)
10-15	1 (3%)	15 (2%)	25 (6%)	30 (6%)	18 (%)	32 (5%)	50 (8%)
15-20	0 (0%)	19 (3%)	14 (3%)	32 (7%)	21 (%)	43 (7%)	38 (6%)
20-30	0 (0%)	32 (5%)	28 (6%)	25 (5%)	17 (%)	37 (6%)	26 (4%)
30+	20 (60%)	473 (68%)	243 (56%)	295 (61%)	201 (53%)	377 (57%)	378 (58%)
Recency							
Past month	22 (67%)	396 (57%)	255 (59%)	279 (58%)	218 (57 %)	387 (58%)	391 (60%)
Past year	10 (30%)	168 (24%)	92 (21%)	118 (24%)	73 (19%)	144 (22%)	135 (21%)
1-2 years ago	1 (3%)	62 (9%)	37 (9%)	28 (6%)	30 (8%)	51 (8%)	39 (6%)
2+ years ago	-	72 (10%)	35 (8%)	44 (9%)	42 (11%)	64 (10%)	63 (10%)
Suicide attempt(s)							
Lifetime presence	16 (48%)	505 (72%)	268 (62%)	323 (67%)	247 (65%)	427 (64%)	410 (63%)
Lifetime frequency							
1	3 (9%)	112 (16%)	60 (14%)	55 (11%)	33 (9%)	84 (13%)	81 (13%)
2-5	9 (27%)	157 (23%)	134 (31%)	167 (34%)	127 (33%)	210 (32%)	197 (30%)
5-10	1 (3%)	190 (27%)	47 (11%)	52 (11%)	38 (10%)	79 (12%)	71 (11%)
10-15	0 (%)	12 (2%)	14 (3%)	20 (4%)	23 (6%)	23 (4%)	29 (5%)
15-20	0 (%)	9 (1%)	6 (1%)	8 (2%)	3 (1%)	9 (1%)	13 (2%)
20-30	2 (6%)	9 (1%)	5 (1%)	10 (2%)	12 (3%)	7 (1%)	8 (1%)
30+	1 (3%)	16 (2%)	2 (0%)	11 (2%)	11 (3%)	15 (2%)	11 (2%)
Recency							
Past month	2 (6%)	54 (8%)	36 (8%)	32 (7%)	28 (7%)	65 (10%)	44 (7%)
Past year	4 (12%)	135 (19%)	81 (19%)	94 (19%)	82 (22%)	124 (19%)	123 (19%)

	1-2 years ago	10 (30%)	102 (15%)	49 (11%)	64 (13%)	34 (9%)	58 (9%)	89 (14%)
	2+ years ago	-	214 (31%)	102 (23%)	133 (67%)	103 (27%)	180 (27%)	154 (24%)
NSSI thought(s)								
	Lifetime presence	25 (76%)	698 (100%)	418 (96%)	467 (96%)	330 (87%)	633 (95%)	614 (95%)
Lifetime frequency								
	1	0 (0%)	2 (0%)	1 (0%)	-	2 (1%)	3 (1%)	3 (1%)
	2-5	0 (0%)	16 (2%)	17 (4%)	12 (3%)	20 (5%)	8 (1%)	6 (1%)
	5-10	0 (0%)	15 (2%)	9 (2%)	7 (1%)	19 (5%)	12 (2%)	5 (1%)
	10-15	3 (9%)	24 (3%)	8 (2%)	12 (3%)	10 (3%)	16 (2%)	15 (2%)
	15-20	0 (0%)	3 (0%)	11 (3%)	14 (3%)	8 (2%)	13 (2%)	21 (3%)
	20-30	3 (9%)	22 (3%)	13 (3%)	24 (5%)	11 (3%)	18 (3%)	19 (3%)
	30+	18 (55%)	616 (88%)	359 (82%)	398 (82%)	260 (68%)	563 (85%)	545 (84%)
Recency								
	Past month	16 (48%)	537 (77%)	339 (78%)	367 (76%)	239 (63%)	496 (75%)	478 (74%)
	Past year	4 (12%)	99 (14%)	51 (12%)	67 (14%)	59 (16%)	98 (15%)	90 (14%)
	1-2 years ago	4 (12%)	24 (3%)	11 (3%)	16 (3%)	12 (3%)	16 (2%)	17 (3%)
	2+ years ago	-	38 (5%)	17 (4%)	17 (4%)	20 (5%)	23 (4%)	29 (5%)
NSSI Behavior(s)								
	Lifetime presence	22 (67%)	678 (97%)	411 (94%)	464 (96%)	321 (85%)	624 (94%)	604 (93%)
Lifetime frequency								
	1	0 (0%)	3 (0%)	2 (1%)	3 (1%)	7 (%)	1 (0%)	6 (1%)
	2-5	0 (0%)	38 (5%)	26 (6%)	25 (5%)	32 (%)	27 (4%)	21 (3%)
	5-10	6 (18%)	30 (4%)	11 (3%)	24 (5%)	24 (%)	24 (4%)	23 (4%)
	10-15	0 (0%)	15 (2%)	28 (6%)	13 (3%)	13 (%)	24 (4%)	30 (5%)
	15-20	0 (0%)	11 (2%)	22 (5%)	24 (5%)	16 (%)	24 (4%)	29 (5%)
	20-30	3 (9%)	29 (4%)	39 (9%)	26 (5%)	14 (%)	38 (6%)	37 (6%)
	30+	24 (73%)	553 (79%)	283 (65%)	349 (72%)	215 (57%)	486 (73%)	458 (70%)
Recency								
	Past month	8 (24%)	356 (51%)	227 (52%)	214 (44%)	135 (36%)	340 (51%)	320 (49%)
	Past year	7 (21%)	181 (26%)	106 (24%)	146 (30%)	112 (30%)	162 (24%)	171 (26%)
	1-2 years ago	7 (21%)	63 (9%)	36 (8%)	43 (9%)	26 (7%)	65 (10%)	45 (7%)
	2+ years ago	-	78 (11%)	42 (10%)	61 (13%)	48 (13%)	57 (9%)	68 (11%)

Co-occurring suicide and NSSI thoughts

Lifetime presence	10 (29%)	564 (81%)	351 (81%)	384 (79%)	280 (74%)	515 (78%)	497 (77%)
Lifetime frequency							
1	0 (0%)	13 (2%)	2 (1%)	6 (1%)	6 (2%)	8 (1%)	8 (1%)
1-5	2 (6%)	85 (10%)	48 (11%)	45 (9%)	49 (13%)	57 (9%)	54 (8%)
5-10	2 (6%)	27 (4%)	35 (8%)	35 (7%)	30 (8%)	52 (8%)	42 (7%)
10-15	0 (0%)	13 (2%)	25 (6%)	23 (5%)	23 (6%)	41 (6%)	38 (6%)
15-20	2 (6%)	5 (1%)	36 (8%)	32 (7%)	19 (5%)	25 (4%)	44 (7%)
20-30	3 (9%)	10 (1%)	14 (3%)	24 (5%)	19 (5%)	38 (6%)	32 (5%)
30+	1 (3%)	411 (59%)	191 (44%)	219 (45%)	134 (35%)	294 (44%)	279 (43%)
Recency							
Past month	3 (9%)	266 (38%)	167 (39%)	177 (37%)	131 (35%)	248 (37%)	247 (38%)
Past year	4 (12%)	167 (24%)	110 (25%)	104 (21%)	82 (22%)	155 (23%)	147 (23%)
1-2 years ago	3 (9%)	59 (9%)	37 (9%)	48 (10%)	26 (7%)	54 (8%)	43 (7%)
2+ years ago	-	72 (10%)	37 (9%)	55 (1%)	41 (11%)	58 (9%)	60 (9%)
Age	31.74 (10.09)	30.52 (10.70)	25.50 (9.73)	26.53 (9.72)	31.18 (11.80)	27.98 (10.10)	28.20 (10.38)
Gender							
Male	4 (12%)	52 (7%)	28 (6%)	22 (5%)	17 (5%)	30 (5%)	46 (7%)
Female	15 (45%)	614 (88%)	364 (84%)	399 (82%)	261 (69%)	513 (77%)	506 (78%)
Transgender/Trans*	-	6 (1%)	4 (1%)	12 (3%)	8 (2%)	25 (4%)	20 (3%)
Non binary gender	-	20 (3%)	34 (8%)	48 (10%)	10 (3%)	41 (6%)	33 (5%)
Prefer not to say	-	5 (1%)	2 (1%)	1 (0%)	7 (2%)	3 (1%)	3 (1%)
Ethnicity							
White	-	-	398 (92%)	447 (92%)	239 (63%)	558 (84%)	554 (85%)
Mixed/Multiple ethnic groups	-	-	15 (3%)	16 (3%)	15 (4%)	25 (4%)	29 (5%)
Asian (Indian, Pakistani, Bangladeshi, Chinese)	-	-	6 (2%)	15 (3%)	43 (12%)	15 (2%)	18 (3%)
Other ethnic group	-	-	9 (2%)	3 (1%)	3 (1%)	10 (2%)	5 (1%)
Prefer not to say	-	-	4 (1%)	1 (0%)	3 (1%)	4 (1%)	2 (0%)
Marital status							
Single	10 (30%)	-	286 (66%)	289 (60%)	159 (42%)	366 (55%)	356 (55%)
Married	5 (15%)	-	35 (8%)	46 (10%)	47 (12%)	93 (14%)	79 (12%)

	Cohabiting	2 (6%)	-	56 (13%)	82 (17%)	45 (12%)	84 (13%)	89 (14%)
	Separated	1 (3%)	-	14 (3%)	18 (4%)	20 (5%)	14 (2%)	26 (4%)
	Widowed	0 (0%)	-	-	1 (0%)	3 (1%)	2 (0%)	4 (1%)
	Other	1 (3%)	-	38 (9%)	39 (8%)	23 (6%)	45 (7%)	48 (7%)
	Prefer not to say	-	-	3 (1%)	7 (1%)	6 (2%)	8 (1%)	6 (1%)
Employment status								
	Employed	-	-	142 (33%)	171 (35%)	106 (28%)	248 (37%)	243 (37%)
	Self-employed	-	-	18 (4%)	20 (4%)	11 (3%)	22 (3%)	18 (3%)
	Unemployed	-	-	62 (14%)	92 (19%)	68 (18%)	104 (16%)	105 (16%)
	Student	-	-	172 (39%)	157 (32%)	74 (20%)	184 (28%)	191 (29%)
	Retired	-	-	5 (1%)	2 (0%)	7 (2%)	1 (0%)	2 (0%)
	Other	-	-	26 (6%)	32 (7%)	31 (8%)	41 (6%)	40 (6%)
	Prefer not to say	-	-	7 (2%)	8 (2%)	6 (2%)	12 (2%)	9 (1%)
Level of education								
	High/Upper school	-	-	210 (49%)	228 (47%)	108 (29%)	272 (41%)	264 (41%)
	Business/Technical training beyond high/upper school	-	-	68 (16%)	77 (16%)	70 (18%)	126 (19%)	116 (18%)
	Bachelor degree	-	-	103 (24%)	115 (24%)	76 (20%)	138 (21%)	163 (25%)
	Master's degree	-	-	27 (6%)	31 (6%)	28 (7%)	45 (7%)	45 (7%)
	Doctoral degree	-	-	5 (1%)	8 (2%)	5 (1%)	11 (2%)	6 (1%)
	Prefer not to say	-	-	19 (4%)	23 (5%)	16 (4%)	20 (3%)	14 (2%)
Annual income								
	£0-10,000	-	-	241 (55%)	266 (55%)	125 (33%)	299 (45%)	285 (44%)
	£10-20,000	-	-	81 (19%)	92 (19%)	70 (18%)	136 (21%)	138 (21%)
	£20-30,000	-	-	36 (8%)	50 (10%)	30 (8%)	59 (9%)	60 (9%)
	£30-40,000	-	-	13 (3%)	13 (3%)	15 (4%)	30 (5%)	33 (5%)
	£40-50,000	-	-	13 (3%)	5 (1%)	10 (3%)	13 (2%)	18 (3%)
	£50-60,000	-	-	1 (0%)	4 (1%)	6 (2%)	6 (1%)	5 (1%)
	£60-70,000	-	-	2 (1%)	-	2 (1%)	3 (1%)	3 (1%)
	£70-80,000	-	-	2 (1%)	-	1 (0%)	3 (1%)	2 (0%)
	£80-90,000	-	-	1 (0%)	-	1 (0%)	3 (1%)	1 (0%)

£90-100,000	-	-	-	1 (0%)	1 (0%)	1 (0%)	-
£100,000+	-	-	-	1 (0%)	4 (1%)	2 (0%)	2 (0%)
Prefer not to say	-	-	42 (10%)	50 (%)	38 (10%)	57 (9%)	61 (9%)

Reference: Siddaway, A. P., Wood, A. M., O’Carroll, R. E., & O’Connor, R. C. (in press). Characterizing self-injurious cognitions: Development and validation of the Suicide Attempt Beliefs Scale (SABS) and the Nonsuicidal Self-Injury Beliefs Scale (NSIBS). Psychological Assessment.

Item Pool Factorability

The Kaiser-Meyer-Olkin measure of sampling adequacy exceeded .92 and Bartlett's Test of Sphericity was statistically significant in all five Samples. These results indicate that patterns of correlations are relatively compact, making it likely that Exploratory Factor Analyses (EFA) will yield distinct and reliable factors.

Table S2. *Item Pool Factorability Statistics*

Sample	Kaiser-Meyer-Olkin measure of sampling adequacy	Bartlett's Test of Sphericity
Sample 1 SA items	.952	$p < .001$
Sample 1 NSSI items	.923	$p < .001$
Sample 2 SA items	.924	$p < .001$
Sample 2 NSSI items	.945	$p < .001$
Sample 3 SA items	.934	$p < .001$
Sample 3 NSSI items	.955	$p < .001$
Sample 4 SA items	.936	$p < .001$
Sample 4 NSSI items	.943	$p < .001$
Sample 5 SA items	.951	$p < .001$
Sample 5 NSSI items	.949	$p < .001$

Parallel Analysis, Exploratory Factor Analyses, and Robustness Checks

Maximum Likelihood (ML) estimation was used for the EFAs because results can be generalised from samples to a population. The decision on the number of factors to extract in each EFA was based on parallel analysis (PA). PA involves identifying how many factors have eigenvalues higher than values that would be expected to occur by chance. PA is a Monte Carlo simulation technique that generates data sets with the same number of cases and variables as the actual dataset, filled with random numbers (1000 datasets were specified here). An EFA is then performed on each data set and any factors within the actual data set with eigenvalues that exceed those that emerge in 95% of the data sets of random numbers are defined as not having arisen due to chance. Monte Carlo analyses have demonstrated that of all of the criteria for deciding on the number of factors to extract (e.g. scree plot, Kaiser criterion), PA provides the most accurate and replicable results. PA were performed using the SPSS syntax developed by O'Connor (2000). The PA results were used to specify the number of factors that SPSS extracted for each dataset.

A number of EFA robustness checks were performed for each sample, including: (i) Different methods for identifying the number of factors to retain for EFA (comparing the results of PA to those produced by Velicer's (1976) MAP test); (ii) alternative factor extraction methods (comparing EFA results when using ML EFA to those produced when using unweighted least squares principal components analysis, which does not assume multivariate normality)¹, (iii) and SIB group differences (comparing EFA results for individuals who report SICs but no SIB to those obtained from individuals who report SICs and SIB).

Consistent with evidence indicating that factor structures are highly robust across different methods of factor extraction and rotation, in all cases results tended to be similar across methods (producing similar numbers of factors with similar content). However, we found that the alternatives to ML EFA tended to produce factor structures that were less interpretable and that explained less total variance. Overall, these sensitivity analyses provide confidence that a well-defined and reliable factor structure was located through PA and ML EFA with promax rotation in each sample.

¹The maximum likelihood method tends to be robust against moderate departures from normality (Tabachnick & Fidell, 2007)

Table S3. Comparison of Item Responses for Suicide Attempts and Nonsuicidal Self-Injury (Sample 1)

Sample 1 Item pool (214 items)	Suicide attempt		Nonsuicidal self-injury		Mean difference	Cohen's <i>d</i>	<i>r</i>	ICC
	<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>				
SIB makes my life better	5.61	1.84	5.19	1.97	0.42	0.22	0.57	0.56
SIB helps me escape from my problems	3.67	2.28	3.35	2.09	0.32	0.15	0.50	0.50
SIB is an escape from myself	3.07	2.21	2.82	1.96	0.25	0.12	0.46	0.46
SIB helps me avoid my problems	4.02	2.33	3.95	2.18	0.07	0.03	0.59	0.59
SIB helps me cope	3.86	2.22	2.20	1.58	1.65	0.86	0.38	0.26
SIB prevents bad things from happening to me	5.38	2.05	5.43	1.89	-0.05	0.03	0.61	0.61
SIB changes the way that I am thinking	3.91	2.11	3.07	1.83	0.83	0.42	0.55	0.50
SIB changes my thoughts so the problems in my life do not seem as bad	4.92	2.06	4.33	2.11	0.60	0.29	0.61	0.59
SIB clears my mind	4.22	2.13	2.94	1.91	1.28	0.63	0.46	0.39
SIB stops negative or distressing thoughts	4.25	2.22	3.20	2.04	1.05	0.49	0.53	0.47
SIB stops upsetting thoughts going round and round in my mind	3.71	2.24	2.78	1.87	0.93	0.45	0.49	0.44
SIB changes images or scenes that run through my mind	4.24	2.11	3.61	2.02	0.62	0.30	0.61	0.59
SIB changes images or scenes that I imagine	4.30	2.11	3.81	2.01	0.48	0.23	0.65	0.63
SIB stops me thinking about upsetting pictures and images	4.30	2.22	3.48	2.13	0.82	0.38	0.63	0.59
SIB interrupts images or scenes that run through my mind	3.99	2.18	3.03	1.90	0.96	0.47	0.58	0.52
SIB interrupts upsetting pictures and scenes that run through my mind	3.91	2.22	3.07	1.98	0.84	0.40	0.63	0.58
SIB stops me feeling numb	4.40	2.13	3.24	2.13	1.16	0.55	0.54	0.47
SIB stops me feeling detached from myself	4.61	2.12	3.44	2.15	1.17	0.55	0.59	0.51
SIB refocuses my mind	4.28	2.13	2.90	1.94	1.38	0.68	0.44	0.36
SIB brings my attention back to my body	4.38	2.13	3.03	1.99	1.34	0.65	0.52	0.43
SIB makes me feel “real” or alive	4.77	2.16	3.33	2.18	1.44	0.66	0.54	0.45
SIB is a way to feel something when I otherwise feel nothing	4.39	2.22	3.13	2.17	1.26	0.57	0.58	0.50
SIB temporarily stops me from feeling anything	3.94	2.23	3.21	2.07	0.73	0.34	0.54	0.51
SIB makes me feel nothing	4.58	2.18	4.40	2.13	0.18	0.08	0.54	0.54
SIB makes me feel detached from myself	3.94	2.23	3.58	2.17	0.36	0.16	0.59	0.58
SIB helps me forget my problems	4.35	2.24	3.60	2.12	0.75	0.34	0.53	0.50
SIB solves my problems	5.30	2.12	5.62	1.80	-0.32	0.16	0.54	0.53

SIB is the best way to change how I feel	4.78	2.09	4.03	2.09	0.75	0.36	0.59	0.55
SIB makes things seem better, even if only for a little while	3.97	2.26	2.62	1.88	1.35	0.65	0.47	0.38
SIB makes me feel less upset	4.27	2.18	2.83	1.90	1.45	0.71	0.43	0.34
SIB is exciting	5.72	1.82	5.40	1.99	0.31	0.16	0.67	0.66
SIB is pleasurable	5.49	1.90	4.30	2.18	1.19	0.59	0.55	0.46
SIB makes me less bored	5.94	1.65	5.69	1.85	0.25	0.14	0.72	0.71
SIB is the best way to calm myself down	4.69	2.11	3.10	1.97	1.59	0.78	0.50	0.38
SIB reduces tension and stress	3.95	2.23	2.22	1.56	1.73	0.90	0.37	0.25
SIB provides relief from upsetting thoughts or feelings	3.35	2.21	2.11	1.54	1.25	0.66	0.42	0.33
SIB is a way to express anger or self-criticism	3.55	2.21	2.27	1.69	1.28	0.65	0.53	0.43
I engage in SIB to punish myself	3.72	2.34	2.67	2.03	1.06	0.49	0.64	0.56
SIB is a form of self-punishment	3.47	2.31	2.43	1.89	1.03	0.49	0.59	0.51
I deserve SIB scars and injuries	3.90	2.29	3.32	2.22	0.59	0.26	0.76	0.73
SIB makes me a better person	6.05	1.52	5.86	1.69	0.19	0.12	0.68	0.67
SIB improves my life	5.82	1.74	5.43	1.91	0.39	0.21	0.57	0.55
SIB makes me who I am	5.25	1.98	4.91	2.11	0.34	0.17	0.72	0.71
SIB is one of the best things in my life	6.20	1.46	6.07	1.62	0.13	0.09	0.69	0.68
I have nothing in my life apart from SIB	5.90	1.68	5.93	1.65	-0.03	0.02	0.77	0.77
SIB is the only thing I've got that's just mine	5.04	2.15	4.65	2.26	0.40	0.18	0.76	0.74
I am more similar to people who engage in SIB than to people who do not	4.07	1.99	3.80	1.97	0.27	0.14	0.77	0.77
My life would be worse without SIB	5.26	1.96	4.67	2.11	0.59	0.29	0.68	0.65
SIB is a reward or treat for me	6.12	1.54	5.79	1.84	0.33	0.20	0.63	0.61
SIB is comforting	4.23	2.25	2.83	1.91	1.40	0.68	0.51	0.41
SIB keeps me in control	4.26	2.25	3.16	2.04	1.10	0.51	0.54	0.48
SIB makes things more certain, even if only for a while	4.09	2.18	3.68	2.03	0.41	0.20	0.58	0.57
SIB is the only thing that I can control in my life	4.23	2.24	3.85	2.21	0.38	0.17	0.75	0.74
I keep SIB as an option in case my problems get worse	2.97	2.20	2.62	1.91	0.34	0.17	0.58	0.56
Knowing that I can engage in SIB gives me strength to carry on with life	4.29	2.25	3.73	2.18	0.56	0.25	0.64	0.62
SIB is always there to fall back on if things get bad enough	2.90	2.19	2.40	1.85	0.50	0.25	0.59	0.56
SIB releases pressure or tension	3.33	2.20	1.82	1.35	1.51	0.83	0.34	0.23
SIB is a way of maintaining my independence	5.36	1.99	4.99	2.08	0.37	0.19	0.71	0.69

SIB shows that I can cope on my own	5.75	1.78	5.18	2.08	0.56	0.29	0.68	0.64
SIB is a way of caring for myself	5.45	1.96	4.78	2.16	0.67	0.33	0.61	0.58
SIB injuries give me a valid reason to take care of myself	5.07	1.96	4.56	2.09	0.51	0.25	0.69	0.67
SIB injuries give me a legitimate reason to take care of myself	4.99	2.01	4.51	2.12	0.48	0.24	0.71	0.69
I can only be kind towards myself after I have engaged in SIB	5.32	1.91	4.94	2.11	0.38	0.19	0.75	0.73
SIB is easier to deal with than emotional pain	2.87	2.13	1.84	1.41	1.02	0.57	0.45	0.35
Focusing on physical pain takes me mind off my emotional pain	3.07	2.16	1.87	1.43	1.20	0.65	0.47	0.35
SIB injuries remind me of what I have lived through	3.59	2.17	2.83	1.93	0.76	0.37	0.66	0.62
SIB injuries improve my appearance	6.48	1.16	6.51	1.18	-0.04	0.03	0.64	0.65
SIB injuries are comforting	4.65	2.19	3.47	2.19	1.18	0.55	0.57	0.50
SIB injuries show that my feelings are real	3.86	2.20	3.36	2.08	0.50	0.23	0.72	0.70
SIB injuries show that my feelings are important	4.53	2.15	4.35	2.18	0.18	0.08	0.78	0.78
SIB makes me more likeable	6.56	1.02	6.54	1.09	0.01	0.01	0.60	0.60
SIB benefits people around me	5.99	1.77	6.27	1.43	-0.28	0.18	0.58	0.56
SIB protects important people in my life	5.62	1.95	5.42	2.05	0.20	0.10	0.62	0.62
SIB makes people take my problems seriously	4.30	2.24	4.65	2.09	-0.35	0.16	0.73	0.72
SIB makes people take me seriously	4.79	2.19	5.15	1.98	-0.36	0.17	0.74	0.72
SIB makes other people feel guilty	4.26	2.21	4.49	2.10	-0.24	0.11	0.75	0.75
SIB influences other people's behavior towards me	3.72	2.16	3.68	2.06	0.04	0.02	0.77	0.77
My SIB persuades other people to change their mind	5.93	1.60	6.02	1.55	-0.09	0.06	0.81	0.81
SIB makes other people help me	4.73	2.12	4.95	1.99	-0.22	0.11	0.71	0.70
SIB brings out other people's true feelings towards me	4.40	2.07	4.43	2.02	-0.03	0.01	0.78	0.78
SIB makes other people understand how distressed I am	3.85	2.24	4.00	2.09	-0.16	0.07	0.73	0.73
SIB helps me connect with other people	6.02	1.56	5.94	1.64	0.08	0.05	0.72	0.72
SIB helps me fit in with other people	6.56	1.04	6.53	1.12	0.03	0.02	0.65	0.65
SIB helps me get accepted by some people	6.22	1.43	6.24	1.43	-0.02	0.01	0.75	0.75
Other people accept me because of SIB	6.28	1.29	6.27	1.32	0.01	0.01	0.77	0.77
SIB makes me feel part of a group	6.38	1.31	6.29	1.44	0.10	0.07	0.67	0.67
Other people approve of my SIB	6.54	1.11	6.53	1.09	0.01	0.01	0.61	0.61
SIB makes people care about me	5.38	1.92	5.49	1.84	-0.10	0.06	0.81	0.81
SIB stops important people in my life from leaving or abandoning me	5.94	1.69	6.05	1.60	-0.11	0.07	0.72	0.72
SIB shows other people how distressed I feel	3.62	2.27	3.69	2.20	-0.07	0.03	0.74	0.74

People who engage in SIB are the only people who understand me	4.50	2.10	4.38	2.11	0.12	0.06	0.86	0.86
SIB helps me escape from harmful relationships	5.02	2.13	5.26	2.04	-0.23	0.11	0.71	0.71
SIB is a form of rebellion	5.85	1.78	5.72	1.88	0.13	0.07	0.74	0.74
SIB shows other people how strong I am	6.16	1.44	6.03	1.60	0.12	0.08	0.69	0.69
SIB is a way to intentionally upset other people	6.18	1.58	6.27	1.48	-0.10	0.06	0.74	0.74
SIB helps me get revenge against others	6.12	1.60	6.22	1.52	-0.10	0.06	0.73	0.73
SIB is a way to get back at people who have hurt me	5.95	1.75	6.07	1.67	-0.12	0.07	0.72	0.72
SIB shows other people that they were wrong	5.76	1.79	5.91	1.71	-0.15	0.09	0.75	0.75
SIB makes people sorry for the way they treated me	5.63	1.90	5.89	1.72	-0.26	0.14	0.76	0.75
SIB prevents me from getting hurt in a worse way	4.46	2.25	4.02	2.24	0.44	0.20	0.51	0.50
SIB prevents me from hurting other people	4.81	2.27	4.53	2.33	0.28	0.12	0.76	0.75
SIB helps me avoid doing things that I do not want to do	5.01	2.16	5.12	2.09	-0.11	0.05	0.63	0.63
SIB stops other people from forcing me to do things	5.46	1.98	5.81	1.71	-0.35	0.19	0.74	0.72
SIB stops people from hurting me	5.25	2.11	5.61	1.89	-0.36	0.18	0.67	0.65
Other people leave me alone because of SIB	4.71	2.05	4.63	2.05	0.08	0.04	0.83	0.83
SIB is the only option I have for solving my problems	4.65	2.15	4.56	2.09	0.09	0.05	0.59	0.59
SIB is the only way to end unbearable pain	3.26	2.30	3.46	2.12	-0.20	0.09	0.52	0.51
SIB is the only method of coping that works for me	4.63	2.12	3.75	2.12	0.88	0.42	0.56	0.52
My problems are so serious that SIB is the only option	4.51	2.22	4.41	2.15	0.09	0.04	0.66	0.66
There are no alternatives to SIB	5.09	2.06	4.90	2.08	0.19	0.09	0.65	0.65
SIB is the only way to control upsetting pictures and images that go through my mind	4.49	2.20	3.81	2.18	0.68	0.31	0.67	0.64
I cannot cope without SIB	4.88	2.06	3.95	2.08	0.93	0.46	0.60	0.54
I rely on SIB	4.94	2.06	3.86	2.12	1.08	0.52	0.51	0.45
I cannot function without SIB	5.25	1.90	4.48	2.10	0.77	0.39	0.63	0.59
If I stopped SIB, I would be overwhelmed by distressing thoughts and feelings	4.14	2.21	3.19	2.08	0.95	0.44	0.60	0.55
The distress that I would feel if I stopped SIB would be unbearable	4.65	2.10	3.91	2.14	0.74	0.36	0.62	0.58
I would lose control without SIB	4.72	2.10	3.85	2.15	0.88	0.41	0.62	0.57
I need to always have SIB as an option in my life	3.64	2.30	3.12	2.10	0.53	0.24	0.61	0.59
SIB is the best way to deal with my problems	5.20	2.05	4.87	2.12	0.33	0.16	0.60	0.60
SIB is better than the alternative options	4.54	2.25	3.71	2.16	0.82	0.38	0.49	0.46

SIB creates a lot of problems for me	3.30	2.08	3.20	1.92	0.10	0.05	0.59	0.59
SIB makes my problems worse	3.68	2.04	3.96	1.94	-0.28	0.15	0.57	0.56
SIB has ruined my life	4.67	2.06	4.69	2.05	-0.02	0.01	0.73	0.73
SIB makes me more distressed than if I did not engage in SIB	4.26	2.16	4.77	1.99	-0.51	0.25	0.59	0.57
SIB proves that I am impulsive	4.07	2.25	3.72	2.20	0.35	0.16	0.77	0.76
SIB has made me crazy	4.69	2.15	4.68	2.11	0.01	0.00	0.81	0.81
SIB is abnormal or bad	3.79	2.19	3.73	2.12	0.06	0.03	0.82	0.82
The fact that I engage in SIB makes me a bad person	4.53	2.28	4.49	2.30	0.04	0.02	0.82	0.82
My life would be better without SIB	2.86	2.00	2.89	1.89	-0.03	0.02	0.63	0.63
SIB is wrong	3.94	2.21	3.99	2.15	-0.05	0.02	0.78	0.78
SIB is a private act	1.91	1.69	1.37	0.97	0.54	0.39	0.36	0.29
SIB is destructive	2.20	1.81	2.23	1.64	-0.03	0.02	0.54	0.54
SIB is physically painful	2.96	1.99	2.51	1.73	0.45	0.24	0.55	0.53
SIB is a bad option	2.88	2.03	3.09	1.95	-0.21	0.11	0.60	0.60
SIB brings my most important beliefs into question	3.99	2.18	4.30	2.05	-0.31	0.15	0.78	0.77
Alternatives to SIB are better than SIB	3.19	2.08	3.41	2.00	-0.22	0.11	0.62	0.62
There are alternatives to SIB	2.95	2.01	2.80	1.82	0.14	0.07	0.66	0.66
There are solutions to my problems other than SIB	3.09	2.06	2.92	1.89	0.17	0.09	0.65	0.64
I hate taking care of my SIB injuries	3.82	2.03	3.82	2.09	0.00	0.00	0.69	0.69
I hate my SIB injuries	3.61	2.09	3.38	2.13	0.23	0.11	0.68	0.68
SIB scars or injuries are unattractive	3.13	2.09	2.75	1.98	0.38	0.19	0.75	0.74
SIB makes me different to other people	3.15	1.97	2.97	1.82	0.18	0.10	0.77	0.77
SIB damages important relationships in my life	2.96	2.06	2.97	1.94	0.00	0.00	0.68	0.68
SIB upsets or hurts the people I care about	2.25	1.84	2.17	1.61	0.07	0.04	0.60	0.59
SIB makes me a social outcast	3.68	2.06	3.55	2.01	0.13	0.07	0.81	0.81
I have to hide my SIB	2.23	1.78	1.84	1.43	0.40	0.25	0.44	0.42
I think less of someone when I learn that they engage in SIB	6.29	1.38	6.22	1.52	0.07	0.05	0.70	0.70
SIB creates a barrier between myself and others	2.94	1.93	2.75	1.75	0.19	0.11	0.71	0.70
SIB creates a boundary between myself and others	3.05	1.96	2.80	1.77	0.25	0.13	0.71	0.70
I cannot talk to other people about my SIB	2.48	1.83	2.35	1.61	0.13	0.08	0.64	0.63
People exclude me because of my SIB	4.24	2.05	4.18	2.03	0.06	0.03	0.83	0.83
People reject me because of my SIB	3.85	2.05	3.77	2.00	0.08	0.04	0.82	0.82

People punish my SIB	4.25	2.11	4.13	2.08	0.12	0.06	0.75	0.75
People think that my SIB is selfish	2.64	1.88	2.80	1.79	-0.16	0.09	0.65	0.65
People think less of me when they discover my SIB	3.13	1.91	2.85	1.74	0.28	0.15	0.76	0.74
People do not understand my SIB	2.23	1.67	1.94	1.32	0.29	0.20	0.55	0.53
People try to stop my SIB	2.79	2.03	2.87	1.94	-0.08	0.04	0.64	0.64
People judge and criticise my SIB	2.88	1.91	2.65	1.72	0.22	0.13	0.74	0.73
SIB leads to unwanted attention from other people	3.04	1.99	2.70	1.81	0.34	0.18	0.63	0.62
Other people are not interested in my SIB	3.57	1.89	3.27	1.73	0.29	0.17	0.75	0.74
People think that my SIB is bad or wrong	2.27	1.74	2.00	1.39	0.26	0.17	0.61	0.59
People think that my SIB is abnormal	2.56	1.78	2.25	1.52	0.31	0.19	0.66	0.64
SIB controls me	5.24	1.99	4.76	2.10	0.48	0.23	0.65	0.63
SIB controls my life	5.37	1.94	5.00	2.05	0.38	0.19	0.68	0.66
I need to regularly engage in SIB	5.56	1.79	4.43	2.12	1.13	0.58	0.51	0.43
SIB is an addiction	4.54	2.21	3.03	2.12	1.52	0.72	0.52	0.42
I am addicted to SIB	5.47	1.93	4.21	2.29	1.27	0.60	0.53	0.44
My SIB will get worse	4.44	2.07	4.23	2.02	0.21	0.11	0.75	0.74
SIB has taken over my life	5.20	2.03	4.72	2.14	0.49	0.23	0.62	0.61
I cannot control my SIB	4.80	2.09	4.30	2.08	0.50	0.25	0.64	0.63
I cannot stop SIB	4.87	2.06	4.08	2.07	0.78	0.38	0.58	0.54
I am scared that I will injure myself more severely than I intend	4.27	2.34	3.54	2.25	0.73	0.33	0.56	0.53
I have no control over how I injure myself	5.48	1.86	5.31	1.89	0.17	0.09	0.70	0.70
I have very little influence over my SIB	4.82	2.04	4.50	2.02	0.33	0.17	0.68	0.68
Thoughts and urges to engage in SIB are overwhelming	3.05	2.11	2.49	1.75	0.56	0.29	0.58	0.55
I feel on edge if I don't engage in SIB	4.86	2.05	3.61	2.11	1.25	0.62	0.54	0.46
I feel compelled to engage in SIB if I notice that my injuries are beginning to heal	5.40	1.92	4.33	2.33	1.07	0.50	0.62	0.54
Urges to engage in SIB cannot be resisted	4.60	2.07	3.94	2.06	0.66	0.33	0.62	0.59
I'm not strong enough to stop SIB	4.51	2.15	3.98	2.15	0.53	0.25	0.67	0.65
I give myself permission to engage in SIB	4.27	2.21	3.29	2.08	0.98	0.47	0.54	0.49
I vow that 'This will be the last time I engage in SIB'	4.22	2.40	4.43	2.32	-0.21	0.09	0.65	0.65
I think things that sabotage my efforts to avoid SIB	4.09	2.02	3.78	2.01	0.30	0.15	0.68	0.67
I think things that make SIB more likely to happen	3.82	2.10	3.51	2.09	0.32	0.15	0.75	0.75

I have good reasons for SIB	3.33	2.19	2.94	1.99	0.39	0.19	0.68	0.66
I encourage myself to engage in SIB	5.41	1.94	5.10	2.02	0.31	0.16	0.64	0.64
I tell myself that I can engage in SIB if I do something to make up for it afterwards	6.00	1.56	5.67	1.79	0.33	0.20	0.68	0.66
It's acceptable to engage in SIB if I do it in a particular way	5.00	2.04	4.17	2.15	0.83	0.40	0.59	0.55
SIB is more acceptable if I have opportunity to do it	5.01	1.95	4.61	2.01	0.40	0.21	0.68	0.67
I try not to think about the disadvantages of SIB	3.99	2.25	3.48	2.11	0.51	0.23	0.63	0.61
I ignore problems associated with SIB	4.01	2.12	3.56	2.04	0.45	0.22	0.70	0.69
I under-estimate the consequences of SIB	3.88	2.24	3.56	2.08	0.32	0.15	0.60	0.59
I try to ignore the physical pain that comes with SIB	3.99	2.27	4.10	2.34	-0.10	0.05	0.64	0.64
I tell myself that I deserve the benefits of SIB	4.52	2.21	4.29	2.22	0.23	0.10	0.68	0.68
I find ways to justify SIB to myself	3.71	2.24	3.22	2.13	0.49	0.23	0.63	0.61
It's acceptable to engage in SIB if I'm really upset	4.45	2.17	3.49	2.11	0.96	0.45	0.62	0.57
The benefits of SIB are worth the risks	4.48	2.26	3.53	2.09	0.95	0.45	0.51	0.47
I think that SIB won't be dangerous as long as I am careful	5.11	2.14	3.10	2.10	2.01	0.95	0.37	0.26
SIB is a problem for some people but it won't be for me	5.02	1.98	4.75	2.08	0.26	0.13	0.68	0.67
SIB is more acceptable if I do something to make up for it afterwards	5.82	1.61	5.61	1.73	0.21	0.13	0.73	0.73
I allow myself to delay when I'll engage in SIB, knowing that I will do it later	4.15	2.12	3.74	2.10	0.41	0.20	0.50	0.50
Average values	4.44	2.02	4.02	1.94	0.42	0.24	0.64	0.61

Note: ICC = Single Measure Two-Way Mixed Absolute Agreement Intraclass Correlation Coefficient; Shrout & Fleiss (1979); SIB = self-injurious behavior.

Table S4. *Promax-rotated Loadings of Cognitions about Attempting Suicide in Sample 1, with Tentative Factor Labels*

	Factor																	
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
<i>Dependence</i>																		
I would lose control without SIB	.889	.015	-.073	.025	-.037	-.036	.007	-.005	.068	-.059	-.047	.072	.010	.082	.044	-.101	.158	-.053
I rely on SIB	.858	-.051	-.052	.050	-.048	-.006	.014	-.051	.135	-.016	-.036	.202	-.096	-.070	.060	-.039	.085	-.017
The distress that I would feel if I stopped SIB would be unbearable	.857	-.019	.005	.035	.048	-.024	-.012	.046	.004	-.080	-.005	.052	-.059	.054	-.025	-.138	.076	-.046
If I stopped SIB, I would be overwhelmed by distressing thoughts and feelings	.850	.059	-.087	.036	.001	-.006	.007	.005	-.051	-.109	-.014	.039	-.030	.154	.043	-.044	.155	-.023
My problems are so serious that SIB is the only option	.849	-.037	.002	.034	.034	.054	.042	-.064	.017	-.037	.023	-.152	.034	-.075	-.097	.097	-.054	-.036
SIB is the only method of coping that works for me	.803	.017	-.050	.001	.011	.078	-.047	.069	-.015	.003	-.031	.062	-.025	.090	-.156	-.106	.035	-.007
SIB is the only way to control upsetting pictures and images that go through my mind	.745	.136	-.028	.050	.025	-.045	-.018	.041	-.126	-.038	-.028	.037	-.037	.118	-.052	-.036	.254	-.081
SIB is the only way to end unbearable pain	.744	.017	.053	-.021	-.035	.094	-.008	-.070	-.014	-.077	-.005	-.128	.026	-.082	-.058	.173	-.026	.092
I need to always have SIB as an option in my life	.725	-.027	.110	-.142	-.045	.013	.028	-.119	.026	.023	-.028	.083	-.003	-.168	.037	.163	.021	.104
SIB is better than the alternative options	.714	.072	-.046	.065	.017	-.060	.002	-.008	.068	.044	-.043	-.097	.040	-.032	-.160	.021	.018	.061
SIB is the only option I have for solving my problems	.712	-.002	.038	.042	.000	.116	-.002	-.065	.063	-.022	.052	-.114	.037	-.044	-.187	.094	-.063	-.065
SIB is the best way to deal with my problems	.690	-.042	-.048	.045	.071	.011	.021	.013	.141	.066	-.031	-.105	.002	-.008	-.187	-.042	-.079	-.023
There are no alternatives to SIB	.681	-.060	.026	.131	-.036	.062	.027	.070	.161	.011	.085	-.208	.027	-.051	-.348	-.098	.026	.072
SIB is always there to fall back on if things get bad enough	.520	-.031	.142	-.081	.011	.005	.003	.075	-.063	.021	-.039	-.014	-.017	-.142	.050	.249	-.120	.142
The benefits of SIB are worth the risks	.487	.134	.034	-.182	.070	-.053	-.031	-.132	.012	.307	-.013	-.142	-.009	-.069	.044	.186	-.052	-.017
Thoughts and urges to engage in SIB are overwhelming	.486	.037	.026	.028	-.053	.064	-.096	.067	-.124	-.051	.260	.040	-.028	-.028	.122	.148	.064	.053
I feel on edge if I don't engage in SIB	.467	-.025	.033	-.058	-.001	-.010	-.050	.036	.070	.001	.138	.290	-.008	-.036	.110	-.018	.056	-.088
I need to regularly engage in SIB	.462	-.072	-.029	.033	.006	-.008	.005	-.061	.186	.042	.200	.316	.050	.010	.083	-.112	.053	-.092
My SIB will get worse	.453	-.028	.041	.097	.020	.020	-.041	-.059	-.021	.031	.358	.142	-.018	-.114	-.057	.122	-.028	.061
It's acceptable to engage in SIB if I'm really upset	.439	.084	.037	-.134	.034	.032	.048	-.025	-.104	.402	-.058	-.040	-.022	.007	-.036	.052	.034	-.008
SIB is the only thing that I can control in my life	.392	-.080	-.013	.063	-.045	-.056	.014	.304	.044	-.037	-.050	.030	.045	.043	-.030	.198	-.200	-.118
I have good reasons for SIB	.358	.124	.150	-.176	-.017	.101	-.024	.039	-.072	.207	.008	-.246	-.047	.021	.007	.119	-.054	.002
I encourage myself to engage in SIB	.334	-.077	-.050	-.081	.079	.004	-.005	-.042	.194	.169	.066	.138	-.014	-.004	.044	.188	.049	.054
I allow myself to delay when I'll engage in SIB, knowing that I will do it later	.324	.035	.053	.084	-.048	-.001	.055	.029	-.014	.073	-.039	.121	.025	-.116	.035	.239	-.012	.019
I think things that make SIB more likely to happen	.319	-.028	.031	.052	.031	.023	.061	.010	-.104	.120	.044	.055	-.066	-.019	.070	.213	.009	.043
SIB keeps me in control	.311	.119	-.094	-.006	-.024	-.086	-.004	.285	.159	-.051	-.101	.026	.045	.070	-.038	.092	-.071	.082
<i>Escape</i>																		
SIB stops upsetting thoughts going round and round in my mind	.064	.900	.012	-.001	-.019	.038	-.035	-.055	-.102	-.008	-.005	-.048	.048	-.082	.018	.108	.283	-.010
SIB interrupts images or scenes that run through my mind	.125	.879	.044	.037	.002	-.038	-.063	-.041	-.164	.047	-.044	-.069	.021	.039	-.076	.031	.541	-.014
SIB stops negative or distressing thoughts	-.014	.875	-.065	-.006	-.016	.067	-.026	.056	-.033	-.064	.088	-.076	.059	-.138	-.020	.114	.144	-.049
SIB clears my mind	-.061	.788	-.052	-.013	.070	-.026	-.100	.084	-.020	.049	.053	-.038	.140	-.147	.005	.123	.147	-.004
SIB changes images or scenes that I imagine	-.032	.780	.076	.008	-.058	-.024	.012	-.092	.029	.043	-.029	.002	.059	.029	-.025	.056	.563	.063
SIB changes images or scenes that run through my mind	.057	.754	.090	.013	-.029	-.025	-.038	-.108	-.052	.126	-.038	-.072	-.015	.094	-.037	-.017	.679	.064
SIB changes the way that I am thinking	-.025	.697	-.031	.115	-.059	.011	.029	-.042	-.034	.021	-.014	.067	.137	-.073	-.010	.129	.272	.073
SIB helps me forget my problems	-.107	.630	-.054	.033	-.015	.071	-.022	-.042	.215	-.028	.004	.012	-.091	.192	-.036	.176	-.021	-.033
SIB refocuses my mind	.030	.622	.093	-.068	.078	-.038	.049	.058	-.100	.000	.009	.114	.197	-.127	.038	-.073	.128	-.002
SIB provides relief from upsetting thoughts or feelings	.077	.611	.047	-.034	-.005	.080	-.042	.012	-.001	-.005	.013	-.006	-.097	.147	.040	.047	-.046	-.047
SIB changes my thoughts so the problems in my life do not seem as bad	-.032	.601	-.001	.050	.037	.049	.083	-.067	.122	.123	-.043	-.030	.125	-.055	.032	-.038	.258	-.004

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

SIB helps me escape from my problems	.073	.585	-.074	.002	.019	.074	.013	.004	-.022	-.092	.003	-.098	-.019	-.017	-.033	.415	-.005	-.057
SIB makes me feel less upset	-.008	.534	.039	-.055	.006	.057	.026	-.033	.182	-.016	.015	.076	-.094	.126	.079	-.030	-.106	-.033
SIB reduces tension and stress	-.002	.516	-.044	.007	.001	.000	.024	-.007	.091	-.023	-.006	.159	-.017	.207	.042	-.021	-.129	-.020
SIB temporarily stops me from feeling anything	.059	.514	.034	.060	.064	.032	-.047	.002	.001	-.028	.051	-.089	.030	.055	-.060	.120	.078	.025
SIB is an escape from myself	.059	.507	.001	.036	-.007	.051	.044	.057	-.067	-.109	-.002	-.059	.094	.012	-.046	.325	.073	.049
SIB helps me avoid my problems	.087	.497	-.051	.060	.010	.036	.065	-.022	-.031	-.047	-.026	-.024	.017	-.095	-.026	.454	.066	-.041
SIB brings my attention back to my body	-.035	.448	.089	.003	-.015	.044	.059	.107	-.051	.060	.009	.121	.338	-.028	.019	-.195	.165	-.021
SIB makes me feel nothing	-.008	.418	-.059	.155	.095	-.012	-.010	.007	.079	-.106	.092	-.119	-.061	.002	-.018	.198	.073	.019
SIB helps me cope	.210	.404	.005	-.024	.052	-.078	-.027	-.008	.030	-.013	-.014	.144	.113	.014	.082	.130	-.103	-.031
SIB makes things seem better, even if only for a little while	.020	.393	.035	-.022	-.055	.020	.015	-.017	.157	.048	.053	.064	-.036	.260	.008	-.032	-.105	.019
SIB prevents bad things from happening to me	.233	.314	-.022	.032	-.056	-.031	.125	-.079	.306	-.065	.014	-.129	.041	-.050	.073	.159	.245	-.133
SIB is the best way to calm myself down	.232	.307	.009	-.004	.047	-.040	-.028	-.034	.078	.150	-.029	.134	-.068	.198	-.034	-.099	-.046	-.048
<i>Stigma</i>																		
People reject me because of my SIB	-.050	.003	.936	-.091	-.056	-.029	.009	-.032	-.043	.025	.041	.024	.042	-.043	.118	.010	.005	-.577
People judge and criticise my SIB	-.074	.048	.906	-.091	.029	-.018	.046	-.085	.013	-.069	.041	.023	-.018	.076	-.045	-.130	.093	.043
People think less of me when they discover my SIB	-.010	.028	.906	.007	.028	-.072	.047	-.075	-.006	.032	.053	.006	-.042	-.081	.011	-.118	-.028	-.146
People exclude me because of my SIB	-.072	.009	.891	-.068	.031	-.081	.045	.049	-.094	.034	.050	-.009	.018	-.058	.051	-.031	.016	-.561
SIB makes me a social outcast	.047	-.012	.851	.039	.033	-.007	-.026	-.003	-.096	.021	-.017	.060	.056	-.151	-.029	.022	-.092	-.471
People think that my SIB is abnormal	.008	.006	.777	.036	-.043	.008	.031	.049	-.019	-.051	-.019	.041	-.043	-.001	-.084	-.104	.066	.179
SIB creates a barrier between myself and others	-.007	.011	.772	.081	-.046	.007	-.004	.052	.023	-.146	-.019	.124	.015	-.102	-.032	.106	-.073	-.128
People think that my SIB is selfish	-.131	.002	.734	-.077	-.024	.074	.056	-.036	-.014	.018	.046	-.004	-.015	.082	-.043	.068	.069	.129
People think that my SIB is bad or wrong	-.054	.002	.727	.066	-.037	.020	.059	-.042	.099	-.054	.007	-.007	-.001	.108	-.068	-.102	.081	.329
People punish my SIB	.000	-.093	.715	-.061	.062	-.023	-.041	.050	.068	.066	.009	-.018	-.098	.073	.012	-.090	.148	-.220
SIB creates a boundary between myself and others	.050	.098	.667	.070	-.023	.009	-.026	.055	-.007	-.106	-.064	.087	.033	-.149	-.011	.161	.004	-.154
People do not understand my SIB	.079	-.013	.635	.082	-.017	.056	-.018	.053	.020	.005	.007	-.032	-.006	-.015	-.014	-.079	-.044	.193
SIB damages important relationships in my life	-.023	-.017	.616	.156	-.014	.014	.025	-.022	-.067	-.026	-.077	.093	-.028	-.111	-.075	.051	.117	-.024
SIB makes me different to other people	.098	.042	.607	.172	-.067	.130	-.051	.040	.076	.054	-.185	.005	-.009	-.190	-.011	.069	-.056	-.153
SIB leads to unwanted attention from other people	-.003	-.002	.514	.135	-.016	-.045	-.079	-.025	.083	-.005	.001	.061	.060	.028	-.064	.033	.061	.096
Other people are not interested in my SIB	.047	-.026	.415	.136	-.013	-.130	-.013	.171	.059	.114	.062	-.186	-.019	-.015	.087	-.136	-.058	-.137
SIB upsets or hurts the people I care about	-.054	-.025	.397	.037	-.045	.208	.001	-.004	-.045	.006	.005	.039	.031	.067	-.004	.038	.071	.363
I cannot talk to other people about my SIB	.216	.013	.353	.335	-.002	-.162	.045	-.047	.024	.096	-.011	-.153	-.035	-.015	-.009	-.088	-.079	.111
I have to hide my SIB	.238	-.009	.340	.232	.045	-.081	-.087	.041	-.066	.092	-.007	-.137	.033	-.001	.072	-.027	-.066	.135
Other people leave me alone because of SIB	.069	-.044	.327	-.035	-.088	.001	.197	.079	.078	-.051	.037	-.032	.049	.163	.116	.022	.085	-.314
People who engage in SIB are the only people who understand me	.107	-.002	.237	-.036	.078	.102	.028	-.075	.066	.051	-.101	.051	.024	.160	-.068	.109	-.044	-.071
I am more similar to people who engage in SIB than to people who do not	.057	.086	.236	-.071	.088	.124	-.068	-.094	.126	.009	-.109	.161	-.017	.152	.066	.171	.029	-.038
<i>Problematic</i>																		
SIB is wrong	-.039	.034	-.047	.748	-.017	-.062	.123	.011	-.008	-.090	.047	-.021	.022	-.018	.078	-.078	-.098	-.038
SIB is abnormal or bad	.144	-.013	-.025	.721	-.071	-.094	.124	-.037	-.024	-.038	-.012	.074	.008	-.082	.104	-.056	-.097	-.045
SIB is a bad option	-.207	.017	-.064	.605	-.009	.035	.054	-.047	.064	-.113	-.023	-.030	.050	.034	.352	-.039	-.045	.066
My life would be better without SIB	-.156	.098	.019	.546	.120	.034	-.123	.031	-.164	.002	-.006	-.038	-.056	.015	.181	.063	.059	.092
I hate my SIB injuries	.109	.031	.115	.533	.097	-.068	-.006	-.056	-.130	-.017	-.010	-.049	.008	.121	-.006	-.031	.001	.003
SIB makes my problems worse	-.114	-.054	.126	.529	.047	.070	-.084	.036	.083	-.134	-.036	.077	-.046	.060	.097	-.015	.131	.125
SIB has ruined my life	.104	-.036	.101	.520	.056	-.058	-.071	.024	-.108	-.016	-.008	.148	.005	.104	-.181	.202	.024	-.137
The fact that I engage in SIB makes me a bad person	.153	-.025	.032	.512	-.054	-.062	-.073	-.004	.111	.058	.112	-.080	-.006	.094	-.065	.068	-.018	-.128
SIB has made me crazy	.084	.025	.038	.508	.012	-.004	-.005	-.031	.035	.028	-.004	.089	-.030	.077	-.102	.165	.028	-.145
SIB is destructive	.015	.043	-.013	.503	-.023	.023	-.019	-.021	.023	-.150	-.048	.070	-.009	-.032	.367	.097	-.027	.148
SIB scars or injuries are unattractive	.320	-.038	.048	.458	-.036	-.035	.065	-.138	-.073	.033	.044	-.067	.065	.029	.133	-.076	-.107	.019

SIB makes me more distressed than if I did not engage in SIB	-.143	-.016	.050	.451	.065	.057	-.008	-.047	.040	.013	.005	-.026	-.045	.001	.045	.064	.174	.111	
SIB brings my most important beliefs into question	-.062	.079	.050	.435	-.006	.050	.020	.185	.003	.036	.012	-.121	-.055	.080	-.053	.001	.129	-.022	
I hate taking care of my SIB injuries	.056	.008	.123	.413	.048	-.050	.015	-.072	-.007	.043	.066	-.124	-.030	.182	-.008	-.020	-.008	.040	
SIB creates a lot of problems for me	.072	-.018	.274	.401	.014	.050	-.125	.025	-.026	-.121	.008	.077	-.094	.124	-.038	.072	.168	.113	
I vow that 'This will be the last time I engage in SIB'	-.196	.134	-.042	.304	.019	-.032	.106	.098	-.114	.088	.077	-.059	-.015	.148	.076	-.073	.132	.064	
SIB proves that I am impulsive	-.085	-.017	-.017	.300	-.005	.205	.015	.059	-.015	.102	.081	.103	-.006	.139	.124	-.045	-.051	-.020	
I think less of someone when I learn that they engage in SIB	-.029	.018	.041	.274	.168	-.059	.185	.008	.034	.154	.018	-.077	-.049	-.159	.001	-.214	.015	-.066	
SIB is physically painful	.158	-.127	.118	.261	.030	.060	.030	.009	.023	.003	-.080	-.066	.089	.099	.130	-.070	-.047	.125	
SIB is a private act	.193	-.041	.103	.225	-.070	-.053	-.096	.068	.104	.066	-.009	-.164	.114	.056	.177	-.015	-.127	.190	
<i>Belonging</i>																			
SIB helps me fit in with other people	.033	-.047	-.045	.070	.804	-.057	.050	-.001	-.003	.053	.041	.003	.002	-.082	-.009	-.054	-.036	.029	
SIB helps me connect with other people	.074	.011	-.060	-.006	.759	.100	-.061	-.016	-.125	-.087	-.078	.143	.040	.002	-.005	.094	-.002	.064	
SIB helps me get accepted by some people	-.006	.008	.030	-.001	.746	.122	-.049	-.012	-.044	.035	-.013	.020	-.026	-.039	.002	.022	-.075	-.040	
SIB makes me more likeable	.006	.047	-.018	.083	.732	-.007	.073	-.112	.145	-.052	-.012	.006	.021	-.107	.065	-.102	-.065	-.040	
SIB makes me feel part of a group	-.128	.105	.077	.025	.729	.052	-.086	.012	.015	.040	-.041	.070	-.091	-.106	-.031	.080	-.023	-.030	
Other people accept me because of SIB	.118	-.013	-.101	-.007	.616	.072	.031	.011	-.034	-.058	.031	-.011	.064	-.019	.011	-.074	.026	.037	
Other people approve of my SIB	-.039	.015	-.020	-.002	.482	-.065	.023	-.034	.208	.084	.105	-.108	-.011	.011	.048	-.083	-.019	-.112	
SIB benefits people around me	.153	.012	.044	-.103	.324	-.099	.051	-.067	.307	-.158	.084	-.288	-.014	.057	.128	.173	.026	-.017	
SIB protects important people in my life	.141	-.025	-.013	-.016	.298	-.182	.039	.094	.116	-.125	-.016	-.199	.015	.206	.076	.145	.060	-.013	
SIB shows other people how strong I am	-.093	-.001	.006	-.069	.254	.072	.151	.081	.165	.115	.048	-.023	.044	.016	-.012	-.046	.106	.046	
<i>Eliciting help</i>																			
SIB makes people take my problems seriously	.047	.087	-.020	.017	-.008	.863	-.027	.107	.115	-.043	.001	-.057	-.020	-.160	-.008	-.022	.000	.093	
SIB makes other people understand how distressed I am	.062	.070	.011	-.050	-.028	.813	-.013	.069	.048	-.020	.038	-.114	-.001	-.044	.020	-.009	-.014	.081	
SIB makes people take me seriously	.074	.052	-.029	-.043	.085	.811	.058	.122	-.020	-.036	.058	-.076	-.061	-.131	.007	-.073	-.026	.032	
SIB makes other people help me	-.032	.013	-.012	.002	.044	.794	.027	.042	.071	.048	.009	.005	-.006	-.113	.025	-.031	-.026	.095	
SIB shows other people how distressed I feel	.070	.028	.028	-.069	-.074	.606	.128	.043	-.051	-.025	-.006	-.002	.007	.057	.054	.104	.027	.028	
SIB makes people care about me	.126	.009	-.138	.024	.096	.529	.255	.001	-.002	-.009	-.067	.049	.024	-.061	-.020	.023	.014	.081	
SIB influences other people's behaviour towards me	.031	-.111	.351	-.068	.045	.391	.030	.003	.033	-.058	.030	.001	.037	.023	.086	.101	-.102	-.054	
SIB makes other people feel guilty	-.091	-.048	.027	.036	.053	.375	.159	.039	.065	-.089	-.050	.065	-.010	-.002	.084	.179	.008	.125	
My SIB persuades other people to change their mind	.015	-.026	.025	.028	.238	.361	.306	.037	.015	.065	.058	-.080	-.054	-.040	.055	-.143	-.038	-.076	
SIB brings out other people's true feelings towards me	-.002	-.147	.231	-.037	.059	.345	.074	.052	.006	.092	-.064	-.082	-.012	.246	-.021	.042	.006	-.058	
I am scared that I will injure myself more severely than I intend	.136	.115	-.122	.116	.017	.171	-.116	.100	-.141	.153	.110	.101	.012	.127	.103	-.087	.146	-.034	
<i>Revenge</i>																			
SIB is a way to get back at people who have hurt me	.047	-.058	-.001	.063	-.020	.026	.789	-.071	-.071	.034	-.015	.094	.002	-.030	-.060	-.039	-.117	.000	
SIB is a way to intentionally upset other people	-.031	-.005	.061	.129	.106	-.007	.733	-.058	-.117	.028	-.079	.150	.042	-.067	-.108	-.121	-.043	.011	
SIB makes people sorry for the way they treated me	-.031	-.081	-.040	.000	.038	.243	.651	-.031	-.060	.005	.007	-.021	.027	.104	-.069	-.003	-.052	.007	
SIB shows other people that they were wrong	.025	.007	.005	.017	-.067	.178	.651	-.087	.038	.028	.017	.013	.007	-.008	-.045	-.001	-.048	-.007	
SIB stops other people from forcing me to do things	.046	-.059	.017	-.050	-.034	.031	.553	.011	.019	-.031	.037	-.001	-.033	.056	.061	.193	.041	-.040	
SIB stops people from hurting me	.023	.026	-.001	-.046	-.043	-.030	.501	.018	.035	-.043	.033	-.147	-.087	.190	.000	.190	.099	-.033	
SIB is a form of rebellion	-.076	-.007	.128	.085	.001	.063	.501	-.019	.056	.024	-.038	.168	-.045	-.101	-.034	-.078	.006	.041	
SIB stops important people in my life from leaving or abandoning me	.020	.005	-.099	.039	.117	.095	.477	.002	-.161	.029	-.005	.052	.086	.043	.004	.109	-.040	-.130	
SIB helps me escape from harmful relationships	-.074	.073	.078	-.105	-.005	-.074	.433	-.026	-.008	-.051	.133	-.038	.001	.203	.034	.199	.026	-.083	
SIB prevents me from hurting other people	-.031	-.036	.129	-.045	.084	-.203	.361	.078	-.023	-.117	.061	-.085	.058	.305	-.039	.140	.044	.059	
SIB helps me avoid doing things that I do not want to do	.110	.029	-.079	.011	-.016	.008	.357	.082	.027	-.133	.015	.085	.023	.010	.030	.321	.043	-.030	

Self-validation

SIB injuries give me a legitimate reason to take care of myself	-.141	-.015	.030	.025	-.026	.176	-.112	.663	.041	.144	.050	.057	.038	-.095	.005	-.030	.061	-.112
SIB injuries show that my feelings are important	.035	-.080	-.135	.043	-.076	.312	.120	.616	.034	.043	-.084	-.076	.038	.055	-.021	.010	-.067	-.058
SIB injuries show that my feelings are real	.009	-.017	-.052	.059	-.061	.365	-.020	.612	-.001	.029	-.039	-.099	.062	.064	-.060	.015	-.047	-.019
SIB injuries are comforting	-.071	.132	.032	-.109	.068	-.142	.010	.533	.010	-.038	-.005	.223	-.004	.015	-.071	.047	-.124	.079
SIB injuries remind me of what I have lived through	-.106	-.121	.104	-.029	.022	.134	-.075	.511	-.015	.021	-.004	-.001	.154	.139	-.005	.050	-.112	.071
Focusing on physical pain takes me mind off my emotional pain	.147	.099	-.013	.078	.065	.007	-.089	.497	-.228	-.020	-.018	.060	.123	.095	.010	-.046	-.194	.023
I can only be kind towards myself after I have engaged in SIB	.099	-.020	-.011	.045	-.035	.115	-.021	.493	.114	.072	.050	.011	-.015	.028	-.006	-.119	.067	-.100
SIB shows that I can cope on my own	.058	.069	.005	-.005	.119	-.152	-.020	.435	.154	.167	.004	-.034	-.014	-.053	-.084	-.143	.075	-.006
SIB releases pressure or tension	.071	.313	.024	-.008	.038	-.046	.019	.388	-.135	-.064	.004	.146	-.044	.107	-.018	-.046	-.112	.066
SIB is a way of caring for myself	.133	.065	.019	-.080	.018	-.062	-.055	.385	.357	.001	.037	-.012	-.011	-.124	-.031	.000	.011	.007
SIB is easier to deal with than emotional pain	.249	.163	.124	-.026	-.026	.016	.034	.382	-.192	-.039	.073	.030	-.057	-.002	.056	-.020	-.174	-.017
SIB makes things more certain, even if only for a while	.044	.171	.054	-.054	-.071	.035	.054	.362	.095	.040	.104	-.058	-.036	-.085	.072	.128	-.019	.012
SIB is comforting	.105	.185	-.044	-.086	.011	-.133	.038	.358	.068	-.004	-.025	.222	-.054	-.075	.057	.127	-.128	.104
Knowing that I can engage in SIB gives me strength to carry on with life	.261	.166	.053	-.139	-.002	-.013	-.009	.297	.011	.048	-.045	.073	-.086	-.270	.060	.138	.026	.091

Valued behaviour

SIB makes me a better person	.015	-.047	.004	-.090	.102	-.004	-.096	.027	.678	.058	-.077	-.097	.063	.139	.109	-.019	.098	.055
SIB improves my life	.186	-.027	-.023	-.076	-.012	.098	-.033	.023	.658	.050	.014	-.040	.042	.010	.077	-.043	-.080	-.021
SIB is one of the best things in my life	.155	-.126	-.002	-.037	.149	-.023	-.044	.006	.584	.069	.008	.059	.001	.085	-.026	-.069	-.038	.039
My life would be worse without SIB	.317	.043	.087	-.049	.022	.037	-.063	-.062	.548	-.020	-.049	.002	.059	.089	.028	-.101	-.051	-.014
SIB solves my problems	.244	.123	-.076	.082	-.058	.051	.022	-.058	.533	-.058	.010	-.191	-.077	-.071	-.015	.232	-.105	.022
I have nothing in my life apart from SIB	.304	-.088	.023	.090	.097	.046	-.015	-.124	.519	-.042	.082	.033	.052	.052	-.161	-.011	-.136	.028
SIB is the only thing I've got that's just mine	.121	.067	.024	.008	-.105	.016	.048	.059	.451	-.019	-.047	.110	.029	.176	-.006	.062	-.019	-.020
SIB makes my life better	.263	.226	-.017	-.090	.048	.070	-.026	-.025	.431	.038	.060	-.125	.122	-.126	.006	-.033	.050	-.015
SIB makes me who I am	.133	-.037	.028	-.031	.003	.211	-.109	-.038	.426	.008	.047	.137	.159	.060	-.006	.049	-.096	.044
SIB is the best way to change how I feel	.226	.258	-.022	.063	-.061	.034	-.020	.004	.369	.029	-.002	.011	-.075	.110	-.072	-.005	-.010	.057
SIB is exciting	-.030	.010	.020	-.038	.026	.090	.145	-.046	.353	.043	-.022	.312	-.017	-.045	.051	.064	.011	.111
SIB makes me less bored	-.012	-.019	-.003	.088	.138	.046	.105	.041	.342	.047	-.031	.245	.036	-.055	-.003	-.024	-.008	.048
SIB is a reward or treat for me	-.014	-.072	.017	.010	.133	-.090	.050	.225	.331	.088	.029	.181	-.083	-.041	-.064	.004	.037	.074
SIB injuries improve my appearance	-.089	-.039	.043	.038	.221	-.054	.045	.234	.299	.121	.049	.017	-.064	-.122	-.029	-.091	.088	-.005
SIB is a way of maintaining my independence	.090	.089	.031	-.021	-.039	-.125	.187	.248	.279	.037	-.080	.048	-.103	-.123	.045	.150	.083	-.010

Facilitating cognitions

SIB is more acceptable if I do something to make up for it afterwards	.018	-.017	-.093	.104	.027	-.036	.090	.094	.053	.564	-.044	-.030	.012	.037	-.016	.078	.143	-.076
I think that SIB won't be dangerous as long as I am careful	-.036	.050	.028	-.084	-.020	.005	-.019	.122	-.005	.562	.034	.049	-.013	.088	.025	-.179	-.014	-.027
It's acceptable to engage in SIB if I do it in a particular way	.296	.068	-.011	-.171	.036	-.011	.024	-.047	.038	.558	-.051	-.042	-.062	-.050	.043	.025	.154	.094
SIB is a problem for some people but it won't be for me	.036	-.007	.026	-.052	.040	.059	-.170	.084	.239	.513	-.068	-.238	.020	.038	.095	-.183	.069	-.025
I tell myself that I can engage in SIB if I do something to make up for it afterwards	-.070	-.044	-.097	.156	.045	-.111	.112	.116	.144	.471	-.081	.076	.058	.011	.018	.119	.085	-.097
I give myself permission to engage in SIB	.287	-.050	-.025	-.119	.023	-.006	.023	-.047	-.045	.376	-.030	.045	.044	.086	.074	.249	-.038	.015
SIB is more acceptable if I have opportunity to do it	.241	-.015	-.009	-.086	.039	-.004	-.004	.037	.056	.375	-.002	.060	-.046	.040	-.006	.135	.008	.022
I try not to think about the disadvantages of SIB	.048	.146	-.072	.062	.034	-.032	.011	-.010	-.135	.372	.074	-.041	.078	.192	-.064	.083	-.140	.052
I ignore problems associated with SIB	.113	.000	-.016	.063	-.061	-.128	.081	-.055	-.033	.349	.038	.055	.072	.200	.017	.158	-.115	.057
I under-estimate the consequences of SIB	-.094	.177	-.023	.201	-.071	.107	-.003	.014	-.146	.264	.092	.090	-.038	.161	.006	.112	.045	.022

I try to ignore the physical pain that comes with SIB	.181	.034	-.035	.196	.016	.037	.042	.033	-.024	.207	.040	-.180	-.050	.138	-.058	.049	.106	.149	
I have very little influence over my SIB	.130	.076	.046	-.024	.032	.000	.086	-.022	-.046	-.031	.648	.036	-.029	.109	-.052	.016	-.046	.001	
I cannot control my SIB	.326	.075	-.004	.068	.030	-.026	.021	.004	-.118	-.077	.593	.162	-.033	-.028	-.029	.069	-.044	-.032	
I cannot stop SIB	.450	.021	-.024	-.011	-.044	.003	.031	-.010	-.006	-.016	.557	.164	-.014	-.071	-.020	-.072	-.030	.033	
Urges to engage in SIB cannot be resisted	.359	-.068	-.048	-.088	.002	.034	-.047	.040	.016	.036	.530	.022	.020	.160	-.025	-.068	-.024	.075	
I have no control over how I injure myself	.113	.049	-.017	.112	.030	-.011	-.038	.047	.101	-.035	.520	.140	-.017	.039	-.006	-.063	-.005	-.082	
I'm not strong enough to stop SIB	.389	-.023	-.007	.050	-.097	.086	.030	-.052	-.010	.029	.501	.159	.028	.006	-.017	.012	-.097	-.030	
SIB controls me	.310	.013	-.007	.082	.074	.059	-.076	-.022	.017	-.075	.416	.364	-.051	-.094	-.049	.094	.054	-.015	
SIB is an addiction	-.025	.078	.096	-.018	.026	-.084	.065	.098	-.106	-.107	.095	.680	.140	.000	.012	-.008	-.090	-.004	
I am addicted to SIB	.153	-.075	.001	-.029	.017	-.049	.004	-.003	.049	-.037	.280	.642	.092	-.040	.051	.077	-.028	-.039	
I feel compelled to engage in SIB if I notice that my injuries are beginning to heal	.241	-.075	-.009	-.014	.091	-.065	-.023	.071	.044	.055	.055	.359	.115	.121	-.009	.021	.045	-.043	
SIB is pleasurable	-.178	.105	.104	-.154	.102	-.082	.032	.026	.302	.051	.042	.357	.076	.075	-.001	-.026	-.119	.102	
SIB is a way to feel something when I otherwise feel nothing	-.003	.191	-.036	-.027	.018	-.031	.004	.103	.035	.003	-.079	.210	.603	.119	-.015	.094	-.115	-.070	
SIB stops me feeling numb	.011	.330	-.075	-.016	-.021	-.007	.008	.023	.081	-.008	.013	.085	.571	.047	.042	.075	-.002	-.030	
SIB stops me feeling detached from myself	-.069	.406	-.010	-.001	.004	-.047	-.042	.043	.088	.040	.008	.120	.468	.073	.007	-.063	.099	.012	
SIB makes me feel "real" or alive	-.009	.261	.083	-.109	-.001	-.023	.016	.041	.134	.011	-.013	.263	.455	.014	-.072	-.101	.086	.084	
<i>Self-punishment</i>																			
I engage in SIB to punish myself	-.030	-.027	-.029	.182	-.083	-.134	.035	-.011	.039	.127	.059	-.040	.056	.677	-.024	.029	.049	.052	
SIB is a way to express anger or self-criticism	.039	.155	-.072	.102	-.119	-.006	.174	.014	.059	.051	-.020	.052	.002	.498	.049	-.028	.041	.063	
I deserve SIB scars and injuries	.127	-.107	.027	.116	-.039	-.089	-.127	.029	.210	.073	.018	.025	.096	.412	-.051	.171	-.077	.072	
SIB makes me feel detached from myself	-.033	.217	.037	.158	.045	-.021	-.046	.050	.028	-.014	-.029	.023	.020	.250	-.071	.228	.001	.000	
There are alternatives to SIB	-.313	-.030	-.049	.235	.046	.033	-.072	-.021	.061	.035	-.019	.037	-.011	-.033	.755	.076	-.071	-.108	
There are solutions to my problems other than SIB	-.381	-.019	-.046	.208	-.012	.041	-.015	-.052	.042	.104	-.030	.054	.034	.028	.665	.025	.001	-.022	
Alternatives to SIB are better than SIB	-.299	.023	-.002	.381	.025	.081	-.054	-.004	.030	.074	-.067	-.074	-.054	-.043	.550	-.022	-.013	-.042	
I find ways to justify SIB to myself	.229	.019	-.007	-.024	-.050	-.038	.013	-.037	-.050	.270	-.001	.048	-.028	.080	.119	.394	-.075	-.015	
I tell myself that I deserve the benefits of SIB	.198	-.020	.004	-.023	-.016	-.064	.002	-.028	.160	.228	.004	-.053	.011	.112	.065	.321	-.027	-.037	
SIB prevents me from getting hurt in a worse way	.191	.131	.014	-.058	-.035	-.015	.252	.048	.028	-.088	-.031	-.126	-.031	.182	.003	.266	.106	-.054	
I think things that sabotage my efforts to avoid SIB	.151	-.029	-.032	.071	-.071	.024	.101	.049	-.062	.143	.078	.086	-.029	.071	.053	.223	.027	.124	
People try to stop my SIB	-.034	.072	.270	.005	-.015	.267	-.075	-.040	.057	-.016	.045	.040	.013	.057	-.038	.048	.148	.346	

Note. The highest factor loading for each item is highlighted.

Table S5. Promax-rotated Loadings of Cognitions about Nonsuicidal Self-Injury (NSSI) in Sample 1, with Tentative Factor Labels

	Factor																					
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22
<i>Dependence</i>																						
I cannot cope without SIB	.974	-.055	.016	.052	-.010	-.031	-.039	.007	.009	-.027	.042	-.028	-.029	-.020	-.069	.005	.039	.117	-.005	-.010	-.075	-.040
The distress that I would feel if I stopped SIB would be unbearable	.888	.062	.034	.016	-.040	-.048	.015	-.002	.043	.006	-.005	-.007	-.007	-.033	-.153	-.031	-.067	.105	-.043	.109	-.013	.000
I cannot function without SIB	.849	-.073	.017	.059	-.047	-.053	-.024	-.015	-.002	-.037	.070	.046	.094	.088	-.016	-.062	-.040	.026	.037	.041	-.094	.058
If I stopped SIB, I would be overwhelmed by distressing thoughts and feelings	.834	.072	.049	-.013	-.009	.057	-.015	.047	.031	.034	-.082	-.024	-.059	-.164	-.193	.093	-.024	.129	-.017	.159	.005	-.015
I rely on SIB	.785	-.005	-.032	.102	-.059	-.026	.026	.021	-.032	-.030	.064	.004	.126	-.004	.004	.026	-.114	.061	.115	.017	-.105	.049
I would lose control without SIB	.784	.076	-.015	.041	-.057	-.014	.017	-.018	.033	.018	-.047	.027	-.077	-.016	-.074	.125	.011	.125	.027	.085	-.055	.018
My problems are so serious that SIB is the only option	.770	.011	.033	-.049	.132	-.020	-.017	.037	-.020	.008	-.067	.030	-.073	.044	.076	-.016	.032	-.039	-.118	-.029	-.016	.043
SIB is the only method of coping that works for me	.766	.142	-.014	-.036	.029	-.020	-.006	-.010	-.038	-.015	-.029	-.009	.063	.017	.074	.011	-.012	-.005	-.037	.028	.003	-.068
I cannot stop SIB	.748	-.039	-.020	-.048	.079	-.062	-.032	.024	-.012	-.050	-.077	.002	.046	.002	-.083	.026	.500	.042	.061	-.046	-.072	-.068
SIB is the only option I have for solving my problems	.744	-.028	.015	.032	.077	-.012	-.018	-.025	-.121	.006	.022	.042	-.019	.151	.215	.007	-.006	-.118	-.119	-.058	-.035	-.078
There are no alternatives to SIB	.722	-.105	.018	-.056	-.013	.000	.018	-.051	.012	.002	.082	-.021	-.019	.040	.263	-.099	.021	-.091	-.161	-.079	.066	-.103
I'm not strong enough to stop SIB	.696	-.004	-.011	.060	.058	-.091	.023	.099	-.066	-.044	-.015	.030	-.005	-.002	-.094	-.001	.451	.022	-.006	-.026	-.015	-.143
I cannot control my SIB	.694	.027	.024	-.004	-.027	-.036	-.005	-.020	-.035	.005	-.058	-.008	.026	-.098	-.076	.038	.584	.088	-.081	-.063	-.005	-.005
Urges to engage in SIB cannot be resisted	.686	.056	-.030	-.058	.049	-.039	-.045	.018	-.065	-.011	-.014	.027	-.070	.022	-.054	.044	.491	-.034	-.165	.080	-.097	.013
I need to regularly engage in SIB	.657	.016	-.046	.024	-.018	-.029	-.022	.017	.008	.009	.104	.004	.239	.054	-.133	-.036	.189	.040	.012	-.028	-.036	.055
SIB is the only way to end unbearable pain	.613	.191	.004	.009	.104	-.001	.001	.014	.051	.028	-.110	-.107	-.034	-.016	.128	-.005	-.008	.038	.048	-.088	-.030	-.074
SIB is the best way to deal with my problems	.598	-.032	-.043	.015	.103	-.016	-.032	.022	-.006	.071	-.040	-.009	-.013	.242	.187	.061	-.023	-.113	-.069	-.066	-.045	-.121
SIB is the only way to control upsetting pictures and images that go through my mind	.587	.048	-.033	.043	-.038	.401	.023	.005	-.001	.015	-.026	-.059	.035	-.061	-.042	.070	-.067	-.100	-.015	.071	-.016	-.014
My SIB will get worse	.567	-.208	.017	.038	.004	.126	-.067	.093	.005	-.012	.084	.027	-.014	-.072	-.079	.040	.301	-.061	.057	.047	.047	-.052
SIB controls me	.539	-.043	-.006	.123	-.057	-.033	-.019	-.065	.010	.096	.008	-.032	.242	-.034	.086	-.072	.375	.056	-.020	-.025	.080	.093
There are alternatives to SIB	.520	.224	-.047	.302	.088	-.097	-.019	.023	.031	-.094	-.017	-.009	.066	.054	-.198	.214	-.017	.127	-.031	.083	-.074	-.017
SIB controls my life	.488	-.018	.015	.165	-.041	-.023	.047	-.136	.065	.014	-.002	.010	.295	-.023	.058	-.044	.292	.029	.040	-.056	.112	.128
SIB is better than the alternative options	.487	-.046	-.024	-.093	-.041	-.032	.032	.023	.059	-.007	-.083	.072	-.023	-.010	.136	.069	-.113	.011	.067	-.009	.109	-.014
Thoughts and urges to engage in SIB are overwhelming	.437	.113	.052	-.040	.045	.124	-.052	.017	-.016	-.069	-.018	-.042	.140	-.140	-.086	.062	.215	.033	-.040	.112	.078	-.025
I feel on edge if I don't engage in SIB	.430	.163	-.014	.025	-.033	.059	-.036	-.022	.045	.009	.144	.003	.292	.006	-.165	.020	.106	.039	.094	-.015	.012	-.076
There are solutions to my problems other than SIB	.427	.092	-.020	.295	.016	.000	.006	.075	-.017	-.059	.083	-.020	.108	-.060	-.113	.062	-.103	.158	-.055	.080	-.186	-.009
I need to always have SIB as an option in my life	.403	.076	.036	-.059	.020	.013	.045	.132	-.119	-.022	.054	-.028	.128	.059	.024	-.016	-.204	.007	.282	.032	.016	-.026
I have nothing in my life apart from SIB	.342	-.029	.014	.040	-.004	-.037	.033	-.070	-.008	.068	.169	.044	.003	.340	.043	-.118	.103	-.157	-.030	.076	-.003	.045
<i>Release</i>																						
SIB provides relief from upsetting thoughts or feelings	.016	.789	.010	.008	.055	.080	-.025	-.112	-.073	.026	-.067	.024	.067	.069	-.015	-.058	.021	.100	-.024	.134	-.049	-.003
SIB reduces tension and stress	-.077	.733	-.016	-.107	-.068	.009	.094	.077	-.171	.006	-.014	-.024	.127	.087	-.038	.004	-.026	.146	.015	.104	.032	-.033
SIB releases pressure or tension	.037	.717	-.053	-.010	-.003	-.065	-.049	.015	.036	-.013	.060	.017	.080	-.116	-.068	.035	.038	-.094	-.037	.016	-.017	.014
SIB makes me feel less upset	-.160	.707	.038	-.091	.002	.056	.032	-.045	-.010	.061	-.055	-.064	.042	.151	-.025	.047	.035	.195	.109	.081	.034	-.025
Focusing on physical pain takes me mind off my emotional pain	.085	.637	.070	.109	.080	-.020	-.064	-.048	.123	.044	.028	.050	.015	-.177	-.050	-.030	.018	-.070	-.065	.062	-.135	-.042
SIB is the best way to calm myself down	.111	.560	-.125	.014	.041	.000	-.008	.038	-.066	.042	-.140	-.053	.077	.194	.014	.084	.026	.077	.131	.120	.139	-.087
SIB is easier to deal with than emotional pain	.118	.540	.067	.038	-.040	-.009	-.020	-.029	.074	.014	.020	-.023	.039	-.090	-.019	-.045	-.077	-.104	.084	.074	-.143	.072
SIB helps me cope	.142	.521	-.015	-.053	-.022	-.041	-.083	-.053	-.054	.019	-.058	.085	.018	.040	.029	.082	.022	.193	.069	-.002	.038	.010
SIB makes things seem better, even if only for a little while	-.028	.519	-.006	-.021	.016	-.012	.037	.028	-.115	-.001	-.057	.007	.093	.176	.187	.036	-.011	.038	.078	.095	.000	.010
SIB is comforting	-.080	.438	.008	-.090	-.134	-.016	.008	.015	.159	-.008	-.207	.007	.141	-.100	.205	.035	.043	-.036	.134	-.070	-.109	.022
SIB helps me forget my problems	-.003	.410	.029	.128	.069	.112	-.064	-.041	.036	.028	.082	-.097	.016	.229	.314	-.063	.004	.083	-.041	.009	-.056	-.006
SIB injuries are comforting	-.100	.315	.028	-.147	-.114	-.027	-.027	.000	.258	.031	.257	-.114	.150	-.092	.173	.169	.024	-.118	.098	-.083	.014	-.086
SIB is a private act	-.052	.168	-.042	.068	-.023	-.051	-.107	.115	-.011	-.132	-.003	.032	.005	-.040	.023	.031	-.062	-.079	.114	.102	.037	-.061
<i>Stigma</i>																						
People judge and criticize my SIB	.017	-.024	.803	-.090	-.016	.002	.041	-.089	-.031	.027	-.009	.023	.020	.044	-.039	.000	-.037	-.009	.002	.164	-.059	.012
People reject me because of my SIB	.044	.078	.728	.005	-.042	.056	.030	.020	-.059	-.057	.075	-.025	-.023	.035	-.157	.012	.022	-.053	-.072	-.204	.236	.020
People think less of me when they discover my SIB	.023	.069	.728	.035	-.055	-.028	.105	-.019	-.032	-.005	.037	.026	.060	.022	-.080	-.136	-.036	.007	.131	-.039	.062	-.132
People think that my SIB is bad or wrong	.024	-.036	.712	-.021	.077	-.031	-.033	-.017	-.028	.011	.040	-.005	-.029	-.008	.006	.058	.030	.048	.078	.214	-.177	-.151
People think that my SIB is selfish	-.048	-.037	.693	-.069	-.020	.087	.012	.011	-.057	.054	-.012	-.025	.048	-.035	.042	.068	-.018	-.026	-.067	.060	-.027	.003
People exclude me because of my SIB	-.008	.129	.688	.000	-.118	.008	.057	.025	-.081	.017	.059	.012	.016	.079	-.103	.053	.014	-.117	-.126	-.314	.236	.039
People think that my SIB is abnormal	.029	-.019	.648	-.069	.095	.012	-.025	-.083	.077	-.023	-.037	.000	.039	-.030	-.036	.042	.025	.129	.134	.037	.038	-.022
SIB makes me a social outcast	.010	.051	.635	.039	.005	-.061	-.015	.038	-.005	.036	.007	-.016	-.072	-.017	-.085	-.077	.015	.032	-.084	-.167	.383	.050

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

People punish my SIB	.000	-.008	.586	-.016	-.084	.059	-.005	-.044	-.117	-.013	.031	-.077	-.010	.088	.006	.049	.062	-.035	-.031	-.043	.006	-.114
People do not understand my SIB	.077	.023	.528	-.095	-.037	.017	-.075	-.032	.063	.010	.022	-.019	-.023	-.114	-.018	-.042	.050	-.065	-.170	.127	-.024	-.067
SIB damages important relationships in my life	.038	-.045	.447	.176	-.030	.016	.006	-.057	-.037	-.009	.002	-.067	.048	-.040	.137	.003	-.068	.006	-.036	.088	.195	-.110
SIB leads to unwanted attention from other people	-.054	-.119	.424	.074	-.065	.012	-.088	-.019	-.108	.016	-.035	.053	.138	.070	.154	-.006	.005	.038	.032	.026	.067	.060
Other people leave me alone because of SIB	.056	.004	.357	.057	.021	.101	.123	.008	.043	-.078	.044	.031	.034	.134	-.157	.210	.022	-.191	-.070	-.029	.018	.022
SIB upsets or hurts the people I care about	-.015	-.056	.280	.071	.223	-.021	-.074	.063	-.088	-.059	-.026	.020	.069	-.084	.133	.029	-.021	.065	-.040	.138	-.062	.034
Other people are not interested in my SIB	-.072	.088	.270	.070	-.160	.054	.021	-.028	.131	-.016	.046	-.052	-.117	.033	-.061	-.046	-.007	-.162	.051	.075	.008	-.079
People try to stop my SIB	.017	-.111	.256	.013	.248	-.004	-.131	.040	-.060	-.065	.015	-.027	.083	.107	.185	-.005	.024	.085	-.007	.008	-.137	.124
I cannot talk to other people about my SIB	.036	.058	.218	.159	-.175	-.022	.092	.038	.046	.026	-.004	.050	-.211	-.076	.109	-.176	.073	-.029	.164	.013	.106	-.160
<i>Problematic</i>																						
SIB is wrong	.057	.031	-.039	.835	.002	-.048	.030	-.036	-.034	.042	.084	.005	-.015	-.004	.054	.190	.033	.015	-.043	-.097	-.012	-.791
I hate my SIB injuries	-.078	.014	.026	.692	-.003	.026	-.025	-.036	-.047	.057	-.243	.064	-.035	.050	.052	-.124	.013	-.150	.257	.092	-.122	-.030
SIB is a bad option	-.123	-.014	-.034	.667	.047	-.063	.010	-.028	-.057	-.017	.069	-.022	.055	-.076	.038	.167	-.039	.057	-.101	.053	-.024	-.441
SIB makes my problems worse	-.029	-.135	.007	.630	.043	.009	-.110	-.132	.126	.040	.091	-.044	-.017	-.074	-.005	-.002	-.078	.013	-.078	.162	.076	.042
My life would be better without SIB	-.130	.057	-.063	.615	.011	-.004	-.114	-.024	.040	.047	-.074	-.022	-.015	-.188	.123	-.024	.034	.101	-.064	.061	.014	-.128
SIB scars or injuries are unattractive	.036	.021	.006	.615	.038	-.030	-.007	.046	-.115	-.017	-.128	.137	-.124	-.010	-.002	-.071	-.006	-.098	.316	-.048	-.143	-.168
SIB is destructive	-.084	.010	.012	.591	.079	-.011	-.097	.013	-.041	-.108	.106	-.023	.106	-.087	.068	.022	-.009	-.012	.005	-.011	.041	-.237
The fact that I engage in SIB makes me a bad person	.173	-.075	.065	.587	-.080	-.035	-.008	.107	.030	-.023	-.047	-.007	-.112	.074	.022	.195	.011	-.086	.133	.099	.079	-.438
SIB has ruined my life	.140	-.071	.046	.570	-.023	-.002	-.050	-.038	-.019	.058	-.025	-.054	.090	-.016	.171	-.061	.036	-.155	.087	.088	.160	-.022
SIB creates a lot of problems for me	.046	-.044	.115	.545	.002	-.045	-.092	-.101	.087	-.062	-.023	-.104	.115	-.062	.137	-.031	-.022	-.027	.055	.104	.153	.064
SIB has made me crazy	.129	-.107	-.035	.505	.033	.133	.064	-.007	-.006	.021	.050	-.010	.081	.022	.138	-.050	.026	-.143	.051	.094	.115	-.099
SIB makes me more distressed than if I did not engage in SIB	-.078	-.167	-.036	.486	.071	.026	-.051	-.078	.050	.074	.088	.013	-.014	.046	.037	-.081	-.026	-.008	-.100	.162	-.059	.011
SIB brings my most important beliefs into question	.023	-.087	.045	.445	.069	.100	-.027	.040	.070	.010	-.122	.024	.033	.062	.082	.187	-.001	-.104	-.153	.050	.085	-.230
Alternatives to SIB are better than SIB	-.284	.105	-.046	.398	.070	-.090	-.055	-.020	.014	-.007	.026	-.080	-.113	-.014	-.063	.064	-.022	.140	-.152	.116	-.099	-.057
I hate taking care of my SIB injuries	.083	.048	.014	.396	-.044	-.016	.051	.020	-.121	.005	-.171	.025	-.100	.027	.035	-.089	.068	-.094	-.033	.185	-.019	.096
I under-estimate the consequences of SIB	-.044	.005	-.019	.355	-.021	-.016	-.022	.200	.016	-.075	.029	.000	.111	.006	.202	-.005	.058	-.008	-.080	.097	.015	-.010
SIB proves that I am impulsive	-.052	.151	.030	.328	.131	.070	.079	.128	-.001	-.021	.177	.019	.045	-.024	-.106	-.143	.037	-.019	-.182	.172	-.027	-.046
SIB is physically painful	-.056	-.015	.038	.258	.113	.044	-.030	.067	.006	-.034	.104	-.073	-.101	-.047	-.139	-.135	-.156	-.066	.124	.096	-.044	-.026
I am scared that I will injure myself more severely than I intend	.149	-.028	-.041	.236	.127	.105	-.031	.048	.120	-.013	-.124	.062	.189	-.030	-.003	-.015	.099	-.023	-.021	.093	-.012	-.044
I vow that 'This will be the last time I engage in SIB'	-.143	.099	.084	.234	-.061	.061	.047	.017	.123	.038	-.062	.092	.167	-.078	.102	-.115	.099	-.021	-.133	.042	-.195	-.029
I have to hide my SIB	.031	.146	.189	.204	-.069	-.051	-.120	.025	.014	.085	-.029	.026	-.104	-.123	.070	-.148	-.003	-.013	.181	.024	.086	-.051
I try to ignore the physical pain that comes with SIB	.020	-.088	-.066	.191	.024	.035	.050	.182	-.043	.015	-.138	-.019	-.043	.089	.141	.008	.083	-.151	.096	.167	-.049	.043
<i>Eliciting help</i>																						
SIB makes people take my problems seriously	.042	-.010	-.054	.104	.899	.025	.002	-.025	.086	-.032	.033	.007	.018	.118	-.016	-.135	-.001	-.016	.083	-.139	.000	-.121
SIB makes other people understand how distressed I am	.059	.086	-.008	.026	.852	-.024	-.028	-.024	.052	-.072	-.094	.001	.024	.077	-.050	-.018	.030	.008	-.038	-.081	.011	-.039
SIB makes people take me seriously	.033	.033	-.030	.028	.796	.020	.064	-.042	.064	.101	.002	-.016	-.032	.049	-.091	-.056	-.008	.037	.097	-.127	.006	-.064
SIB makes other people help me	-.020	-.028	-.038	.080	.735	-.014	.044	-.028	.010	.071	.050	-.017	.006	.072	.057	-.096	-.013	.011	.058	-.080	-.017	.009
SIB shows other people how distressed I feel	.018	.002	.016	-.014	.654	.055	.115	.078	.070	-.078	-.023	.017	.016	-.094	-.054	-.047	.032	-.080	.009	-.035	.032	.070
SIB makes people care about me	.002	-.048	-.129	.042	.518	.000	.250	-.028	.006	.074	.004	.006	.080	-.051	.086	.001	-.045	-.022	.079	-.071	.064	.038
SIB influences other people's behaviour towards me	.014	-.068	.323	.043	.371	-.066	.021	-.070	-.015	.048	-.005	-.001	.032	.063	-.044	.051	-.114	-.016	.098	-.030	.062	.102
My SIB persuades other people to change their mind	-.065	-.036	.012	.070	.371	.025	.224	.020	.003	.144	.045	-.032	-.045	.088	-.017	.053	.031	-.026	.017	-.092	-.052	-.019
SIB makes other people feel guilty	-.065	-.053	.049	.003	.354	-.012	.125	.028	-.081	.038	.039	.036	.117	.063	-.003	.099	-.051	.116	.014	.008	.001	.052
SIB brings out other people's true feelings towards me	.000	-.055	.252	-.057	.307	.000	.095	.111	-.002	.038	-.115	.013	.020	-.004	-.135	.128	-.042	-.081	-.018	.104	.062	.097
<i>Imagery change</i>																						
SIB interrupts images or scenes that run through my mind	.005	.029	-.017	-.057	-.030	.821	-.018	-.044	.024	-.020	.032	.078	-.003	-.130	-.005	.023	-.035	.054	.001	.038	-.068	.112
SIB interrupts upsetting pictures and scenes that run through my mind	.032	.100	.001	.056	.003	.820	-.037	-.051	-.008	-.023	.029	-.016	.031	-.040	.017	.023	-.049	.017	.043	-.033	-.111	-.004
SIB stops me thinking about upsetting pictures and images	-.081	.104	-.020	.002	.010	.787	-.050	.027	.044	-.012	-.013	-.046	.021	-.011	.097	-.095	.020	.074	.080	-.029	-.082	.097
SIB changes images or scenes that run through my mind	.010	-.057	.053	-.035	-.019	.708	.014	.004	.012	-.010	.050	.045	-.049	-.045	.011	.057	.021	.069	-.052	.068	-.047	.047
SIB changes images or scenes that I imagine	-.063	-.054	.044	.006	.041	.634	-.009	.008	-.039	-.033	.059	.028	-.049	.063	.168	.048	.010	.142	-.016	-.007	-.022	.000
<i>Revenge</i>																						
SIB helps me get revenge against others	-.008	.008	-.019	-.082	.006	.002	.922	-.062	-.080	-.070	.046	.019	.105	-.053	.000	-.032	-.055	-.026	.063	.073	-.027	-.105
SIB is a way to get back at people who have hurt me	.028	.064	-.009	-.023	.036	-.044	.879	-.063	.061	-.100	.045	-.018	.034	-.049	.015	-.113	-.057	.029	.046	.107	-.073	-.050
SIB is a way to intentionally upset other people	-.066	.020	-.007	-.054	.025	-.011	.827	-.113	-.113	.052	.041	.004	.089	-.078	.104	-.034	-.088	.047	.013	.066	.026	-.065
SIB shows other people that they were wrong	.015	-.008	.020	-.071	.164	-.046	.602	-.022	.066	-.072	-.004	-.040	-.065	-.024	.005	.023	.094	.119	-.026	.103	.005	.049
SIB makes people sorry for the way they treated me	-.038	-.038	.004	-.072	.246	-.021	.593	.008	-.074	.058	.018	-.017	.008	-.062	-.010	.014	.039	.043	.049	-.008	-.059	.021
SIB is a form of rebellion	-.153	-.055	.037	-.056	.035	-.034	.471	.014	.029	-.045	.287	.077	-.058	-.050	-.043	-.044	-.035	.077	-.052	.005	.098	-.112
SIB stops important people in my life from leaving or	.037	.012	-.023	.029	.118	-.057	.459	-.009	-.039	.127	-.059	.026	.090	-.050	.093	.093	.028	.007	.029	.018	-.023	.064

Characterizing Self-Injurious Cognitions: - Supplementary Material 31

I am addicted to SIB	.297	.110	.018	.010	.030	-.025	.045	.010	.023	.011	.061	.034	.750	-.059	-.004	-.163	.103	-.057	.132	-.117	-.055	.047
I feel compelled to engage in SIB if I notice that my injuries are beginning to heal	.259	.018	-.074	.008	-.036	.012	-.016	.114	.048	.007	.219	-.035	.297	-.037	.002	-.102	.058	-.030	.068	.019	.110	.038
SIB improves my life	.077	.098	.024	-.181	.050	-.023	-.022	-.013	.025	-.046	.138	-.008	.017	.605	-.038	.164	-.021	-.019	.017	.015	-.081	-.030
SIB solves my problems	.135	.050	-.045	.080	.158	.014	-.057	.012	.035	-.137	.052	-.061	-.058	.581	.279	.002	.106	-.006	.033	-.055	-.070	-.084
SIB is one of the best things in my life	.162	.013	-.012	-.075	.035	-.027	-.080	-.007	.082	.030	.348	.024	.012	.535	-.059	-.062	.048	-.127	-.031	.081	-.118	.067
SIB makes me a better person	-.031	.007	.000	-.127	-.059	-.068	-.067	.022	.144	.005	.136	.032	-.071	.525	.028	.150	-.042	.027	-.097	.143	.010	.081
SIB makes my life better	.201	.002	.086	-.169	.049	-.030	-.049	.060	.018	-.040	.157	.026	-.020	.466	.076	-.007	-.011	.136	-.025	-.092	-.085	.016
My life would be worse without SIB	.236	.077	-.011	-.125	.015	-.023	-.043	-.059	-.005	-.021	-.004	.031	.033	.415	.035	.141	-.054	-.022	.157	.066	.067	.065
SIB is the best way to change how I feel	.162	.331	-.032	-.029	.065	.092	-.017	.000	-.081	.014	-.079	-.065	-.015	.376	.074	.114	.018	.135	.008	.122	.088	-.051
SIB is the only thing I've got that's just mine	.099	.086	.009	.044	-.014	-.078	.081	-.008	.148	-.069	.252	.063	-.134	.340	-.004	-.015	.094	-.035	.047	.230	.007	.044
SIB is a problem for some people but it won't be for me	-.024	-.028	.043	-.186	.008	-.052	-.053	.247	.121	-.005	.015	.045	-.158	.269	-.039	-.138	-.059	.016	-.140	.108	-.090	.113
SIB prevents bad things from happening to me	.058	-.140	.054	.077	-.004	.153	.082	.039	.118	-.053	-.096	.051	-.010	.228	.177	.110	.075	.076	.089	-.082	-.011	-.034
<i>Escape</i>																						
SIB helps me escape from my problems	.017	.270	-.029	.046	.074	.050	.021	-.003	-.101	.000	.063	.022	-.055	.118	.471	-.066	.061	.194	.012	-.098	-.002	.013
SIB makes me feel nothing	-.006	.024	-.029	.160	-.036	.053	.011	-.030	.023	.011	-.038	-.105	.081	.050	.400	-.067	-.007	.030	.069	-.026	.060	-.028
SIB helps me avoid my problems	.098	.119	-.038	.119	-.070	.053	.102	.049	-.071	.033	.258	.038	-.085	.019	.381	-.097	.028	.206	-.060	-.077	.019	.013
SIB temporarily stops me from feeling anything	.027	.182	.011	.086	-.019	.108	.058	.029	-.052	.013	.007	-.022	-.024	-.011	.363	-.041	-.005	.060	-.035	.035	.041	.010
SIB is an escape from myself	-.026	.190	-.063	.082	-.011	.067	.025	-.031	.055	-.022	-.040	.098	.022	-.021	.357	-.016	.007	.085	.112	.054	.028	.105
SIB changes my thoughts so the problems in my life do not seem as bad	-.001	.098	.007	.129	.006	.117	-.001	.013	.020	-.011	.099	.043	-.067	.183	.347	-.011	-.091	.274	-.123	-.038	-.017	.008
SIB protects important people in my life	.049	.006	-.014	.042	-.080	-.017	-.016	-.060	.186	-.158	-.252	-.010	-.142	.026	-.113	.707	.012	-.015	.080	.090	.071	-.143
SIB benefits people around me	-.011	.019	.041	.049	-.028	-.055	-.132	-.118	.086	.250	-.120	.016	-.175	.316	-.052	.593	.084	-.015	.023	-.003	-.013	-.206
SIB prevents me from hurting other people	.039	.045	.082	-.035	-.093	.072	.184	.001	.022	.022	-.143	.016	-.065	.040	-.050	.477	.078	-.031	-.139	.208	-.015	.000
SIB prevents me from getting hurt in a worse way	.013	.034	-.017	.060	.042	.093	.077	.052	.090	-.020	-.176	.015	-.067	-.005	.070	.386	.033	.017	.144	-.039	.052	-.014
I have very little influence over my SIB	.573	.024	.047	-.071	.010	-.010	.031	-.013	-.005	-.040	-.120	-.076	.000	.047	.090	.026	.599	.017	-.176	-.001	-.048	.046
I have no control over how I injure myself	.390	.009	-.050	.104	-.035	.058	-.026	-.085	.083	-.024	-.015	-.035	.008	.100	.034	.086	.528	-.074	-.144	-.009	-.060	-.013
SIB refocuses my mind	.034	.285	.017	-.147	-.013	.094	.050	.030	-.011	-.030	-.010	.063	-.107	.010	.080	.030	-.006	.585	-.068	.002	.156	-.067
SIB clears my mind	-.034	.337	.091	-.154	-.057	.115	.009	-.016	.040	.052	.027	.015	.052	.039	.196	-.086	.029	.480	.023	-.057	.088	-.007
SIB changes the way that I am thinking	.018	.173	-.005	-.035	-.012	.222	.005	.052	-.038	-.062	.019	.022	-.051	-.003	.209	-.015	.014	.453	-.101	.016	.120	.029
SIB stops upsetting thoughts going round and round in my mind	.028	.365	-.009	.065	-.006	.345	-.005	-.013	.017	.034	.027	.012	-.123	-.050	.111	-.080	.035	.410	.005	-.018	.004	-.109
SIB stops negative or distressing thoughts	.027	.294	.000	-.032	.047	.307	-.033	-.048	.035	.005	.015	-.088	.045	.186	-.094	.102	.388	.011	-.047	-.023	-.010	
I think less of someone when I learn that they engage in SIB	.110	-.096	.086	.136	-.114	-.031	.165	.103	.066	.034	.031	-.026	-.050	.047	-.050	-.100	-.005	.168	-.123	-.039	-.012	-.128
<i>Backup plan</i>																						
I keep SIB as an option in case my problems get worse	-.034	.147	.008	.005	.090	.022	.100	.154	.121	-.044	-.078	-.083	.127	.040	.015	.010	-.171	-.078	.631	-.015	.042	-.042
SIB is always there to fall back on if things get bad enough	.009	.146	.062	-.067	.050	.012	.033	.106	.114	-.007	-.121	-.033	.137	-.057	.045	.069	-.116	-.124	.627	-.013	.038	-.020
Knowing that I can engage in SIB gives me strength to carry on with life	.113	.102	-.038	-.074	.011	-.053	.004	-.022	.261	-.022	-.061	-.026	.070	.027	.080	.168	-.107	.096	.362	-.039	.090	.039
I allow myself to delay when I'll engage in SIB, knowing that I will do it later	.005	-.023	.037	.061	.052	.014	-.039	.198	.053	.020	.046	.019	.195	.021	-.001	.011	-.081	.015	.272	-.022	.098	-.015
SIB is the only thing that I can control in my life	.220	.135	-.020	.127	-.051	-.106	.023	-.007	.212	-.023	.074	.084	.008	.025	.067	-.030	.021	-.192	.234	.017	.035	.040
SIB keeps me in control	.156	.215	-.045	-.094	-.114	-.004	.089	-.035	.209	-.010	-.096	.081	-.028	-.042	.068	.135	-.036	.155	.220	.040	.061	.124
<i>Self-punishment</i>																						
I engage in SIB to punish myself	.049	.117	.018	.270	-.188	.047	.096	.088	.030	-.028	-.094	-.013	-.096	.066	-.067	.111	-.010	-.081	-.022	.638	-.129	.095
SIB is a way to express anger or self-criticism	.077	.276	-.059	.179	-.028	-.090	.148	.072	.015	-.081	.026	-.003	-.163	.023	-.058	.075	.004	.071	-.055	.504	-.056	.066
I deserve SIB scars and injuries	.219	.056	.003	.184	-.164	.003	-.026	.074	.013	.020	.078	.016	-.009	.139	-.005	.048	-.080	-.068	.075	.403	.005	.025
SIB makes me feel detached from myself	.020	.148	.047	.158	-.108	.020	.076	-.056	-.034	.027	-.060	-.006	-.036	.030	.270	.019	-.053	.079	-.033	.285	.125	.027
I am more similar to people who engage in SIB than to people who do not	.035	.097	.138	-.097	.070	.038	.000	.021	-.062	.104	.117	.017	-.022	.080	.009	.043	.008	.014	-.033	.193	.108	.149
SIB creates a boundary between myself and others	-.070	-.052	.370	.078	.010	-.055	-.047	.000	.100	-.068	-.070	.069	-.020	-.134	.085	.093	-.084	.125	.068	-.078	.656	-.038
SIB creates a barrier between myself and others	-.025	.016	.448	.091	.010	-.145	-.069	.026	.002	-.067	-.110	.023	-.046	-.139	.119	.093	-.016	.174	-.037	-.007	.629	.013
SIB makes me different to other people	-.082	-.025	.355	.080	.145	-.068	-.051	.093	.051	-.020	.004	-.030	-.044	.008	.078	-.113	-.012	.162	.118	-.120	.444	-.117
SIB is abnormal or bad	.086	.034	.013	.779	.026	-.076	.089	.018	-.032	-.035	.191	-.018	-.034	-.025	-.015	.139	-.014	.071	.070	-.134	.068	-.842

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

People who engage in SIB are the only people who understand me	.057	.087	.164	-.159	.122	-.023	.079	.101	-.055	.040	-.012	.028	-.021	.027	.051	-.074	.074	-.057	-.045	.141	.134	.187
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Note. The highest factor loading for each item is highlighted.

Table S6. Promax-rotated Loadings of Anti-suicide Cognitions in Sample 1

	Factor		
	1	2	3
NSSI is a compromise instead of killing myself	.840	-.094	.087
I deliberately use NSSI to avoid acting on suicidal thoughts	.829	.094	-.053
I would kill myself if I didn't engage in NSSI	.774	-.009	-.103
NSSI is a replacement for suicidal behaviour	.756	-.017	.044
NSSI is a way of responding to suicidal thoughts without actually attempting suicide	.724	-.014	.145
NSSI is a way to avoid suicidal urges	.573	.307	-.032
NSSI changes how I feel, which stops suicidal thoughts	-.111	.880	.042
NSSI stops thoughts about suicide	.026	.726	-.029
NSSI takes my mind off thinking of killing myself	.205	.616	.029
NSSI is a less dangerous way to physically hurt myself than suicide	-.014	.005	.801
NSSI is a less permanent way to physically hurt myself than suicide	.022	.024	.760

Note. The highest factor loading for each item is highlighted.

Table S7. Promax-rotated Loadings of Cognitions about Attempting Suicide in Sample 2, with Tentative Factor Labels

	Factor							
	1	2	3	4	5	6	7	8
<i>Belonging</i>								
Attempting suicide helps me fit in with other people	.807	.069	.066	-.060	.064	-.205	-.098	-.026
Other people approve of my suicide attempt(s)	.789	.055	-.081	-.096	.081	-.188	.074	-.025
Attempting suicide helps me get accepted by some people	.764	-.139	.177	.022	.081	-.100	.008	-.082
Attempting suicide is more acceptable if I do something to make up for it afterwards.	.742	-.087	-.148	-.017	.143	.065	.025	.019
Other people accept me because of my suicide attempt(s)	.729	-.151	.134	.031	.089	-.088	.005	-.079
I tell myself that I can attempt suicide if I do something to make up for it afterwards	.700	-.115	-.118	-.053	.037	.182	.096	.098
Attempting suicide makes me a better person	.662	.003	-.002	.049	.027	.008	-.038	-.070
Attempting suicide helps me connect with other people	.579	-.099	.236	.068	.031	-.077	-.017	-.016
Attempting suicide shows that I can cope on my own	.560	.204	-.204	-.076	-.024	.138	-.143	.071
Attempting suicide improves my life	.411	.245	-.017	-.031	-.150	.109	-.043	.027
I can only be kind towards myself after I have attempted suicide	.381	.036	-.062	-.019	.044	.316	.018	.059
I think that attempting suicide won't be dangerous as long as I am careful	.343	.010	-.066	.092	-.069	.203	.034	-.113
It's acceptable to attempt suicide if I do it in a particular way	.295	.246	-.015	.071	-.081	.116	-.119	-.142
Attempting suicide makes me who I am	.293	.243	-.057	-.042	-.049	.195	.097	.018
<i>Dependence</i>								
Attempting suicide is the only option I have for solving my problems	-.038	.904	.049	-.086	.052	-.128	.040	.043
Attempting suicide is better than the alternative options	-.045	.858	.013	-.105	-.041	-.052	-.020	-.021
My problems are so serious that attempting suicide is the only option	-.131	.773	-.031	.029	.068	-.022	.047	-.033
Attempting suicide is the only way to end unbearable pain	-.169	.770	.112	-.030	.216	-.030	-.037	-.065
Attempting suicide is the only method of coping that works for me	.138	.632	-.050	.053	-.110	.020	.129	.191
Attempting suicide solves my problems	.157	.575	.025	-.062	-.149	.020	.002	.023
I have nothing in my life apart from my suicide attempt(s)	.316	.500	-.071	.140	-.018	-.183	.111	.040
Attempting suicide stops upsetting thoughts going round and round in my mind	-.180	.482	.115	.083	.021	.255	-.103	.087
Attempting suicide helps me cope	-.012	.433	-.008	.068	-.085	.344	-.001	.044
Attempting suicide is the only thing I've got that's just mine	.205	.421	-.011	.162	-.042	-.009	.006	.033
I give myself permission to attempt suicide	.045	.391	-.012	.059	-.028	.232	.068	-.145

Attempting suicide is more acceptable if I have opportunity to do it	.275	.317	.095	-.018	-.039	.080	.045	-.097
<i>Interpersonal influence</i>								
Attempting suicide makes people take my problems seriously	-.091	.007	.844	-.037	.066	.001	.038	-.089
Attempting suicide makes other people understand how distressed I am	-.147	.044	.801	.017	.075	.029	.027	-.076
Attempting suicide makes other people help me	-.048	-.031	.784	-.086	-.053	.106	.022	.016
Attempting suicide makes people care about me	-.021	.013	.777	-.043	-.076	.104	-.011	.097
Attempting suicide shows other people how distressed I feel	-.118	.134	.727	.117	.107	-.080	.063	-.010
Attempting suicide makes people sorry for the way they treated me	.240	-.015	.595	-.026	-.060	-.006	.020	.108
Attempting suicide stops important people in my life from leaving or abandoning me	.312	-.006	.455	.128	-.089	-.111	.006	-.037
Suicide attempt injuries show that my feelings are important	.118	-.146	.423	.087	-.076	.332	.010	.023
Attempting suicide is a way to get back at people who have hurt me	.294	.059	.394	.060	-.126	.006	-.036	.102
Attempting suicide stops other people from forcing me to do things	.242	.261	.372	-.116	.043	.021	-.082	-.031
Attempting suicide shows other people that they were wrong	.315	.022	.360	.066	-.076	.037	.012	.094
<i>Self-punishment</i>								
<u>Attempting suicide is an expression of my self-hatred</u>	-.060	-.065	.035	.890	.016	-.051	-.077	.046
<u>I attempt suicide to show how much I hate myself</u>	-.005	.067	.071	.883	-.014	-.171	-.143	.053
<u>I attempt suicide to punish myself</u>	.011	-.025	-.051	.840	.042	.057	-.055	.039
<u>I attempt suicide because I deserve to suffer</u>	-.001	.014	-.090	.823	-.033	-.014	.107	-.011
<u>I attempt suicide because I am worthless and unlovable</u>	-.108	.276	.036	.615	.118	-.117	.054	-.008
<u>I deserve suicide attempt scars and injuries</u>	-.043	.127	-.121	.540	.063	.136	.066	-.072
<u>Attempting suicide is a way to express anger or self-criticism</u>	.003	-.060	.109	.518	.036	.152	-.078	-.022
<u>The pain I experience from attempting suicide makes up for my faults</u>	.180	-.049	.011	.351	-.034	.236	.107	.000
<i>Problematic</i>								
Attempting suicide makes my problems worse	.144	-.153	.031	-.091	.757	-.029	.002	.082
Attempting suicide creates a lot of problems for me	.136	-.081	-.049	.102	.706	-.002	.055	.008
Attempting suicide creates a barrier between myself and others	.102	.182	.021	.029	.572	.014	-.073	.026
Attempting suicide leads to unwanted attention from other people	-.025	.157	-.013	-.042	.567	.157	-.053	-.081
Attempting suicide damages important relationships in my life	-.066	-.061	.021	-.002	.561	.106	.082	.117
My life would be better without my suicide attempt(s)	-.030	-.151	.076	.019	.500	.082	.031	.140
I hate my suicide attempt injuries	.052	.091	-.093	.061	.491	.073	-.026	.157
People punish my suicide attempt(s)	.251	.144	-.119	.032	.480	.117	-.013	-.133

People judge and criticise my suicide attempt(s) <i>Escape</i>	-.040	.332	.045	.057	.397	.008	.009	-.034
Attempting suicide changes the way that I am thinking	-.024	-.025	.071	-.056	.119	.749	-.060	-.034
Attempting suicide changes my thoughts so the problems in my life do not seem as bad	.044	.017	.088	-.114	.084	.680	-.106	.008
Attempting suicide refocuses my mind	.078	.124	-.068	-.028	.011	.588	-.025	.082
Suicide attempt injuries remind me of what I have lived through	-.141	-.090	.143	.033	.123	.557	.064	-.085
Suicide attempt injuries give me a legitimate reason to take care of myself	.252	-.155	.183	-.109	.069	.443	.024	.021
Focusing on physical pain takes my mind off my emotional pain	-.154	.035	-.065	.087	.103	.400	.103	-.030
Suicide attempt injuries are comforting	.091	-.033	.005	.236	-.173	.393	.043	-.093
How much have these beliefs about attempting suicide been bothering you?	-.002	-.108	-.087	.138	-.024	.016	-.908	.018
How much have these beliefs about attempting suicide been interfering with your everyday life?	.035	-.177	-.013	-.014	.003	.046	-.759	-.001
Attempting suicide is wrong	-.020	-.098	.013	.041	.129	-.029	.040	.759
Attempting suicide is abnormal or bad	-.076	.139	.018	.045	.171	-.035	-.064	.628

Note. The highest factor loading for each item is highlighted. Underlined items were generated to clarify whether adding additional items would encourage meaningful factors to emerge clearly.

Table S8. Promax-rotated Loadings of Cognitions about Nonsuicidal Self-Injury (NSSI) in Sample 2, with Tentative Factor Labels

	Factor												
	1	2	3	4	5	6	7	8	9	10	11	12	13
<i>Escape</i>													
<u>NSSI stops my emotional pain</u>	.904	-.030	-.114	.033	-.136	-.025	.032	.118	-.079	-.006	.031	-.080	-.080
NSSI helps me escape negative emotions	.890	-.002	.026	-.030	.063	.006	-.068	-.100	-.060	.012	-.036	.081	-.088
NSSI provides relief from upsetting thoughts or feelings	.811	-.056	.042	.023	.122	-.113	.026	-.144	.037	.006	.122	-.045	-.027
Focusing on physical pain takes me mind off my emotional pain	.728	-.066	-.056	-.019	.055	.094	.107	-.166	.002	.033	.107	-.011	-.108
NSSI helps me escape from my problems	.719	.003	.036	.059	-.032	-.042	.063	.117	-.010	-.058	-.013	-.052	.046
NSSI helps me avoiding thinking about my problems	.636	.012	.037	-.025	-.051	-.010	.044	.102	.066	-.135	.087	.081	.090
<u>NSSI helps me escape feeling defeated or helpless</u>	.633	.037	.006	-.045	.039	.147	.064	-.024	-.003	.037	-.069	.052	-.137
NSSI releases pressure or tension	.628	-.087	.158	-.093	.059	.078	-.020	-.143	.014	.074	-.006	-.005	-.023
NSSI helps me avoid my problems	.551	-.007	.039	.042	-.016	-.067	.043	.220	.094	-.030	-.051	.010	.122
NSSI makes things seem better, even if only for a little while	.536	-.085	.025	-.042	.131	.175	-.019	-.016	.000	.143	-.070	.086	.003
NSSI temporarily stops me from feeling anything	.489	.000	-.025	.136	.098	-.164	-.008	.168	.107	-.124	.045	-.097	.126
NSSI is the best way to calm myself down	.400	-.043	-.014	.007	.327	.009	-.014	.129	-.106	.027	-.080	-.101	.099
NSSI changes my thoughts so the problems in my life do not seem as bad	.359	.119	.021	-.032	.029	.064	-.134	.288	.116	-.058	.147	.014	-.096
NSSI is an escape from myself	.355	.077	.082	-.010	.167	.028	.145	.071	.126	-.079	.024	-.021	.058
NSSI makes things more certain, even if only for a while	.314	-.011	-.084	.050	.093	.288	.090	.268	.033	-.012	-.070	-.001	.007
<u>NSSI is a way to avoid thinking about my failures</u>	.312	.097	.015	.062	-.020	-.003	.132	.226	.098	.003	.085	-.010	-.045
<i>Anti-suicide</i>													
NSSI is a compromise instead of killing myself	-.147	.955	-.042	.059	-.039	.010	.037	-.014	-.082	.030	-.036	-.024	.029
NSSI is a replacement for suicidal behaviour	-.073	.931	.062	.003	-.149	-.064	.016	.077	-.011	-.030	-.020	-.046	.058
NSSI is a way to avoid suicidal urges	.104	.869	-.034	-.034	.046	-.051	-.028	-.052	.012	.002	-.017	.038	-.014
NSSI is a way of responding to suicidal thoughts without actually attempting suicide	-.086	.851	-.009	.055	.024	.052	.070	-.103	.006	.013	-.016	.038	.010
I deliberately use NSSI to avoid acting on suicidal thoughts	-.046	.809	.036	-.126	-.011	.040	-.009	-.004	.058	.015	-.026	.030	.147
<u>NSSI lets me express my suicidal thoughts without risking death</u>	-.143	.738	.141	.014	.094	-.038	.189	-.023	-.023	.006	.083	.015	-.155
NSSI takes my mind off thinking of killing myself	.128	.646	.018	-.058	.013	-.065	-.066	.116	.113	-.076	.095	-.013	.023
NSSI is a less dangerous way to physically hurt myself than suicide	.018	.583	.050	.109	.149	.047	.043	-.118	-.074	-.007	.011	-.102	-.120
NSSI changes how I feel, which stops suicidal thoughts	.329	.536	.016	-.027	-.060	-.007	-.155	.172	.054	.033	.059	-.043	-.093
NSSI stops thoughts about suicide	.258	.531	.096	-.075	-.111	-.027	-.144	.217	.151	-.075	.034	-.062	-.020
NSSI is a less permanent way to physically hurt myself than suicide	.017	.527	.007	.044	.152	-.060	.190	-.082	-.071	.002	.052	.021	-.116
I would kill myself if I didn't engage in NSSI	-.068	.513	-.141	-.041	.097	.096	-.065	.105	-.131	.090	-.083	.048	.289
<i>Enjoyable</i>													
<u>NSSI is enjoyable</u>	.013	.057	.959	-.014	-.135	-.069	.015	-.038	-.037	.083	-.011	-.024	.040
NSSI is pleasurable	.092	.041	.914	.019	-.107	-.023	.072	-.128	-.031	-.041	-.060	-.019	.087
NSSI is exciting	-.042	.108	.842	.024	-.073	-.070	-.046	-.054	.038	-.073	.005	.052	.004
<u>I like NSSI</u>	-.112	-.059	.717	-.062	.128	-.041	.018	.084	-.109	.075	.051	-.006	.067
<u>NSSI is satisfying</u>	.132	.010	.641	-.057	.154	.049	.041	-.173	-.058	.103	-.024	.046	-.025
NSSI gives me a "high" that feels like a drug high	.017	.056	.507	.062	-.005	.215	-.100	.011	.139	-.051	-.016	-.064	.151
<u>NSSI leaves me feeling energised</u>	.095	.018	.500	-.135	.037	.189	-.103	.166	.106	-.028	-.087	.101	-.111
<u>NSSI is uplifting</u>	.230	-.049	.497	-.030	-.008	.107	-.061	.171	-.087	.059	-.105	.030	-.066
NSSI is a reward or treat for me	-.219	-.083	.470	.044	.125	.026	-.067	.268	.086	-.032	.034	.058	.093

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

NSSI makes me less bored	-.124	-.015	.464	.066	.028	.035	.011	.203	.105	.005	.028	.105	-.106
NSSI is comforting	.203	.018	.456	-.047	.189	.019	.025	-.113	-.115	.089	.031	.029	.025
<i>Interpersonal influence</i>													
NSSI makes people take my problems seriously	.070	-.017	-.089	.788	.080	.069	-.041	-.148	.051	-.039	-.032	-.021	.100
NSSI makes people sorry for the way they treated me	.032	.001	.024	.769	-.122	.025	-.062	.098	-.046	-.002	-.052	-.052	.018
NSSI makes other people help me	.059	.076	-.067	.750	.048	.018	-.098	-.177	-.038	-.045	.002	.137	.108
NSSI makes people care about me	.160	.039	-.001	.740	-.008	-.028	.003	-.169	-.027	-.030	-.093	.133	.025
NSSI shows other people how distressed I feel	-.016	.164	-.127	.687	.171	.056	-.028	-.246	-.036	.137	.003	-.038	-.061
NSSI shows other people that they were wrong	-.066	-.023	-.007	.635	-.034	.079	.021	.201	-.011	-.093	-.028	.036	.098
NSSI is a way to get back at people who have hurt me	-.097	-.015	.110	.595	-.066	-.097	.073	.245	.001	.022	-.013	-.107	.043
NSSI helps me get revenge against others	-.131	-.068	.072	.592	-.091	-.056	.089	.265	.028	.098	.059	-.109	-.086
NSSI makes other people feel guilty	.060	-.079	.015	.578	.018	.007	-.040	-.067	.041	.249	.020	-.050	-.100
My NSSI persuades other people to change their mind	-.086	-.079	.011	.547	-.056	.053	-.067	.056	.032	-.009	.039	.226	.087
NSSI stops important people in my life from leaving or abandoning me	-.033	-.006	-.062	.458	-.055	-.001	.158	.001	-.078	.007	.059	.236	-.038
NSSI injuries give me a legitimate reason to take care of myself	.006	.143	.060	.294	-.007	.140	-.084	.230	.043	.034	.031	-.025	-.153
<i>Backup plan</i>													
I keep NSSI as an option in case my problems get worse	.022	-.045	-.073	.043	.928	-.027	.029	.104	.125	-.131	-.011	-.085	-.003
NSSI is always there to fall back on if things get bad enough	.075	.011	-.027	-.040	.912	.024	.026	-.034	.090	-.122	.021	.013	-.059
<u>It is comforting to have NSSI as an option if I need it</u>	.079	-.059	.080	-.066	.903	-.057	-.007	-.028	.042	-.115	.011	.035	-.020
<u>I can resort to NSSI if other approaches don't work</u>	.206	.019	-.082	-.002	.796	.018	-.047	-.084	.123	.011	-.017	.046	-.081
I need to always have NSSI as an option in my life	-.117	.019	.050	-.090	.793	-.087	-.050	.166	-.038	.037	-.024	-.029	.107
<u>NSSI is my back up plan if other approaches aren't working</u>	.241	.035	.000	.089	.644	.033	-.086	-.013	.140	-.077	-.002	-.068	-.023
Knowing that I can engage in NSSI gives me strength to carry on with life	.042	.108	.019	-.057	.552	.020	-.034	.182	-.009	.011	-.034	.033	-.045
It's acceptable to engage in NSSI if I'm really upset	.030	-.005	-.010	.056	.533	-.095	.042	.240	-.197	-.037	.048	-.035	-.063
I cannot cope without NSSI	.016	.053	-.102	-.062	.471	-.057	-.039	.164	-.013	.136	-.049	-.029	.333
The benefits of NSSI are worth the risks	.086	.029	.048	-.027	.413	.016	.042	.070	-.357	.024	-.025	.082	.135
I give myself permission to engage in NSSI	-.062	.105	.100	.041	.374	.008	.056	.078	-.207	.026	.071	-.036	-.004
I feel on edge if I don't engage in NSSI	.247	-.052	-.005	.036	.370	.003	-.011	.095	.026	.077	-.054	.004	.150
I find ways to justify NSSI to myself	.088	-.001	.147	.057	.324	.016	.050	.091	.159	.008	.071	.028	.062
<i>Anti-dissociation</i>													
<u>NSSI shocks my body so I begin feeling again</u>	-.076	-.034	.018	.002	-.072	.823	.073	.085	.042	-.028	.032	-.003	-.019
<u>NSSI takes me out of a detached state</u>	.050	-.071	-.045	-.022	.002	.812	-.005	.053	-.045	.048	.041	-.034	-.029
NSSI stops me feeling detached from myself	.032	.009	-.016	-.001	-.046	.786	.005	.054	.018	.030	.011	-.078	.008
NSSI is a way to feel something when I otherwise feel nothing	-.075	.032	-.018	.057	-.005	.778	.101	-.035	-.014	-.093	.036	.004	.131
NSSI makes me feel "real" or alive	.051	-.011	.163	.072	-.102	.772	.012	-.042	.015	-.028	-.088	-.014	.065
NSSI stops me feeling numb	.119	-.003	-.053	-.013	-.075	.771	.030	-.018	-.093	-.015	.051	.017	.027
<u>NSSI makes me more aware of myself</u>	-.143	-.023	.099	.060	.061	.606	-.018	.213	.041	-.033	.024	-.069	-.046
<u>NSSI brings me back to the present moment</u>	.199	-.005	-.037	-.022	.119	.514	-.083	.018	.049	.038	.025	-.043	-.075
<u>NSSI stops me acting automatically</u>	.063	.144	-.072	-.055	-.001	.281	-.043	.205	.043	.029	.086	.084	.052
<i>Self-punishment</i>													
<u>I engage in NSSI because I deserve to suffer</u>	-.036	-.028	.010	-.080	-.090	.044	.885	.033	-.055	-.022	.040	.025	.131
<u>NSSI is an expression of my self-hatred</u>	.053	.156	-.065	.012	-.007	.099	.794	-.128	-.007	.014	-.028	.038	-.119
I use NSSI to punish myself	.045	-.065	.006	-.049	-.037	.057	.774	.090	.102	-.092	.048	-.056	.083

<u>I engage in NSSI to show how much I hate myself</u>	-.067	.018	-.029	.073	.073	-.055	.765	.093	.029	.024	-.039	-.012	-.048
<u>I engage in NSSI because I am worthless and unlovable</u>	.078	.124	-.060	-.010	-.050	.022	.710	-.083	-.087	.078	-.013	.035	.105
I deserve NSSI scars and injuries	-.040	-.025	.045	-.049	.117	-.001	.573	.082	-.110	.082	-.015	.018	.174
<u>The pain I experience from NSSI makes up for my faults</u>	.173	-.038	.037	.036	-.081	-.045	.571	.403	.050	-.014	-.070	-.105	-.052
NSSI is a way to express anger or self-criticism	.202	.075	.024	.007	.103	.005	.514	-.084	.095	-.024	-.029	.022	-.128
<i>Self-validation</i>													
NSSI makes me a better person	.052	-.013	.089	.025	-.110	.047	-.032	.610	-.003	.018	-.108	.108	-.045
NSSI shows that I can cope on my own	-.068	-.008	-.105	-.115	.276	.106	-.003	.593	-.117	-.010	.027	.036	-.176
NSSI is a way of maintaining my independence	-.117	.016	.043	-.054	.200	.037	.068	.543	.045	.066	.085	.009	-.181
NSSI solves my problems	.242	-.029	-.092	-.028	-.062	.034	.121	.466	-.181	-.003	-.033	-.034	.069
NSSI improves my life	.179	-.042	.109	.106	.039	-.014	-.123	.422	-.294	.065	-.022	-.046	.071
I can only be kind towards myself after I have engaged in NSSI	.060	.092	-.084	.042	.079	.067	.108	.401	.021	.084	-.097	.057	-.064
NSSI makes my life better	.245	-.025	.112	.025	.055	-.046	-.102	.393	-.330	.031	.046	.032	.045
NSSI is more acceptable if I have opportunity to do it	-.119	-.037	.178	.063	.290	-.025	.134	.388	.043	.024	.038	-.038	-.187
NSSI is a way of caring for myself	-.098	.026	.064	.085	.219	.079	-.121	.366	-.146	-.004	.055	-.015	.021
It's acceptable to engage in NSSI if I do it in a particular way	-.167	.049	-.043	-.003	.301	.091	.048	.334	-.084	-.046	.060	.091	-.087
NSSI makes me feel nothing	.212	.108	-.015	.013	-.011	-.189	.049	.276	.142	-.068	-.016	.015	.073
I tell myself that I deserve the benefits of NSSI	-.009	-.069	.182	.080	.203	.026	.198	.240	-.040	-.026	.020	.049	.026
<i>Problematic</i>													
NSSI makes my problems worse	-.023	-.007	-.004	.046	.041	-.077	-.011	-.027	.698	.100	-.044	.032	.067
NSSI creates a lot of problems for me	-.071	-.081	.058	-.042	.207	-.019	.021	.004	.651	.226	.038	-.022	.167
My life would be better without NSSI	.144	-.093	-.041	.074	-.041	-.007	-.020	-.173	.600	.020	.022	.001	.065
NSSI has ruined my life	-.085	-.028	-.098	-.088	.042	.060	.072	.033	.589	.160	-.079	.167	.337
I hate my NSSI injuries	.078	.109	-.236	-.088	.019	.047	-.058	.051	.502	.213	-.071	.008	.017
NSSI is destructive	.048	.102	.193	-.031	-.063	.090	.015	-.194	.480	.026	-.087	-.001	.048
My life would be worse without NSSI	.134	.015	-.027	.004	.257	-.076	-.034	.178	-.328	.181	-.021	.121	.171
NSSI makes me more distressed than if I did not engage in SIB	.166	.114	-.082	.062	-.084	-.116	.074	.094	.232	.090	-.027	.112	.066
<i>Stigma</i>													
People judge and criticise my NSSI	.018	.054	.098	.070	-.100	-.022	-.060	-.137	.079	.812	.035	-.048	-.006
People reject me because of my NSSI	-.069	-.032	-.048	-.062	-.104	-.028	.041	.194	.177	.807	.001	.061	-.015
People punish my NSSI	-.076	-.022	.022	.016	-.156	-.019	.029	.103	.092	.720	.069	.043	.014
People think that my NSSI is selfish	.004	.075	-.045	.061	-.013	.005	-.003	.080	.168	.682	-.012	-.073	-.141
People think that my NSSI is abnormal	.082	-.091	.082	.080	.031	.002	-.001	-.121	.094	.648	.059	-.077	-.057
<i>Imagery change</i>													
NSSI interrupts images or scenes that run through my mind	.023	-.009	.010	.002	.092	-.005	.029	-.072	-.016	.038	.821	-.042	.101
NSSI interrupts upsetting pictures and scenes that run through my mind	.056	.053	-.034	-.020	.111	.031	-.025	-.089	-.020	-.002	.782	.033	.091
NSSI stops me thinking about upsetting pictures and images	.261	-.018	-.036	-.026	-.125	.051	.016	-.004	-.132	.085	.705	-.006	.052
NSSI changes images or scenes that run through my mind	.202	.032	-.054	.000	-.080	.023	-.036	.081	-.058	.022	.653	.018	.097
NSSI changes images or scenes that I imagine	.167	.069	-.041	-.024	-.146	.173	-.053	.086	-.045	.053	.509	.108	.060
<i>Belonging</i>													
NSSI helps me fit in with other people	-.068	-.029	.048	-.007	-.025	-.026	.022	.109	.014	.076	-.012	.751	-.093
NSSI helps me connect with other people	-.086	-.031	.070	.166	.127	.086	-.079	-.109	.102	-.091	.008	.637	.015
Other people accept me because of NSSI	.061	.095	.043	.136	-.180	-.053	.014	.065	-.048	-.061	-.016	.604	.031

NSSI helps me get accepted by some people	<u>-0.13</u>	-0.030	.058	.233	-.025	-.114	.065	-.015	.042	.006	.087	.603	-.061
NSSI makes me feel part of a group	.016	<u>-0.072</u>	.026	.162	.114	-.164	-.049	.168	.049	.012	.061	.597	-.101
NSSI makes me more likeable	.074	-0.032	<u>-.044</u>	.180	-.086	.066	.026	.308	.046	-.102	-.080	.429	-.060
How much have these beliefs been interfering with your everyday life?	.000	-0.003	<u>-.032</u>	-.011	.064	.002	-.057	.161	-.156	.020	-.085	.056	-.827
How much have these beliefs about NSSI been bothering you?	-0.014	.067	<u>-.071</u>	-.057	.028	-.019	-.025	.214	-.168	.107	-.194	.047	-.811
My NSSI will get worse	<u>-.226</u>	.085	.037	.066	.266	.073	.012	.017	.020	-.006	-.066	-.068	.548
Thoughts and urges to engage in NSSI are overwhelming	.200	.053	.029	.031	.213	-.003	.107	-.173	.135	.004	.032	-.039	.399

Note. The highest factor loading for each item is highlighted. Underlined items were generated to clarify whether adding additional items would encourage meaningful factors to emerge clearly.

Development of the Final Scales: Samples 3, 4, and 5

Sample 3

In Sample 3, 92 SA items and 131 NSSI items were administered.

Results

11 highly correlated items were deleted from the NSSI item pool. PAs indicated 11 SA factors and 12 NSSI factors.

SA Item Pool. An EFA suggested the existence of 7 interpretable factors, which we labelled *Dependence* (25 items; e.g., “Attempting suicide is one of the best things in my life”), *Stigma* (13 items; e.g., “People judge and criticise my suicide attempt(s)”), *Interpersonal influence* (7 items; e.g., “Attempting suicide makes people take my problems seriously”), *Escape* (11 items; e.g., “Attempting suicide clears my mind”), *Belonging* (10 items; e.g., “Attempting suicide helps me fit in with other people”), *Self-punishment* (8 items; e.g., “I attempt suicide to show how much I hate myself”), and *Protest* (8 items; e.g., “Attempting suicide is a way to get back at people who have hurt me”). All of these factors were apparent in Sample 1 (when items has referred to “SIB”), although *Self-punishment* had few items and was only a potential factor in Sample 1. Four of the seven SABS factors were apparent in Sample 2 (*Belonging*, *Self-punishment*, *Escape*, *Dependence*). The *Stigma* factor was not apparent in Sample 2 and the *Eliciting help* and *Revenge* factors merged to form an *Interpersonal influence* factor in Sample 2.

NSSI Item Pool. An EFA suggested the existence of 10 interpretable, clear factors, which we labelled *Escape* (27 items; e.g., “NSSI helps me escape negative emotions”), *Dependence* (15 items; e.g., “I rely on SIB”), *Interpersonal influence* (13 items; e.g., “NSSI helps me get revenge against others”), *Stigma* (7 items; e.g., “People judge and criticise my SIB”), *Problematic* (12 items; e.g., “NSSI makes my problems worse”), *Enjoyable* (e.g., “NSSI is enjoyable”), *Anti-suicide* (6 items; e.g., “NSSI is a replacement for suicidal behaviour”), *Self-punishment* (6 items; e.g., “I engage in SIB to punish myself”), *Belonging* (8 items; e.g., “NSSI helps me fit in with other people”), and *Anti-dissociation* (6 items; e.g., “NSSI takes me out of a detached state”). Comparing the final factor structure to that obtained in the early stages of scale development, five of the ten SABS factors (*Dependence*, *Stigma*, *Problematic*, *Belonging*, *Enjoyable*) were apparent in Sample 1 (when items has referred to “SIB”). Nine of the ten NSIBS factors were apparent in Sample 2 (*Dependence* was not apparent). Comparing the final factor structure to that obtained in the early stages of scale development, five of the ten SABS factors (*Dependence*, *Stigma*, *Problematic*, *Belonging*, *Enjoyable*) were apparent in Sample 1 (when items has referred to “SIB”). Nine of the ten NSIBS factors were apparent in Sample 2 (*Dependence* was not apparent).

Distress and Impaired Functioning Items. The diagnostic criteria for most psychiatric diagnoses includes the presence of functional impairment and/or clinically significant distress. Several self-report measures that aim to have relevance for the Diagnostic and Statistical Manual of Mental Disorders include items that measure functional impairment and clinically significant distress (e.g., the Posttraumatic Diagnostic Scale for DSM–5; Foa et al., 2015). We explored the effect of adding distress and impaired functioning items to each of the SA and NSSI item pools, copying the phrasing used by Foa et al. (2015). The distress item in each item pool asked “How much have these beliefs about SA/NSSI been bothering you?” The impaired functioning item in each item pool asked “How much have these beliefs about SA/NSSI been interfering with your everyday life (for example relationships, work, or other important activities)?” Both items were rated on the same 7-point Likert scale (ranging from *Strongly agree* to *Strongly disagree*) as that used for the rest of the item pool. These items were added to Samples 2 and 3.

In Sample 2, we found that the two items tapping distress and impaired functioning performed poorly. They demonstrated negative factor loadings for SA and NSSI. They

formed their own factor for SA and joined two items for NSSI to make a factor with no obvious theme. The two distress and impaired functioning items were administered to Sample 3 to further explore the properties of these items for SA and NSSI. These items again had negative factor loadings. They formed their own factor for SA and loaded on the *Dependence* factor for NSSI. The poor performance of these items across Samples 2 and 3 meant that they were omitted from Samples 4 and 5 and do not feature in the final versions of the SABS or NSIBS.

Discussion

Sample 3 provided encouraging results: a large number of interpretable factors emerged clearly for SA and NSSI. These results were important given the question of which factor structure to retain from Samples 1 and 2. The results observed in Sample 3 provided further confidence (on top of Sample 2) that the structural results observed in Sample 1 were probably not confounded by the design or by the administration of a large item pool. Nevertheless, we recognised that the task of developing scales that reliably measure a large number of distinct factors is psychometrically challenging and collected an additional independent sample to explore whether the factor structure observed in Sample 3 would replicate.

Sample 4

At this point, we shifted our emphasis from sensitivity (administering overly large item pools to encourage distinct potential factors to emerge) to specificity (only including strong markers of a lesser number of clear factors). In Sample 4, we administered items that demonstrated reasonably strong loadings (<.40) and that did not cross-load, as well as four items that had inadvertently been omitted from Sample 3 (“NSSI is a compromise instead of killing myself,” “NSSI is a way to avoid suicidal urges,” “I engage in NSSI because I deserve to suffer,” “NSSI stops me feeling numb”). In Sample 4, 40 SA items and 61 NSSI items were administered.

Results

3 highly correlated items were deleted from the SA item pool and 1 highly correlated item was deleted from the NSSI item pool. PAs indicated 7 SA factors and 9 NSSI factors.

SA Item Pool. An EFA suggested the existence of 7 interpretable, clear factors, which we labelled: *Belonging* (4 items; e.g., “Attempting suicide makes me feel part of a group”), *Stigma* (6 items; e.g., “People judge and criticise my suicide attempt(s)”), *Escape* (6 items; e.g., “Attempting suicide stops upsetting thoughts going round and round in my mind”), *Self-punishment* (5 items; e.g., “I attempt suicide because I deserve to suffer”), *Interpersonal influence* (5 items; e.g., “Attempting suicide makes people take my problems seriously”), *Dependence* (6 items; e.g., “Attempting suicide is the only method of coping that works for me”), and *Protest* (5 items; e.g., “Attempting suicide is a form of rebellion”). In contrast to previous EFAs, the PA and EFA results concurred for Sample 4. The same factor structure emerged across Samples 3 and 4.

NSSI Item Pool. An EFA suggested the existence of 9 interpretable, clear factors. The first factor involved the *Interpersonal influence* factor (e.g., “My NSSI persuades other people to change their mind”) merging with the *Belonging* (e.g., “NSSI helps me fit in with other people”) factor, presumably because the items were so closely themed. The remaining factors were: *Anti-dissociation* (7 items; e.g., “NSSI stops me feeling detached from myself”), *Self-punishment* (7 items; e.g., “I engage in SIB to punish myself”), *Dependence* (6 items; e.g., “I cannot cope without NSSI”), *Anti-suicide* (5 items; e.g., “NSSI is a replacement for suicidal behaviour”), *Problematic* (6 items; e.g., “NSSI makes my problems worse”), *Stigma* (6 items; e.g., “People judge and criticise my SIB”), *Enjoyable* (7 items; e.g., “NSSI is enjoyable”), and *Escape* (4 items; e.g., “NSSI helps me escape negative emotions”).

As with the SA items, in contrast to previous EFAs, the PA and EFA results concurred for Sample 4. The same factor structure emerged across Samples 3 and 4, except, as noted, in Sample 4 the *Interpersonal influence* and *Belonging* factors combined to form one factor.

Sample 5

The PA and EFA results observed in Samples 3 and 4 provide evidence that a robust, replicable, and clearly interpretable factor structure has emerged to characterise SA and NSSI cognitions. Sample 5 analyses were conducted as an additional check of the generalizability of the structural results that had been observed in Samples 3 and 4. In Sample 5, 41 SA items and 65 NSSI items were administered.

Results

2 highly correlated items were deleted from each of the SA and the NSSI item pools. PAs indicated 7 SA factors and 10 NSSI factors.

SA Item Pool. An EFA suggested the existence of 7 interpretable, clear factors, which we again labelled: *Belonging* (5 items; e.g., “Attempting suicide helps me fit in with other people”), *Stigma* (6 items; e.g., “People think that my suicide attempt(s) are selfish”), *Self-punishment* (6 items; e.g., “I attempt suicide because I deserve to suffer”), *Interpersonal influence* (5 items; e.g., “Attempting suicide makes people take my problems seriously”), *Escape* (6 items; e.g., “Attempting suicide changes the way that I am thinking”), *Dependence* (6 items; e.g., “Attempting suicide is the only option I have for solving my problems”), and *Protest* (5 items; e.g., “Attempting suicide is a way to get back at people who have hurt me”). As we found in Sample 4, the PA and EFA results concurred for Sample 5. The same factor structure emerged in Sample 5 as had been observed in Samples 3 and 4.

NSSI Item Pool. An EFA suggested the existence of 10 interpretable, clear factors, which we again labelled: *Escape* (8 items; e.g., “NSSI helps me escape negative emotions”), *Self-punishment* (7 items; e.g., “I engage in NSSI because I deserve to suffer”), *Anti-dissociation* (6 items; e.g., “NSSI stops me feeling numb”), *Interpersonal influence* factor (6 items; e.g., “NSSI is a way to intentionally upset other people”), *Stigma* (6 items; e.g., “People reject me because of my NSSI”), *Dependence* (6 items; e.g., “I cannot cope without NSSI”), *Problematic* (6 items; e.g., “NSSI makes my problems worse”), *Anti-suicide* (4 items; e.g., “NSSI is a compromise instead of killing myself”), *Enjoyable* (6 items; e.g., “NSSI is enjoyable”), and *Belonging* (5 items; e.g., “NSSI helps me fit in with other people”). The *Interpersonal influence* and *Belonging* factors did not merge in Sample 5. As we found in Sample 4, the PA and EFA results concurred for Sample 5. The same factor structure emerged in Sample 5 as had been observed in Samples 3 and 4, with the only caveat being that in Sample 4 the *Interpersonal influence* and *Belonging* factors merged to form one factor.

Table S9. Promax-rotated Loadings of Cognitions about Attempting Suicide in Sample 3

	Factor										
	1	2	3	4	5	6	7	8	9	10	11
<i>Dependence</i>											
Attempting suicide is one of the best things in my life	.847	-.033	-.032	-.120	.018	-.035	.027	.067	-.110	-.025	.129
Attempting suicide makes my life better	.808	.040	.024	.060	-.054	-.106	.039	.046	-.033	-.168	-.015
I have nothing in my life apart from my suicide attempt(s)	.776	.009	-.105	-.115	-.050	-.007	.025	.096	.128	-.012	.172
Attempting suicide is the only method of coping that works for me	.735	.017	.010	.032	-.026	.009	-.043	.057	.080	.086	-.011
My life would be worse without suicide attempts	.726	.102	.045	-.060	.044	.076	-.052	.017	.020	-.168	-.134
Attempting suicide is better than the alternative options	.695	.049	.057	-.037	-.047	-.166	-.016	.082	.013	.317	.012
Attempting suicide improves my life	.688	.033	.015	-.010	.136	-.024	-.028	-.028	-.167	-.089	-.058
I would lose control without suicide attempts	.674	.023	.046	.048	-.064	.095	-.057	-.027	.027	.028	.059
Attempting suicide is the best way to deal with my problems	.664	-.067	.033	.003	.046	.023	.014	.126	.129	.117	-.133
The distress that I would feel if I stopped attempting suicide would be unbearable	.644	.030	.048	.117	-.088	.060	-.080	-.039	.022	-.008	.008
Attempting suicide is the only option I have for solving my problems	.567	.062	.024	.003	.028	-.068	-.020	.040	.110	.371	-.089
Attempting suicide is the only thing I've got that's just mine	.563	-.044	-.116	-.001	.005	.070	.081	.078	-.032	.162	.131
I tell myself that I can attempt suicide if I do something to make up for it afterwards	.539	-.029	-.068	-.072	.164	-.113	.017	-.019	-.001	.004	.473
Attempting suicide solves my problems	.480	-.136	.019	.111	.049	-.007	.051	.057	.003	.100	-.140
Attempting suicide makes me who I am	.456	.002	.140	-.109	.119	.043	-.051	.023	-.014	.062	.114
Attempting suicide is more acceptable if I have opportunity to do it	.402	-.018	-.002	.055	.075	.003	.035	-.124	.027	.254	.169
I give myself permission to attempt suicide	.393	.051	-.010	.077	-.030	.032	-.065	-.166	.035	.335	.054
My problems are so serious that attempting suicide is the only option	.387	.126	.045	-.043	.111	.044	-.055	-.021	.173	.311	-.108
Attempting suicide is the only way to control upsetting pictures and images that go through my mind	.369	.051	.024	.304	.019	-.002	-.047	.147	-.034	.232	-.128
I can only be kind towards myself after I have attempted suicide	.341	-.037	.073	.203	.199	.005	-.160	.120	-.026	-.040	.158
Suicide attempt injuries are comforting	.328	-.028	.067	.182	.072	.177	-.069	-.101	-.013	-.022	.021
Attempting suicide is a problem for some people but it won't be for me	.324	.040	-.047	.121	.066	-.104	.084	.009	.015	.057	-.036
I try not to think about the disadvantages of attempting suicide	.269	.204	-.095	.165	-.031	.032	.049	-.032	.048	.131	.019
It's acceptable to attempt suicide if I do it in a particular way	.235	.016	-.108	.045	.189	.042	.138	-.168	-.051	.206	.088
I think that attempting suicide won't be dangerous as long as I am careful	.234	-.079	-.004	.196	.128	-.005	.041	-.131	.054	-.071	.137
<i>Stigma</i>											
People judge and criticise my suicide attempt(s)	.086	.890	-.023	.006	.008	-.104	.025	.003	-.010	-.065	-.055
People think less of me when they discover my suicide attempt(s)	.102	.818	-.079	-.064	.010	.024	.071	.035	-.027	-.055	-.049
People think that my suicide attempt(s) are selfish	.094	.798	-.064	.003	-.013	-.032	.062	-.058	.063	-.049	-.045
People do not understand my suicide attempt(s)	.052	.768	.021	.083	-.039	-.020	.043	-.105	.009	.011	-.120
People punish my suicide attempt(s)	.223	.748	-.068	-.229	.109	-.008	.067	.013	.001	-.031	-.014
People think that my suicide attempt(s) are abnormal	.076	.628	.124	-.034	-.133	.022	.037	.086	-.148	.124	-.107
Attempting suicide damages important relationships in my life	-.118	.615	.099	-.020	-.018	-.033	-.083	-.007	.004	.033	.229
Attempting suicide leads to unwanted attention from other people	.018	.547	.017	.077	.040	-.024	-.098	.013	-.084	.020	.033
Attempting suicide creates a lot of problems for me	-.241	.545	.051	-.046	.061	-.023	-.056	.019	.044	.102	.268
Attempting suicide creates a barrier between myself and others	-.037	.511	-.010	.113	-.123	.145	.069	-.108	-.002	-.132	.221
Attempting suicide creates a boundary between myself and others	-.064	.445	-.052	.086	-.095	.172	.174	-.119	.004	-.087	.224
My life would be better without my suicide attempt(s)	-.345	.390	-.027	.147	.042	-.080	-.037	.193	-.031	.067	.253
Attempting suicide has ruined my life	.000	.269	-.096	.062	.123	-.063	-.059	.265	.179	-.030	.249

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

Eliciting help

Attempting suicide makes people take my problems seriously	.094	-.022	.851	-.014	-.076	-.001	-.004	-.012	-.018	.016	.060
Attempting suicide makes other people understand how distressed I am	-.028	-.012	.788	.041	-.019	-.004	.010	-.047	-.040	.144	-.024
Attempting suicide makes people take me seriously	.031	-.019	.766	-.029	.010	-.017	.057	-.053	.014	.026	.055
Attempting suicide shows other people how distressed I feel	.018	.089	.740	.046	-.109	.054	.014	-.022	.009	.033	-.028
Attempting suicide makes other people help me	-.015	.018	.734	-.023	.142	-.093	-.019	.074	-.014	.097	.044
Attempting suicide makes people care about me	-.080	-.114	.571	-.053	.193	.030	.209	.056	.085	-.029	.013
Suicide attempt injuries show that my feelings are important	.072	-.005	.423	.059	.137	.163	.111	-.009	.038	-.165	-.028

Escape

Attempting suicide clears my mind	.100	-.122	.027	.807	-.029	-.077	-.063	.012	.013	-.028	-.014
Attempting suicide stops upsetting thoughts going round and round in my mind	-.029	.010	-.050	.806	.002	-.005	.037	-.023	.034	.041	-.211
Attempting suicide changes my thoughts so the problems in my life do not seem as bad	.120	-.033	.005	.672	-.030	-.083	.092	.178	-.046	-.092	-.041
Attempting suicide stops negative or distressing thoughts	.008	.078	-.024	.656	.054	-.053	-.019	-.038	-.019	.104	-.154
Attempting suicide refocuses my mind	.291	-.051	.093	.646	-.081	-.108	-.104	.074	.006	-.050	.072
Attempting suicide helps me forget my problems	.087	-.069	-.049	.637	.024	.059	.046	.033	.041	-.038	-.106
Attempting suicide temporarily stops me from feeling anything	-.041	.044	-.062	.627	.056	.090	-.028	-.063	.039	.100	-.097
Attempting suicide changes the way that I am thinking	.001	.153	.038	.540	-.034	-.051	-.019	.003	-.026	-.052	.064
Attempting suicide helps me cope	.294	-.045	-.036	.512	-.049	.080	-.020	-.045	.059	.061	-.043
Focusing on physical pain takes my mind off my emotional pain	-.022	.028	.038	.403	-.160	.158	-.004	-.049	-.104	.003	.108
Suicide attempt injuries remind me of what I have lived through	-.047	.266	.170	.266	.009	.102	-.115	-.098	-.048	-.071	.051

Belonging

Attempting suicide helps me fit in with other people	-.021	.005	-.090	.002	.873	.039	-.013	-.005	-.106	.020	-.086
Attempting suicide makes me feel part of a group	-.104	.031	-.018	-.017	.833	.068	.011	-.112	.039	-.108	-.042
Attempting suicide helps me connect with other people	.034	.061	.148	-.084	.750	.058	-.100	-.010	.032	-.144	-.100
Attempting suicide helps me get accepted by some people	-.026	-.014	.119	-.066	.690	-.068	.111	-.032	.005	.034	.028
Other people accept me because of my suicide attempt(s)	.025	-.073	.106	-.034	.684	-.078	-.104	-.022	-.035	.096	.073
Other people approve of my suicide attempt(s)	.257	-.062	-.127	-.110	.392	-.037	.095	.101	-.038	.006	.025
Attempting suicide makes me a better person	.322	.001	.047	.066	.352	-.058	.015	-.130	-.007	-.215	.069
Attempting suicide shows that I can cope on my own	.242	-.028	-.202	.147	.347	.054	.049	-.107	-.064	-.070	.095
Attempting suicide stops important people in my life from leaving or abandoning me	-.102	.005	.177	.104	.316	.025	.274	.015	.127	-.083	.020
Suicide attempt injuries give me a legitimate reason to take care of myself	.107	.137	.179	.151	.273	-.008	-.077	-.012	-.049	-.130	.119

Self-punishment

Attempting suicide is an expression of my self-hatred	-.111	-.008	.052	.031	-.010	.864	-.019	-.019	-.012	-.003	-.068
I attempt suicide to show how much I hate myself	.007	.012	.042	-.053	.018	.857	.091	-.004	-.023	-.041	-.098
I attempt suicide to punish myself	-.095	.012	-.134	.063	.086	.731	.061	.065	-.037	.110	.032
I attempt suicide because I deserve to suffer	.093	-.002	-.020	-.099	.022	.714	-.028	.073	.091	.037	.071
Attempting suicide is a way to express anger or self-criticism	.032	-.072	.025	.067	-.079	.661	.189	.030	.006	-.053	-.011
I attempt suicide because I am worthless and unlovable	.115	.062	.016	-.089	-.054	.656	-.075	.048	-.008	.187	-.036
I deserve suicide attempt scars and injuries	.185	.094	.006	-.082	.085	.520	-.144	-.012	.029	.160	.033
The pain I experience from attempting suicide makes up for my faults	.279	-.067	.007	.222	.053	.293	-.055	.118	-.019	-.062	.112

Revenge

Attempting suicide is a way to get back at people who have hurt me	-.013	-.042	.126	-.019	-.045	.077	.770	.055	-.046	.030	.009
Attempting suicide is a way to intentionally upset other people	.036	.083	.096	-.039	-.018	-.004	.674	.075	.089	-.261	-.013

Attempting suicide shows other people that they were wrong	.018	.030	.129	-.063	.040	.040	.657	-.018	-.003	.057	.042
Attempting suicide makes people sorry for the way they treated me	-.074	-.047	.384	-.010	-.027	-.064	.606	.054	-.026	.016	.035
Attempting suicide is a form of rebellion	-.011	.042	.071	-.023	.119	.113	.403	.053	-.089	-.057	.111
Attempting suicide stops other people from forcing me to do things	.013	-.012	.126	.133	.112	-.090	.385	.021	.030	.218	.032
Attempting suicide helps me escape from harmful relationships	.142	.081	.001	.193	.024	.073	.291	.022	.022	.091	-.020
Attempting suicide stops people from hurting me	.107	.093	.074	.144	.118	-.041	.218	.073	-.021	.210	-.017
Attempting suicide is wrong	.039	-.048	.065	.051	-.069	.023	.078	.792	-.107	-.223	.034
Attempting suicide is abnormal or bad	.128	.023	-.007	-.007	-.122	.019	.123	.742	-.041	-.004	.012
The fact that I attempt suicide makes me a bad person	.127	.094	-.080	.025	-.024	.157	.000	.537	.057	.036	.138
I hate my suicide attempt injuries	-.103	.281	-.122	.074	.083	.082	-.124	.313	-.029	.013	.098
How much have your beliefs about attempting suicide been interfering with your everyday life?	-.165	.004	-.014	.005	.165	.047	-.053	.101	-.982	.158	-.084
How much have your beliefs about attempting suicide been bothering you?	-.017	.052	-.003	.002	-.063	-.056	.040	.012	-.830	.035	.060
Attempting suicide is the only way to end unbearable pain	.286	.020	.050	-.036	.005	.102	-.148	-.005	-.067	.648	-.044
Attempting suicide is always there to fall back on if things get bad enough	.287	-.050	.059	.057	-.135	.024	.024	-.084	-.084	.639	.076
I need to always have attempting suicide as an option in my life	.443	-.071	.064	-.083	-.169	.053	.047	-.199	-.062	.511	.150
Attempting suicide is more acceptable if I do something to make up for it afterwards	.430	-.016	-.052	-.075	.084	-.093	.179	-.051	-.074	.079	.467
Attempting suicide makes me more distressed than if I did not do so	-.045	.198	.107	-.177	-.067	.031	.001	.110	.022	.016	.460
Attempting suicide makes my problems worse	-.298	.211	.119	-.008	.021	.031	-.085	.216	.087	.045	.408

Note. The highest factor loading for each item is highlighted.

Table S10. Promax-rotated Loadings of Cognitions about Nonsuicidal Self-Injury (NSSI) in Sample 3

	Factor											
	1	2	3	4	5	6	7	8	9	10	11	12
<i>Escape</i>												
NSSI stops my emotional pain	.954	-.007	.039	-.073	-.030	-.078	-.036	-.050	.028	.001	-.077	-.046
NSSI helps me escape negative emotions	.840	.046	.010	-.058	.031	-.063	-.006	-.121	.034	-.001	.104	-.053
NSSI helps me escape from my problems	.776	.145	.087	-.071	.027	.032	.018	-.021	.017	-.064	-.112	-.035
NSSI provides relief from upsetting thoughts or feelings	.775	-.012	-.037	-.037	.019	-.046	-.163	.026	.059	.048	.152	-.017
NSSI helps me avoiding thinking about my problems	.750	.097	.069	-.086	.036	-.064	.018	-.085	.078	-.012	-.144	.069
NSSI helps me escape feeling defeated or helpless	.749	-.113	.007	-.044	.012	.009	.076	.049	.007	-.039	-.016	.075
NSSI makes me feel less upset	.747	-.082	-.089	.008	-.072	.226	-.037	.031	-.075	.037	.042	-.113
NSSI stops me thinking about upsetting pictures and images	.723	.002	.048	.000	.045	.018	-.058	.086	-.061	.012	-.115	.049
Focusing on physical pain takes me mind off my emotional pain	.667	-.066	.002	-.081	.079	-.130	-.113	.037	.117	.053	.201	.132
NSSI makes things seem better, even if only for a little while	.658	.069	.035	.038	.029	.056	-.073	-.079	.016	-.008	.102	.021
NSSI reduces tension and stress	.642	-.092	-.052	-.011	-.021	.218	-.056	-.004	-.068	-.051	.234	.006
NSSI changes images or scenes that run through my mind	.637	.031	.041	.112	.028	.012	-.030	.090	-.025	-.014	-.186	.056
NSSI is easier to deal with than emotional pain	.615	.008	.012	-.015	.052	-.066	-.078	-.006	.008	-.030	.327	.006
NSSI releases pressure or tension	.612	-.175	-.109	.054	.054	.174	-.151	-.042	.031	.075	.289	.022
NSSI changes how I feel, which stops suicidal thoughts	.588	-.096	.031	-.097	-.043	.104	.002	.529	-.077	-.025	-.143	-.074
NSSI changes my thoughts so the problems in my life do not seem as bad	.579	-.121	.112	.111	-.010	.014	.243	.058	-.049	-.103	-.140	.014
NSSI is a way to avoid thinking about my failures	.559	.017	.067	-.020	.004	-.110	.149	-.012	.195	-.071	-.096	.069
NSSI temporarily stops me from feeling anything	.536	.042	.034	.029	.119	-.068	.109	.013	.057	-.060	-.108	.019
NSSI helps me cope	.522	.184	-.026	.047	.022	-.015	-.042	-.048	.040	-.020	.305	-.031
NSSI brings me back to the present moment	.464	-.009	.033	.024	.006	-.049	.022	-.062	-.127	-.012	.099	.457
NSSI is comforting	.460	.048	-.083	.019	.004	.379	-.075	-.060	.011	-.029	.130	.059
NSSI is the best way to calm myself down	.447	.412	-.039	-.028	-.055	.070	-.033	.009	-.122	-.051	.130	-.048
NSSI is an escape from myself	.447	.050	-.010	.054	.058	-.036	.083	.024	.214	-.032	-.012	.068
NSSI makes me feel nothing	.337	.141	-.041	-.077	.220	-.099	.231	.059	.028	.009	-.093	-.228
NSSI makes things more certain, even if only for a while	.306	.036	.089	.092	.049	-.068	.224	.100	-.058	-.040	.075	.191
NSSI solves my problems	.301	.239	.042	.013	-.166	-.073	.203	.059	.001	.102	-.094	-.063
Knowing that I can engage in NSSI gives me strength to carry on with life	.225	.139	.002	.023	-.079	.062	.216	.056	-.070	.004	.222	.043
<i>Dependence</i>												
I rely on SIB	.005	.921	.048	-.079	.097	.012	-.047	-.045	-.056	-.006	.026	-.046
I cannot cope without NSSI	.056	.892	.007	.036	-.078	.002	-.076	-.073	.016	-.110	.003	.053
I would lose control without SIB	.103	.890	.000	-.075	-.014	-.141	-.060	-.069	.006	-.017	.068	-.034
SIB is the only method of coping that works for me	.031	.874	-.045	-.082	-.051	-.138	-.139	.019	.025	.103	.018	.010
My problems are so serious that SIB is the only option	-.087	.766	-.023	-.031	-.044	-.006	.013	.022	.055	.032	-.058	.015
How much have your beliefs about NSSI been interfering with your everyday life?	-.027	-.676	-.026	.018	-.221	-.060	.084	-.064	-.010	.036	.138	-.021
I feel on edge if I don't engage in NSSI	.105	.667	.014	-.023	.064	.183	-.051	-.039	.018	-.034	-.036	.050
How much have your beliefs about NSSI been bothering you?	.064	-.590	.003	.060	-.298	-.068	.038	-.109	.032	.036	.029	-.055

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

My NSSI will get worse	-.212	.582	.006	.060	.110	.029	.119	.066	.034	-.088	.105	.017
I would kill myself if I didn't engage in NSSI	-.004	.580	-.093	.130	-.138	-.007	-.134	.329	.030	.030	-.134	.022
I need to always have NSSI as an option in my life	.015	.491	.037	.069	-.055	.021	.049	-.017	-.019	-.051	.285	.050
My life would be worse without NSSI	.151	.472	.013	.098	-.298	-.090	.112	.016	-.027	.001	.061	.033
NSSI is the only thing I've got that's just mine NSSI	-.055	.360	-.039	-.057	.056	.137	.352	-.046	.057	.021	-.054	.080
Thoughts and urges to engage in NSSI are overwhelming	.109	.357	-.098	.007	.155	.089	-.032	.051	.063	.085	.254	-.083
I ignore problems associated with NSSI	.163	.221	-.023	.199	-.002	-.116	.100	-.037	-.010	.073	.190	-.009
<i>Interpersonal influence</i>												
NSSI helps me get revenge against others	.021	.025	.750	.096	-.128	-.018	.061	-.068	.058	-.098	-.113	-.041
NSSI is a way to get back at people who have hurt me	.004	.005	.749	.035	-.124	-.056	.067	.037	.097	-.122	-.077	-.012
NSSI makes people sorry for the way they treated me	.083	-.026	.746	.033	-.014	.030	-.093	.000	-.003	.118	-.071	.019
NSSI shows other people that they were wrong	.021	-.059	.726	.065	-.024	.038	.072	.037	-.026	.020	-.027	-.069
NSSI makes other people help me	.100	.163	.725	-.026	.082	.054	-.178	.045	-.120	.080	.007	-.097
NSSI is a way to intentionally upset other people	-.205	-.143	.724	.100	-.117	-.023	.129	.118	.013	-.095	.049	.029
NSSI makes people take my problems seriously	.030	.064	.665	-.096	.001	.039	-.088	.013	-.007	.038	.176	-.018
NSSI makes people care about me	.095	.041	.659	-.127	.074	.091	-.048	-.025	-.029	.146	.124	-.113
NSSI shows other people how distressed I feel	.027	-.003	.628	-.029	.005	.018	-.045	.015	.033	-.002	.211	.053
My NSSI persuades other people to change their mind	-.007	.031	.620	.105	.033	-.075	.048	.042	-.093	.167	-.018	-.042
NSSI stops important people in my life from leaving or abandoning me	.107	.085	.590	-.013	-.052	-.050	-.046	-.048	.053	.136	-.005	-.003
NSSI makes other people feel guilty	.010	-.153	.484	.160	.138	.065	-.033	-.007	-.111	.096	.055	.073
NSSI is a form of rebellion	.014	-.109	.484	.014	-.045	-.039	.192	-.092	.056	.040	.027	-.013
<i>Stigma</i>												
People judge and criticise my NSSI	-.112	.048	.053	.856	.075	.029	-.125	-.081	.009	.034	.009	.012
People think less of me when they discover my NSSI	-.023	-.053	.023	.784	.141	.033	-.056	.039	-.073	-.042	.063	-.004
People reject me because of my NSSI	-.049	.065	.031	.783	.048	.037	.051	-.054	.027	-.065	-.104	-.003
People think that my NSSI is selfish	-.024	-.060	.045	.686	.060	-.097	-.051	.020	.020	.004	-.009	.104
People do not understand my NSSI	.214	-.120	.030	.677	.050	-.018	-.128	-.081	.001	.028	.204	-.053
People think that my NSSI is abnormal	.039	-.079	.048	.642	.015	.036	-.111	.039	.013	-.115	.157	-.048
People punish my NSSI	-.108	.038	-.002	.630	.062	.067	-.010	-.012	.081	.080	-.085	-.011
<i>Problematic</i>												
NSSI makes my problems worse	-.023	.040	.086	-.044	.715	.054	.039	-.043	-.015	-.007	-.065	.026
My life would be better without NSSI	.197	-.260	-.003	-.061	.687	-.118	.012	-.027	-.007	.060	.085	.013
NSSI has ruined my life	.006	.242	-.122	.145	.686	-.066	.208	.086	-.090	.107	-.108	-.097
NSSI creates a lot of problems for me	.017	.230	-.050	.228	.653	.116	.003	-.025	-.008	.083	-.185	-.050
I hate my NSSI injuries	.134	-.072	-.154	.135	.522	-.246	.177	.020	.018	.040	.008	-.055
NSSI is destructive	-.042	.001	-.022	.054	.515	.033	-.046	.070	.070	.011	.072	.003
NSSI damages important relationships in my life	.095	-.011	.074	.387	.460	.088	.066	-.036	-.003	.022	-.191	.057
NSSI scars or injuries are unattractive	.146	-.116	-.134	.163	.413	-.208	.145	-.020	-.022	-.046	.093	-.100
NSSI makes me more distressed than if I did not engage in SIB	-.137	.082	.048	-.053	.397	-.086	.286	-.012	-.014	.037	.007	.204
NSSI improves my life	.084	.107	-.079	.101	-.365	.231	.192	.089	-.051	.148	.059	-.015
I think things that sabotage my efforts to avoid NSSI	.065	.081	.023	-.092	.327	.085	.284	.081	-.020	-.026	.239	.012

NSSI makes my life better	.104	.132	-.111	.060	-.317	.057	.282	.103	-.053	.148	.100	-.019
<i>Enjoyable</i>												
NSSI is enjoyable	-.036	.005	-.044	.049	-.111	.784	.039	.059	.023	.040	-.046	-.076
NSSI is exciting	-.137	-.071	.140	.006	-.064	.745	.121	.042	.049	.031	-.099	.045
NSSI gives me a “high” that feels like a drug high	.321	.041	.019	.013	.115	.593	.025	-.075	-.023	-.057	-.190	.083
NSSI leaves me feeling energised	.251	-.141	-.109	.021	-.044	.587	.272	-.048	-.048	.038	-.109	-.034
NSSI is uplifting	.180	-.062	-.099	.095	-.191	.540	.252	-.007	-.010	-.028	-.077	-.025
NSSI is satisfying	.220	.028	.010	.043	-.017	.529	-.079	.015	-.011	.021	.182	.018
NSSI makes me less bored	-.119	.028	.169	-.115	.053	.450	.241	.015	.062	.000	-.001	.073
NSSI is a reward or treat for me	-.102	.207	.014	-.066	-.019	.405	.363	-.034	.052	-.037	-.093	.017
I tell myself that I can engage in NSSI if I do something to make up for it afterwards	-.070	-.062	-.002	-.103	.240	.160	.810	.026	-.023	-.116	.133	-.067
NSSI is more acceptable if I do something to make up for it afterwards	-.127	-.067	.055	-.065	.200	.126	.804	-.001	-.009	-.095	.211	-.109
NSSI injuries give me a legitimate reason to take care of myself	.131	-.237	.050	-.130	.200	.096	.527	-.003	.044	-.008	.140	.071
It’s acceptable to engage in NSSI if I do it in a particular way	-.009	-.041	.025	-.077	-.062	-.004	.474	-.064	-.044	.050	.433	-.008
NSSI shows that I can cope on my own	.046	.151	-.030	-.006	-.102	-.011	.470	-.061	-.049	.100	.032	-.011
NSSI is a way of caring for myself	.120	.043	-.159	.060	-.069	.023	.442	-.055	.027	.188	.102	.007
NSSI makes me a better person	-.022	-.106	.008	.038	-.216	.169	.413	.024	.018	.176	.094	-.061
I can only be kind towards myself after I have engaged in NSSI	.074	.138	-.055	-.008	.111	.043	.413	-.071	.076	.129	.024	.014
NSSI is more acceptable if I have opportunity to do it	-.101	.198	.154	.002	-.014	.192	.408	-.023	-.030	-.115	.214	-.055
NSSI is a way of maintaining my independence	.243	.033	.109	-.018	-.101	.071	.383	-.086	-.009	-.007	.036	.013
NSSI brings my most important beliefs into question	.003	-.033	.067	.077	.189	-.084	.362	.124	-.006	.054	-.056	.061
I find ways to justify NSSI to myself	.133	-.105	-.031	.000	.137	.053	.333	-.088	.054	-.016	.319	.064
I tell myself that I deserve the benefits of NSSI	.043	.151	-.077	-.067	.010	.177	.305	.061	.072	.134	.165	-.040
<i>Anti-suicide</i>												
NSSI is a replacement for suicidal behaviour	-.111	.088	.006	.010	-.030	.058	-.052	.816	.005	.064	.071	-.016
NSSI is a way of responding to suicidal thoughts without actually attempting suicide	.014	.009	.058	.019	.058	.023	-.027	.736	.072	-.055	.100	-.004
I deliberately use NSSI to avoid acting on suicidal thoughts	.047	.182	-.066	-.016	.036	-.011	-.009	.734	-.018	-.009	.054	.011
NSSI takes my mind off thinking of killing myself	.329	-.018	-.077	-.037	.057	-.038	.032	.650	-.092	.055	-.009	-.005
NSSI lets me express my suicidal thoughts without risking death	.006	.060	.138	-.041	-.033	-.048	-.011	.608	.144	-.057	.169	.008
NSSI stops thoughts about suicide	.392	-.098	-.011	-.120	-.010	-.003	.046	.574	-.051	.035	-.118	.063
<i>Self-punishment</i>												
NSSI is an expression of my self-hatred	.053	-.005	.014	.010	-.030	-.014	-.071	-.001	.888	.011	-.040	.032
I engage in NSSI to show how much I hate myself	.011	.056	.034	-.074	.025	.040	.052	-.015	.866	.043	-.089	-.049
I use NSSI to punish myself	.042	-.065	-.093	.042	.010	.012	.024	.061	.790	.065	.014	.006
I engage in NSSI because I am worthless and unlovable	.096	.130	.015	.086	-.036	.033	-.074	.041	.736	-.029	-.085	-.027
NSSI is a way to express anger or self-criticism	.257	-.026	.053	.009	.005	-.013	.019	-.092	.546	-.037	.224	-.032
I deserve NSSI scars and injuries	-.028	.094	-.072	.150	-.053	.135	.073	.079	.433	.004	.113	-.032
<i>Belonging</i>												
NSSI helps me fit in with other people	-.087	-.072	.051	.061	.096	-.064	.000	.045	-.010	.857	.051	.012
NSSI makes me feel part of a group	-.048	-.088	.121	-.013	.085	.027	-.011	.006	.089	.740	.083	-.073

NSSI helps me get accepted by some people	-.099	.030	.191	-.011	.133	.011	-.035	-.026	.042	.690	.026	.010
NSSI helps me connect with other people	-.078	.008	.101	-.025	.087	.078	-.020	.055	-.001	.672	-.020	.103
Other people accept me because of NSSI	.084	.059	.159	-.099	-.010	.058	-.117	-.051	-.022	.584	-.010	.073
NSSI makes me more likeable	-.030	-.047	.112	.039	-.064	.029	.178	.014	.055	.523	-.080	-.010
NSSI shows other people how strong I am	.030	-.038	.240	-.052	-.045	.000	.194	-.048	-.009	.402	.035	.023
Other people approve of my NSSI	.083	.185	.121	-.060	-.131	-.050	-.012	-.040	-.063	.334	-.087	-.001
<i>Anti-dissociation</i>												
I think that NSSI won't be dangerous as long as I am careful	.144	-.017	.043	.011	-.048	-.122	.168	-.055	-.038	.043	.628	.051
I give myself permission to engage in NSSI	-.113	.172	.018	-.023	-.035	.024	.329	.014	-.012	-.023	.527	-.023
It's acceptable to engage in NSSI if I'm really upset	.095	.118	.029	-.076	-.082	-.143	.427	-.077	-.012	-.002	.497	.041
NSSI is always there to fall back on if things get bad enough	.188	.182	.064	.078	.032	.027	.137	.090	-.075	-.103	.458	-.035
NSSI is better than the alternative options	.034	.142	-.068	.073	-.037	-.153	-.002	.261	-.048	.128	.446	.036
NSSI is a less dangerous way to physically hurt myself than suicide	.114	-.093	.045	.020	-.045	.012	-.080	.378	.079	-.066	.402	.043
NSSI is a less permanent way to physically hurt myself than suicide	.195	-.110	.052	-.006	-.032	-.023	-.027	.357	.105	-.069	.383	.023
The benefits of NSSI are worth the risks	.192	.246	-.002	.176	-.250	-.086	.134	-.054	-.047	.024	.336	.027
NSSI is my back up plan if other approaches aren't working	.180	.168	.035	.079	.041	-.041	.132	.107	.008	.007	.315	-.067
I try not to think about the disadvantages of NSSI	.138	.230	.047	.077	.055	-.146	.256	.014	-.062	-.065	.262	.008
NSSI takes me out of a detached state	.253	-.026	-.065	-.018	-.005	-.030	-.038	.015	-.045	.034	.057	.699
NSSI stops me feeling detached from myself	.247	.034	-.059	.053	-.057	.007	-.078	-.014	-.088	.002	.065	.667
NSSI shocks my body so I begin feeling again	.257	.065	-.039	-.044	-.026	-.027	-.038	.037	.057	.006	-.041	.613
NSSI is a way to feel something when I otherwise feel nothing	.171	.060	-.077	.011	.001	-.020	-.073	.017	.099	.071	.087	.600
NSSI makes me feel "real" or alive	.263	-.003	.013	.046	.007	.223	-.082	-.019	.000	-.001	-.080	.548
NSSI makes me more aware of myself	.210	-.025	-.017	-.029	.065	.089	.250	.050	-.008	-.005	.100	.273

Note. The highest factor loading for each item is highlighted.

Table S11. *Promax-rotated Loadings of Cognitions about Attempting Suicide in Sample 4*

	Factor						
	1	2	3	4	5	6	7
<i>Belonging</i>							
Attempting suicide makes me feel part of a group	.821	-.015	-.025	.037	-.031	.087	.056
Other people accept me because of my suicide attempt(s)	.780	.059	.027	.070	-.050	-.021	.024
Attempting suicide helps me connect with other people	.778	-.041	.027	.069	.199	.056	-.090
Attempting suicide helps me get accepted by some people	.748	.029	-.054	.011	.048	.004	.167
<i>Stigma</i>							
People judge and criticise my suicide attempt(s)	.022	.883	-.133	.005	-.043	.094	.001
People think that my suicide attempt(s) are abnormal	-.034	.799	.005	.015	-.010	-.037	.053
People think that my suicide attempt(s) are selfish	-.088	.784	.023	-.032	.055	.086	-.019
People punish my suicide attempt(s)	.175	.729	-.010	-.037	-.088	.034	.017
Attempting suicide leads to unwanted attention from other people	.010	.656	.096	.026	-.026	-.045	-.039
Attempting suicide damages important relationships in my life	-.019	.565	.150	.106	.109	-.206	.037
<i>Escape</i>							
Attempting suicide stops upsetting thoughts going round and round in my mind	-.129	-.003	.774	-.024	.159	.040	-.055
Attempting suicide changes my thoughts so the problems in my life do not seem as bad	.249	.004	.757	.045	-.045	-.195	.035
Attempting suicide clears my mind	-.004	-.041	.708	-.068	.047	.208	-.128
Attempting suicide temporarily stops me from feeling anything	-.079	.040	.688	.101	.056	.026	-.025
Attempting suicide helps me forget my problems	-.098	-.071	.680	-.025	-.032	.177	.154
Attempting suicide changes the way that I am thinking	.049	.175	.634	.015	-.048	-.072	.041
<i>Self-punishment</i>							
I attempt suicide because I deserve to suffer	.136	-.021	.025	.991	-.071	-.091	-.083
I attempt suicide to punish myself	-.036	.013	.095	.747	-.162	-.009	.179
I deserve suicide attempt scars and injuries	.147	.062	.036	.727	-.029	.023	-.186
I attempt suicide because I am worthless and unlovable	-.090	.071	-.039	.686	.186	.095	-.103
I attempt suicide to show how much I hate myself	-.104	.016	-.173	.590	.168	.200	.203
<i>Eliciting help</i>							
Attempting suicide makes people take my problems seriously	-.001	-.032	.133	-.085	.843	-.067	.017
Attempting suicide makes other people help me	.149	-.026	.008	.010	.765	.028	-.104
Attempting suicide shows other people how distressed I feel	-.047	.126	-.028	.042	.681	-.005	.070
Attempting suicide makes people care about me	.252	-.125	-.041	.054	.625	-.038	.133
Attempting suicide stops other people from forcing me to do things	.173	.088	.058	-.097	.240	.156	.207

Dependence

Attempting suicide is the only method of coping that works for me	.001	-.018	.015	.045	-.022	.767	-.001
Attempting suicide is the only option I have for solving my problems	-.112	.090	-.022	.018	.180	.711	-.145
My life would be worse without suicide attempts	.220	-.063	.091	-.025	-.084	.637	.002
Attempting suicide makes my life better	.240	-.046	.208	-.074	-.145	.528	.065
Attempting suicide is the only thing I've got that's just mine	.031	-.014	.019	.138	-.113	.514	.221
Attempting suicide is the only way to control upsetting pictures and images that go through my mind	-.019	.086	.384	.047	-.012	.418	-.089

Revenge

Attempting suicide is a form of rebellion	.216	-.003	-.028	.023	-.033	-.033	.649
Attempting suicide shows other people that they were wrong	.212	.060	-.031	-.092	.058	.089	.547
Attempting suicide is a way to get back at people who have hurt me	.284	-.003	-.030	-.060	.082	.043	.532
Attempting suicide is a way to intentionally upset other people	.304	.038	-.017	-.118	.136	-.139	.515
Attempting suicide is a way to express anger or self-criticism	-.131	-.074	.228	.373	.017	.003	.453

Note. The highest factor loading for each item is highlighted.

Table S12. Promax-rotated Loadings of Cognitions about Nonsuicidal Self-Injury (NSSI) in Sample 4

	Factor								
	1	2	3	4	5	6	7	8	9
<i>Interpersonal influence/Belonging</i>									
My NSSI persuades other people to change their mind	.895	-.052	.124	-.043	-.067	.025	-.027	-.101	.027
NSSI makes people sorry for the way they treated me	.841	.035	.020	-.092	-.029	.010	.032	-.040	.046
NSSI stops important people in my life from leaving or abandoning me	.836	.007	.031	-.058	-.062	-.010	.094	-.093	.036
NSSI helps me get accepted by some people	.812	.002	-.107	.096	-.090	-.048	.024	.044	.055
NSSI makes people care about me	.760	-.033	.033	-.088	-.008	.018	-.016	-.037	.129
NSSI is a way to intentionally upset other people	.750	-.185	.043	.003	.035	.014	.026	-.008	-.038
NSSI helps me fit in with other people	.730	.033	-.064	.019	.008	-.019	.013	.102	-.061
NSSI makes me more likeable	.701	.018	-.008	.053	.022	-.046	-.085	.124	-.061
NSSI makes people take my problems seriously	.652	.003	.050	-.029	.142	.096	.041	-.147	.023
NSSI helps me connect with other people	.651	.102	-.164	.093	.009	.040	.010	.107	-.079
Other people accept me because of NSSI	.622	.080	-.016	.166	.042	-.057	-.077	.086	-.082
NSSI shows other people how strong I am	.571	.125	.076	.065	-.007	-.116	.051	.119	-.114
<i>Anti-dissociation</i>									
NSSI stops me feeling detached from myself	.048	.898	.022	-.125	-.007	.036	.015	-.102	-.018
NSSI shocks my body so I begin feeling again	.025	.896	-.043	-.080	-.033	.093	-.038	-.022	-.035
NSSI is a way to feel something when I otherwise feel nothing	-.065	.829	.018	-.097	.095	-.078	.029	-.046	.067
NSSI takes me out of a detached state	.037	.774	.037	-.055	.017	.003	-.062	-.060	.069
NSSI stops me feeling numb	.008	.773	-.012	-.003	-.004	-.034	.037	-.069	.172
NSSI makes me feel “real” or alive	-.046	.773	.045	.079	-.058	-.097	.018	.074	.038
NSSI stops me thinking about upsetting pictures and images	.057	.329	.092	.134	.175	.038	-.040	-.074	.190
<i>Self-punishment</i>									
I engage in NSSI because I deserve to suffer	-.090	.061	.875	.075	.036	-.072	-.027	.080	-.167
NSSI is an expression of my self-hatred	.007	.043	.860	-.092	-.039	.028	.008	-.004	.052
I engage in NSSI because I am worthless and unlovable	.093	-.019	.839	.041	-.027	.006	-.031	-.037	.014
I engage in NSSI to show how much I hate myself	.100	-.088	.759	-.031	.020	.088	-.021	.054	-.021
I use NSSI to punish myself	-.076	.046	.739	.041	-.026	.082	.030	-.058	.002
I deserve NSSI scars and injuries	-.140	.058	.627	.255	-.044	-.167	.151	.088	-.093
NSSI is a way to express anger or self-criticism	.118	.016	.489	-.074	.050	.120	-.071	.026	.238
<i>Dependence</i>									
I cannot cope without NSSI	-.003	-.053	-.025	.915	-.007	-.040	-.090	-.038	.140
My NSSI will get worse	.051	-.136	.044	.838	.072	.019	-.030	-.093	-.038

NSSI is the only method of coping that works for me	.019	-.095	.010	.749	-.011	-.039	.103	-.072	.182
I need to always have NSSI as an option in my life	-.009	.070	.033	.664	.046	-.132	-.019	.027	.089
My problems are so serious that NSSI is the only option	.139	.059	.068	.626	.104	-.036	.097	-.152	-.047
I feel on edge if I don't engage in NSSI	-.097	.048	-.024	.567	-.111	.115	-.006	.260	.066
<i>Anti-suicide</i>									
NSSI is a replacement for suicidal behaviour	.013	-.049	-.077	-.041	.867	.030	.045	.096	-.005
NSSI lets me express my suicidal thoughts without risking death	.086	-.005	.024	.001	.849	-.001	-.112	-.011	.042
NSSI is a compromise instead of killing myself	-.025	-.025	-.037	.126	.844	.045	.023	.040	-.107
NSSI is a way of responding to suicidal thoughts without actually attempting suicide	-.067	.071	.062	-.079	.844	.001	.013	.000	.010
I deliberately use NSSI to avoid acting on suicidal thoughts	-.078	.084	-.007	.104	.757	-.047	.061	-.047	.029
<i>Problematic</i>									
NSSI makes my problems worse	.010	.009	.045	-.016	.017	.813	-.037	.037	-.120
My life would be better without NSSI	.006	.009	.022	-.201	.040	.697	-.038	-.021	.199
I hate my NSSI injuries	.043	-.069	.005	.004	-.008	.638	.078	-.193	.163
NSSI creates a lot of problems for me	-.052	.045	-.075	.253	-.020	.633	.107	.011	-.042
NSSI is destructive	-.103	-.010	.045	-.093	.027	.569	.082	.146	.001
NSSI has ruined my life	.011	.092	.027	.463	-.085	.482	-.070	-.001	-.116
<i>Stigma</i>									
People judge and criticise my NSSI	-.009	.068	-.055	.000	-.017	.122	.766	-.009	-.058
People punish my NSSI	.106	.044	-.118	.053	-.038	-.008	.747	.055	-.043
People think that my NSSI is abnormal	.024	-.071	.043	-.030	.028	-.053	.733	-.068	.162
People think that my NSSI is selfish	-.029	-.027	.088	-.104	.010	.038	.696	.125	-.012
People reject me because of my NSSI	.024	-.020	.021	.056	-.009	.093	.628	.096	-.112
People do not understand my NSSI	-.036	-.003	.069	-.009	.060	-.046	.575	-.139	.275
<i>Enjoyable</i>									
NSSI is enjoyable	-.057	-.121	.030	-.097	-.002	.021	.025	.907	.048
NSSI is uplifting	.095	-.011	-.039	.102	.023	-.150	-.008	.665	.125
NSSI leaves me feeling energised	.084	.170	-.007	-.090	.052	-.023	-.020	.657	-.024
NSSI gives me a "high" that feels like a drug high	.002	.189	.047	-.123	-.027	.015	.124	.575	.075
NSSI is satisfying	-.062	-.049	.098	.061	.001	.031	-.005	.572	.290
NSSI makes me less bored	.277	-.086	.018	-.047	.094	.083	-.038	.564	-.093
NSSI temporarily stops me from feeling anything	.059	.167	.066	.038	.042	.144	.012	.187	.172
<i>Escape</i>									
NSSI provides relief from upsetting thoughts or feelings	-.034	.208	-.002	.136	.025	.102	.039	-.039	.609
NSSI helps me escape negative emotions	-.038	.238	-.033	.108	.000	.016	-.029	.151	.551

NSSI makes me feel less upset	.024	.254	-.078	.074	-.038	-.089	.073	.198	.536
NSSI reduces tension and stress	-.019	.319	-.046	.114	-.035	.094	-.082	.148	.533

Note. The highest factor loading for each item is highlighted.

Finished Suicide Attempt Beliefs Scale (SABS)

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 not suicide or a suicide attempt:

- **Nonsuicidal self-injury, which means intentionally physically injuring yourself, but with no desire or intention of killing yourself or being dead**
- **Behaviours which may unintentionally cause physical harm long-term** (eg. smoking, over-eating, binge drinking, eating disorders, unprotected sex)
- **Accidentally injuring yourself** (eg. accidentally touching something hot)
- **Behaviours which change your body for a cultural reason** (eg. body piercing, tattooing)

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

If a particular belief isn't relevant to you, select “Strongly disagree” 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
I attempt suicide because I deserve to suffer	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I deserve suicide attempt scars and injuries	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I attempt suicide because I am worthless and unlovable	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Attempting suicide changes the way that I am thinking	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Attempting suicide clears my mind	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Attempting suicide stops upsetting thoughts going round and round in my mind	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Attempting suicide temporarily stops me from feeling anything	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Attempting suicide is the only option I have for solving my problems	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Attempting suicide is the only method of coping that works for me	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My life would be worse without suicide attempts	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Attempting suicide makes my life better	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Attempting suicide is the only thing I've got that's just mine	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Attempting suicide helps me fit in with other people	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Attempting suicide helps me get accepted by some people	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Other people accept me because of my suicide attempt(s)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Finished Nonsuicidal Self-Injury Beliefs Scale (NSIBS)

INSTRUCTIONS: ESSENTIAL READING

This questionnaire lists common nonsuicidal self-injury thoughts and beliefs. “Nonsuicidal self-injury” (NSSI) means intentionally physically injuring yourself, but with no desire or intention of killing yourself or being dead.

Behaviours that are not nonsuicidal self-injury (NSSI):

- **A suicide attempt, which means intentionally physically injuring yourself because you want and expect to kill yourself**
- **Behaviours which may unintentionally cause physical harm long-term** (eg. smoking, over-eating, binge drinking, eating disorders, unprotected sex)
- **Accidentally injuring yourself** (eg. accidentally touching something hot)
- **Behaviours which change your body for a cultural reason** (eg. body piercing, tattooing)

Please indicate how much you currently agree with each NSSI belief.

Please answer honestly. There are no "right" or "wrong" beliefs; just what you think.

If a particular belief isn’t relevant to you, select “Strongly disagree” 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
NSSI helps me escape negative emotions	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
NSSI reduces tension and stress	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
NSSI helps me escape feeling defeated or helpless	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
NSSI helps me escape from my problems	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I engage in NSSI because I deserve to suffer	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
NSSI is an expression of my self-hatred	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I engage in NSSI because I am worthless and unlovable	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
NSSI is a way to express anger or self-criticism	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
NSSI stops me feeling numb	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
NSSI takes me out of a detached state	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
NSSI makes me feel “real” or alive	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I cannot cope without NSSI	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My NSSI will get worse	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My problems are so serious that NSSI is the only option	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I need to always have NSSI as an option in my life	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
NSSI makes my problems worse	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My life would be better without NSSI	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
NSSI is destructive	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
NSSI creates a lot of problems for me	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I hate my NSSI injuries	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Table S13. Summary Information Regarding the Distribution of Suicide Attempt Beliefs Scale (SABS) Items in Samples 5 and 6

Abbreviated SABS items	Sample 5				Sample 6			
	Skewness		Kurtosis		Skewness		Kurtosis	
	Statistic	SE	Statistic	SE	Statistic	SE	Statistic	SE
Fit in	2.02	0.09	3.27	0.19	1.86	0.10	2.06	0.19
Get accepted	1.65	0.09	1.67	0.19	1.59	0.10	1.25	0.19
Accept me	1.45	0.09	1.19	0.19	1.45	0.10	1.05	0.19
Part of a group	1.97	0.09	3.14	0.19	2.06	0.10	3.28	0.19
Connect to others	1.57	0.09	1.41	0.19	1.60	0.10	1.51	0.19
Selfish	-0.98	0.09	-0.25	0.19	-0.88	0.10	-0.54	0.19
Punish	-0.07	0.09	-1.31	0.19	-0.04	0.10	-1.36	0.19
Damages	-0.92	0.09	-0.41	0.19	-0.91	0.10	-0.46	0.19
Unwanted attention	-0.93	0.09	-0.39	0.19	-0.81	0.10	-0.66	0.19
People judge	-0.70	0.09	-0.87	0.19	-0.70	0.10	-0.82	0.19
Abnormal	-0.74	0.09	-0.67	0.19	-0.67	0.10	-0.73	0.19
Deserve to suffer	-0.39	0.09	-1.38	0.19	-0.41	0.10	-1.33	0.19
Worthless	-0.90	0.09	-0.62	0.19	-0.91	0.10	-0.68	0.19
Deserve scars	-0.41	0.09	-1.30	0.19	-0.41	0.10	-1.29	0.19
Punishself	-0.34	0.09	-1.46	0.19	-0.36	0.10	-1.42	0.19
Hateself	-0.29	0.09	-1.37	0.19	-0.19	0.10	-1.47	0.19
Anger self-criticism	-0.23	0.09	-1.41	0.19	-0.22	0.10	-1.38	0.19
Help me	0.34	0.09	-1.25	0.19	0.44	0.10	-1.17	0.19
Shows people how	-0.29	0.09	-1.27	0.19	-0.24	0.10	-1.39	0.19
Makes people care	0.77	0.09	-0.66	0.19	0.72	0.10	-0.75	0.19
Makes people take my	0.14	0.09	-1.41	0.19	0.22	0.10	-1.40	0.19
Makes people understand	-0.16	0.09	-1.33	0.19	-0.13	0.10	-1.46	0.19
Clears my mind	0.27	0.09	-1.39	0.19	0.18	0.10	-1.36	0.19
Stops thoughts	-0.40	0.09	-1.32	0.19	-0.52	0.10	-1.17	0.19
Temporarily stops	-0.38	0.09	-1.32	0.19	-0.38	0.10	-1.32	0.19
Changes how I	-0.05	0.09	-1.38	0.19	-0.02	0.10	-1.34	0.19

think									
Changes thoughts	0.26	0.09	-1.32	0.19	0.27	0.10	-1.26	0.19	
Helps me forget	0.20	0.09	-1.45	0.19	0.20	0.10	-1.44	0.19	
Only method	0.48	0.09	-1.00	0.19	0.46	0.10	-1.00	0.19	
Only option	-0.12	0.09	-1.47	0.19	-0.20	0.10	-1.40	0.19	
Life better	1.17	0.09	0.28	0.19	1.08	0.10	-0.02	0.19	
Life worse	1.08	0.09	0.06	0.19	0.99	0.10	-0.04	0.19	
Only thing just mine	0.41	0.09	-1.28	0.19	0.41	0.10	-1.26	0.19	
Control images	-0.13	0.09	-1.42	0.19	-0.14	0.10	-1.41	0.19	
Get back at people	1.19	0.09	0.10	0.19	1.12	0.10	-0.12	0.19	
Shows people wrong	0.97	0.09	-0.41	0.19	0.93	0.10	-0.42	0.19	
Intentionally	1.42	0.09	0.82	0.19	1.66	0.10	1.75	0.19	
Form of rebellion	0.99	0.09	-0.40	0.19	1.22	0.10	0.24	0.19	
Stops people forcing	0.49	0.09	-1.08	0.19	0.64	0.10	-0.95	0.19	

Table S14. Summary Information Regarding the Distribution of Nonsuicidal Self-Injury Beliefs Scale (NSIBS) Items in Samples 5 and 6

Abbreviated NSIBS items	Sample 5				Sample 6			
	Skewness		Kurtosis		Skewness		Kurtosis	
	Statistic	SE	Statistic	SE	Statistic	SE		
Escape negative emotions	-1.32	0.09	0.92	0.19	-1.07	0.10	0.04	0.19
Reduces tension	-1.49	0.09	1.29	0.19	-1.43	0.10	1.08	0.19
Escape problems	-0.94	0.09	-0.23	0.19	-0.82	0.10	-0.50	0.19
Escape defeat	-1.03	0.09	0.04	0.19	-1.04	0.10	0.01	0.19
Relief upsetting thoughts	-1.79	0.09	2.76	0.19	-1.60	0.10	1.99	0.19
Less upset	-0.95	0.09	-0.09	0.19	-0.91	0.10	-0.19	0.19
Temporarily stops	-0.71	0.09	-0.77	0.19	-0.63	0.10	-0.86	0.19
Stops upsetting pictures	-0.49	0.09	-1.12	0.19	-0.42	0.10	-1.18	0.19
Express selfcritical	-1.66	0.09	2.50	0.19	-1.59	0.10	1.91	0.19
Worthless	-1.02	0.09	-0.11	0.19	-1.02	0.10	-0.08	0.19
Deserve to suffer	-0.89	0.09	-0.53	0.19	-0.94	0.10	-0.33	0.19
Self hatred	-1.30	0.09	0.72	0.19	-1.30	0.10	0.75	0.19
To punish self	-1.27	0.09	0.46	0.19	-1.33	0.10	0.73	0.19
Hate self	-0.69	0.09	-0.83	0.19	-0.61	0.10	-0.91	0.19
Deserve scars	-0.76	0.09	-0.67	0.19	-0.76	0.10	-0.56	0.19
Stops numb	-0.91	0.09	-0.37	0.19	-0.84	0.10	-0.50	0.19
Feel real	-0.85	0.09	-0.33	0.19	-0.71	0.10	-0.71	0.19
Takes me out	-0.90	0.09	-0.30	0.19	-0.74	0.10	-0.51	0.19
Feel something	-1.01	0.09	-0.17	0.19	-0.85	0.10	-0.59	0.19
Stops feeling detached	-0.85	0.09	-0.39	0.19	-0.76	0.10	-0.50	0.19
Shocks my body	-0.68	0.09	-0.75	0.19	-0.52	0.10	-0.91	0.19
Makes people	1.19	0.09	0.27	0.19	1.23	0.10	0.35	0.19
Way to upset	1.75	0.09	2.02	0.19	1.76	0.10	1.96	0.19
Makes people take	0.50	0.09	-1.06	0.19	0.57	0.10	-0.98	0.19

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

me								
Makes people care	0.93	0.09	-0.28	0.19	0.92	0.10	-0.31	0.19
Persuades others	1.27	0.09	0.58	0.19	1.47	0.10	1.32	0.19
Stops people leaving	1.40	0.09	0.87	0.19	1.61	0.10	1.73	0.19
People judge	-0.92	0.09	-0.18	0.19	-0.85	0.10	-0.31	0.19
People think selfish	-0.76	0.09	-0.42	0.19	-0.77	0.10	-0.35	0.19
People do not understand	-1.43	0.09	1.57	0.19	-1.35	0.10	1.04	0.19
People think abnormal	-1.08	0.09	0.35	0.19	-1.03	0.10	0.20	0.19
People reject	-0.24	0.09	-1.10	0.19	-0.27	0.10	-1.11	0.19
People punish	0.03	0.09	-1.31	0.19	-0.05	0.10	-1.29	0.19
Cannot cope without	-0.12	0.09	-1.21	0.19	-0.16	0.10	-1.12	0.19
Only option	-0.15	0.09	-1.24	0.19	-0.22	0.10	-1.18	0.19
Get worse	-0.02	0.09	-1.14	0.19	0.00	0.10	-1.04	0.19
Always have	-0.48	0.09	-1.08	0.19	-0.48	0.10	-1.00	0.19
Only method	-0.35	0.09	-1.09	0.19	-0.46	0.10	-1.00	0.19
On edge	-0.45	0.09	-0.98	0.19	-0.45	0.10	-0.96	0.19
Problems worse	-0.34	0.09	-0.88	0.19	-0.32	0.10	-0.91	0.19
Life better without	-0.75	0.09	-0.50	0.19	-0.77	0.10	-0.37	0.19
Creates problems	-0.66	0.09	-0.69	0.19	-0.53	0.10	-0.87	0.19
Hates injuries	-0.48	0.09	-1.06	0.19	-0.44	0.10	-1.02	0.19
Destructive	-1.47	0.09	1.47	0.19	-1.56	0.10	2.21	0.19
Ruined my life	0.12	0.09	-1.28	0.19	0.17	0.10	-1.17	0.19
Compromise instead of	-0.78	0.09	-0.71	0.19	-0.65	0.10	-0.92	0.19
Avoid acting on	-0.80	0.09	-0.67	0.19	-0.66	0.10	-0.85	0.19
Express with out risk	-0.80	0.09	-0.62	0.19	-0.81	0.10	-0.64	0.19
Replacement	-0.62	0.09	-0.98	0.19	-0.59	0.10	-0.92	0.19
Enjoyable	-0.11	0.09	-1.37	0.19	-0.08	0.10	-1.34	0.19
Energised	0.07	0.09	-1.25	0.19	0.03	0.10	-1.27	0.19

Uplifting	0.09	0.09	-1.33	0.19	0.04	0.10	-1.27	0.19
Satisfying	-0.98	0.09	-0.16	0.19	-0.97	0.10	-0.10	0.19
Less bored	0.52	0.09	-1.13	0.19	0.56	0.10	-1.04	0.19
Gives me a high	-0.48	0.09	-1.08	0.19	-0.45	0.10	-1.13	0.19
Fit in	1.83	0.09	2.66	0.19	1.74	0.10	2.13	0.19
Accepted	1.35	0.09	0.65	0.19	1.68	0.10	1.89	0.19
Connect	1.39	0.09	0.85	0.19	1.40	0.10	0.85	0.19
Likeable	1.81	0.09	2.60	0.19	1.85	0.10	2.73	0.19
Accept me	1.24	0.09	0.46	0.19	1.36	0.10	0.81	0.19

Table S15. *Summary of the Themes Conveyed by the Suicide Attempt Beliefs Scale (SABS) and Nonsuicidal Self-Injury Beliefs Scale (NSIBS) Subscales*

Scale/Subscale	Sample items	Perceptions about how SA or NSSI relate to oneself or other people	Description
	SABS		
Self-punishment	I attempt suicide because I deserve to suffer I attempt suicide because I am worthless and unlovable	Individual	Perceptions that attempting suicide is a means to punish oneself for being fundamentally flawed, bad, and unlovable
Escape	Attempting suicide stops upsetting thoughts going round and round in my mind Attempting suicide temporarily stops me from feeling anything	Individual	Perceptions that attempting suicide provides relief, for a while, from intolerable cognitive and emotional experiences (perceptions, perseverative thoughts, distress)
Dependence	Attempting suicide is the only option I have for solving my problems Attempting suicide is the only thing I've got that's just mine	Individual	Perceptions that attempting suicide is the only option for self-regulation; that there are no alternative options; that attempting suicide provides important advantages; and a (counterintuitive) perception that suicide attempts are not necessarily/always expected to result in death
Belonging	Attempting suicide helps me fit in with other people Attempting suicide helps me get accepted by some people	Interpersonal	Perceptions that attempting suicide leads to meaningful emotional connections and support from other people
Stigma	People think that my suicide attempt(s) are selfish Attempting suicide damages important relationships in my life	Interpersonal	Perceptions that other people do not respond empathically to suicide attempts and instead judge, criticise, or punish these behaviors
Eliciting help	Attempting suicide makes other people help me Attempting suicide shows other people how distressed I feel	Interpersonal	Perceptions that attempting suicide forces or powerfully elicits empathy, validation, and meaningful support from other people. The motivation is to elicit help from others
Revenge	Attempting suicide is a way to intentionally upset other people	Interpersonal	Perceptions that attempting suicide is a means to rebel, prove others wrong, or obtain revenge for mistreatment. The motivation is to emotionally hurt others

	Attempting suicide shows other people that they were wrong NSIBS		
Self-punishment	I engage in NSSI because I deserve to suffer I engage in NSSI because I am worthless and unlovable	Individual	Perceptions that NSSI is a means to punish oneself for being fundamentally flawed, bad, and unlovable
Escape	NSSI helps me escape negative emotions NSSI helps me escape from my problems	Individual	Perceptions that NSSI provides an escape from distressing feelings and perceptions
Dependence	My NSSI will get worse My problems are so serious that NSSI is the only option	Individual	Perceptions that NSSI is the only and best option for self-regulation; that there are no alternative options; and of reliance on NSSI
Anti-dissociation	NSSI stops me feeling numb NSSI makes me feel “real” or alive	Individual	Perceptions that NSSI counters dissociation and emotional numbness
Problematic	NSSI creates a lot of problems for me I hate my NSSI injuries	Individual	Perceptions that NSSI is very counter-productive and has resulted in a range of negative consequences
Anti-suicide	NSSI is a compromise instead of killing myself I deliberately use NSSI to avoid acting on suicidal thoughts	Individual	Perceptions that NSSI is a useful and possible means of avoiding acting on suicidal thoughts
Enjoyable	NSSI is enjoyable NSSI is uplifting	Individual	Perceptions that NSSI is affectively pleasant and positive
Belonging	NSSI helps me fit in with other people NSSI helps me connect with other people	Interpersonal	Perceptions that NSSI leads to meaningful emotional connections and support from other people
Stigma	People judge and criticise my NSSI People do not understand my NSSI	Interpersonal	Perceptions that other people do not respond empathically to NSSI and instead judge, criticise, or punish it
Interpersonal influence	NSSI makes people sorry for the way they treated me	Interpersonal	Perceptions that NSSI is a means to rebel and prove others wrong, and a means to elicit meaningful support and care from others. It has items that appear in the SABS Eliciting

NSSI makes people take my
problems seriously

help and Revenge factors

Note. NSSI = Nonsuicidal self-injury.

Structural Analyses of the Beck Scale for Suicide Ideation (BSS; Beck & Steer, 1991).

Although a total score is often computed, factor analytic results generally support a two factor solution. However, as there is no consensus on the exact composition of the two factors, we determined the best fitting measurement model by conducting a Maximum Likelihood Exploratory Factor Analysis (EFA) with Promax rotation, specifying a two factor solution. Our results were similar to those observed in previous research. The *Suicidal Desire and Ideation* factor (items 1-9) had an α of .92 and the *Resolved Plans and Preparations* factor (items 12-14 and 16-18) had an α of .75. Items 10, 11, 15, and 19 were not analysed because they demonstrated weak factor loadings ($> .32$) or cross-loaded ($\geq .32$).

Structural Analyses of the Suicide Cognitions Scale (Rudd et al., in preparation)

Since there is debate regarding the factor structure of the (unpublished) Suicide Cognitions Scale (SCS; Rudd et al., in preparation), we sought to determine whether a two or three-factor solution would best fit our data using Confirmatory Factor Analysis (CFA). Although a CFA could be computed, we were unable to compute the AIC or BIC fit statistics because of the nature of the SCS' items. (The CFA models for a two and three-factor solution indicated that both models provided a poor fit of our data).

Further investigation revealed that the SCS contains several highly correlated items that would conventionally be deleted during item development (cf. Clark & Watson, 1995). We also found that SCS items 10 and 17 cross-load when a two-factor solution is extracted; when a three-factor solution is extracted, items 7 and 10 demonstrate very low loadings and item 16 cross-loads. Numerous modification indices were suggested and these, for example, suggested that items be specified as loading on factors other than the ones they were hypothesised to load on, and that the CFA be amended to account for high correlations between several items. Overall, these results point to problems in the nature of the items that make up the SCS.

Our inability to properly specify CFA models due to concerns with the items of the SCS led us to return to parallel analysis and ML EFA. A two factor solution fit our data. The *Unlovability* factor (items 1, 2, 4, 6, 7, 9, 14-16, 18) had an α of .92 and the *Unbearability* factor (items 3, 5, 8, 11-13) had an α of .93. Items 10 and 17 were not analysed because they cross-loaded.

Structural Analyses of the Subjective Happiness Scale (SHS; Lyubomirsky & Lepper, 1999)

The SHS is a 4 item measure of perceived happiness, rated on a 7-point Likert scale. A total score is computed. The SHS has reasonably good published psychometric properties (Lyubomirsky & Lepper, 1999). However, Item 4, which is reverse-scored, performed quite oddly in Sample 6 (the distribution of responses to items 1-3 demonstrated a fairly neat positive skew, whereas the distribution of responses to item 4 resembled an inverted U, suggesting that respondents found this item unclear. Item 4 demonstrated an almost zero correlation with items 1-3 and drastically impacted α). This item was therefore omitted. Items 1-3 demonstrated an α of .90.

Summary of Missing Data in Samples 3-6

Little's MCAR test was statistically significant for all samples, indicating that data are not missing completely at random.

Sample 3

Demographics = 0.6% missing

Sample 4

Demographics = 20.3% missing

Sample 5

INQ = 3.6% missing

SCS = 3.6% missing

McLean = 4.1% missing

PSS = 4.1% missing

MSPSS = 4.1% missing

BEAQ = 4.1% missing

BSS = 4.1% missing

Demographics = 7.8% missing

Sample 6

DERS = 6.2% missing

DERSP = 6.2% missing

RFL = 0.2% missing

SWL = 0.2% missing

Demographics = 6.5% missing

Multiple Imputation

We multiply imputed missing data on all variables at the item level. Multiple imputation is increasingly advocated as the optimal approach for dealing with missing data and there is evidence that MI performs well across different circumstances, such as small samples, very large multiple regressions, and when there are large amounts of missing data. For each separate sample with missing data, we entered all available variables (including demographic information) into each model to generate plausible values for missing data.

Internal Structure of the SABS and NSIBS

For ease of presentation, and because means, standard deviations, and correlations do not meaningfully differ for Samples 5 and 6 (participants were randomly assigned to participate in either study), we combined both samples to examine the correlations among the subscales of the SABS and, separately, correlations among the subscales of the NSIBS. These correlations are presented in Tables S13 and S14, below.

Correlations among the subscales that make up each instrument were generally in the moderate range, indicating that specific facets of SICs can be clearly distinguished from one another. The strongest correlations amongst the SABS subscales were observed between the *Revenge* and *Belonging* subscales ($r = .59$ and $.63$). The strongest correlations amongst the NSIBS subscales were observed between the *Interpersonal influence* and *Belonging* subscales ($r = .62$ and $.70$); the strength of these latter correlations indicates that these subscales are closely related, which is consistent with the fact that items from these scales merged to form one factor (*Eliciting help*) during the development of the SABS.

Table S16. *Suicide Attempt Beliefs Scale (SABS) Subscale Correlations*

	Self-punishment	Escape	Dependence	Belonging	Stigma	Eliciting help	Revenge
Self-punishment		.56**	.49**	.13**	.51**	.28**	.10
Escape	.60**		.59**	.22**	.51**	.37**	.23**
Dependence	.55**	.61**		.40**	.36**	.35**	.37**
Belonging	.16**	.26**	.37**		.19**	.46**	.63**
Stigma	.60**	.54**	.39**	.13**		.37**	.23**
Eliciting help	.38**	.40**	.37**	.47**	.38**		.56**
Revenge	.22**	.28**	.39**	.59**	.21**	.57**	

Note. Correlations for Samples 5 and 6 combined are shown below the diagonal ($N = 1,314$); correlations for Sample 4 are presented above the diagonal ($N = 380$). ** = $p < .01$ (2-tailed).

Table S17. *Nonsuicidal Self-Injury Beliefs Scale (NSIBS) Subscale Correlations*

	Self-punishment	Dependence	Escape	Anti-dissociation	Problematic	Anti-suicide	Enjoyable	Belonging	Stigma	Interpersonal influence
Self-punishment		.50**	.52**	.51**	.45**	.51**	.43**	.13**	.52**	.30**
Dependence	.50**		.51**	.48**	.29**	.54**	.51**	.29**	.44**	.47**
Escape	.45**	.54**		.69**	.35**	.49**	.58**	.12**	.48**	.20**
Anti-dissociation	.42**	.46**	.59**		.30**	.47**	.56**	.17**	.45**	.23**
Problematic	.36**	.16**	.19**	.26**		.34**	.19**	.12**	.50**	.23**
Anti-suicide	.48**	.53**	.45**	.47**	.24**		.37**	.20**	.43**	.33**
Enjoyable	.31**	.45**	.63**	.50**	-.03	.29**		.32**	.39**	.33**
Belonging	.09**	.21**	.16**	.16**	-.02	.12**	.28**		.19**	.70**
Stigma	.47**	.45**	.44**	.42**	.44**	.44**	.30**	.10**		.29**
Interpersonal influence	.15**	.20**	.16**	.15**	.09**	.19**	.22**	.62**	.15**	

Note. Correlations for Samples 5 and 6 combined are shown below the diagonal ($N = 1,314$); correlations for Sample 4 are presented above the diagonal ($N = 380$). ** = $p < .01$ (2-tailed).

Table S18. Correlations between the Suicide Attempt Beliefs Scale (SABS) and Nonsuicidal Self-Injury Beliefs Scale (NSIBS)

SABS subscales	NSIBS subscales									
	Self-punishment	Dependence	Escape	Anti-dissociation	Problematic	Anti-suicide	Enjoyable	Belonging	Stigma	Interpersonal influence
Sample 4 (N = 380)										
Self-punishment	.53***	.38***	.25***	.25***	.20***	.33***	.25***	.07	.33***	.14*
Escape	.19***	.30***	.22***	.20***	.13*	.25***	.21***	.14***	.18***	.18***
Dependence	.20***	.41***	.11*	.11*	.00	.24***	.16***	.22***	.16***	.26***
Belonging	.08	.16***	.01	.04	.07	.09	.12*	.51***	.13*	.43***
Stigma	.23***	.22***	.17***	.16***	.25***	.26***	.20***	.15***	.44***	.13*
Eliciting help	.17***	.22***	.09	.07	.15***	.20***	.12*	.36***	.21***	.50***
Revenge	.05	.12*	-.04	-.06	.07	.12*	.11*	.44***	.11	.50***
Sample 5 (N = 664)										
Self-punishment	.61***	.46***	.28***	.30***	.18***	.47***	.20***	.13***	.38***	.19***
Escape	.32***	.40***	.37***	.35***	.13***	.44***	.28***	.23***	.33***	.21***
Dependence	.35***	.53***	.27***	.26***	.02	.34***	.28***	.28***	.23***	.26***
Belonging	.16***	.18***	.14***	.13***	.07	.16***	.20***	.60***	.10*	.46***
Stigma	.30***	.33***	.20***	.27***	.24***	.39***	.13***	.12***	.52***	.15***
Eliciting help	.28***	.23***	.19***	.18***	.13***	.27***	.19***	.32***	.24***	.55***
Revenge	.17***	.16***	.12***	.05	.05	.16***	.17***	.42***	.15***	.60***
Sample 6 (N = 650)										
Self-punishment	.59**	.42**	.33**	.31**	.20**	.41**	.20**	.09*	.43**	.07
Escape	.27**	.32**	.35**	.33**	.12**	.37**	.25**	.17**	.27**	.18**
Dependence	.26**	.46**	.22**	.24**	.02	.31**	.24**	.25**	.23**	.21**
Belonging	.07	.12**	.07	.09*	.00	.11**	.13**	.57**	.04	.49**
Stigma	.25**	.26**	.21**	.25**	.25**	.29**	.10*	.07	.48**	.11**
Eliciting help	.14**	.21**	.18**	.16**	.06	.20**	.12**	.38**	.13**	.57**
Revenge	.10**	.14**	.09*	.09*	-.01	.09*	.18**	.43**	.10*	.58**

Note. * = $p < .05$ (2-tailed); *** = $p < .001$ (2-tailed).

Table S19. *Correlations Between the Suicide Attempt Beliefs Scale (SABS) and Nonsuicidal Self-Injury Beliefs Scale (NSIBS) and Clinical and Well-Being Variables in Sample 5*

		Subscales that are apparent in the SABS and the NSIBS					Other SABS subscales			Other NSIBS Subscales			
Scale/Subscale		Self-punishment	Escape	Dependence	Belonging	Stigma	Revenge	Eliciting help	Anti-dissociation	Problematic	Anti-suicide	Enjoyable	Interpersonal influence
BSS													
Desire and ideation	SABS	.46**	.32**	.48**	.04	.27**	.07	.08*					
	NSIBS	.30**	.16**	.49**	.04	.18**			.14**	-.03	.36**	.13**	.03
Plans and preparations	SABS	.33**	.27**	.31**	.00	.25**	.02	.09*					
	NSIBS	.13**	.07	.33**	.02	.10*			.07	-.08*	.27**	.11**	-.01
SCS													
Unlovability	SABS	.50**	.33**	.48**	.10*	.27**	.10*	.13**					
	NSIBS	.42**	.21**	.52**	.10*	.24**			.20**	.05	.34**	.16**	.11**
Unbearability	SABS	.40**	.32**	.40**	.09*	.31**	.10*	.15**					
	NSIBS	.27**	.20**	.48**	.07	.24**			.22**	.12**	.32**	.11**	.12**
INQ													
Perceived burdensomeness	SABS	.48**	.28**	.42**	.07	.28**	.11**	.10**					
	NSIBS	.38**	.19**	.49**	.08*	.24**			.24**	.09*	.34**	.14**	.07
Thwarted belongingness	SABS	.28**	.18**	.32**	-.01	.21**	.10**	.04					
	NSIBS	.23**	.10*	.38**	.03	.17**			.11**	.02	.22**	.10**	.01
MSI-BPD	SABS	.25**	.21**	.28**	.15**	.22**	.21**	.14**					
	NSIBS	.26**	.21**	.35**	.16**	.23**			.26**	.14**	.21**	.19**	.21**
BEAQ	SABS	.35**	.29**	.33**	.09*	.24**	.13**	.16**					
	NSIBS	.34**	.28**	.41**	.05	.24**			.29**	.13**	.27**	.16**	.14**
PSS-4	SABS	.00	.02	-.03	.04	.05	.01	-.01					
	NSIBS	.04	.01	.02	-.04	.07			.04	.12**	.03	.03	.00
MSPSS	SABS	-.18**	-.10**	-.25**	.03	-.12**	-.04	.04					
	NSIBS	-.08*	.03	-.20**	.03	-.05			.01	.05	-.09*	.00	.08*

Note. Correlations in bold are statistically significantly larger than the corresponding coefficient for the similarly themed SABS or NSIBS subscale. * = $p < .05$ (2-tailed); ** = $p < .01$ (2-tailed). Desire and ideation = Beck Scale for Suicide Ideation - Suicidal Desire and Ideation subscale; Plans and preparations = Beck Scale for Suicide Ideation - Resolved Plans and Preparations subscale; Unlovability = Suicide Cognitions Scale – Unlovability subscale; Unbearability = Suicide Cognitions Scale – Unbearability subscale; Perceived burdensomeness = Interpersonal Needs Questionnaire - Perceived burdensomeness subscale; Thwarted belongingness = Interpersonal Needs Questionnaire - Thwarted belongingness subscale; MSI-BPD = Mclean Screening Instrument for Borderline Personality Disorder; BEAQ = Brief Experiential Avoidance Questionnaire; PSS-4 = Short Form Perceived Stress Scale; MSPSS = Multidimensional Scale of Perceived Social Support.

Table S20. Correlations Between the Suicide Attempt Beliefs Scale (SABS) and Nonsuicidal Self-Injury Beliefs Scale (NSIBS) and Clinical and Well-Being Variables in Sample 6

		Subscales that are apparent in the SABS and the NSIBS					Other SABS subscales			Other NSIBS Subscales			
Scale/Subscale		Self-punishment	Escape	Dependence	Belonging	Stigma	Revenge	Eliciting help	Anti-dissociation	Problematic	Anti-suicide	Enjoyable	Interpersonal influence
DERS													
Nonacceptance	SABS	.30***	.12***	.09*	-.03	.21***	-.04	-.02					
	NSIBS	.38***	.19***	.29***	-.04	.32***			.29***	.28***	.27***	.10*	-.04
Goals	SABS	.10*	.08	.08*	.03	.13***	.05	.12***					
	NSIBS	.20***	.13***	.19***	-.03	.18***			.13***	.18***	.16***	.03	.05
Impulse	SABS	.30***	.27***	.30***	.08*	.27***	.11***	.15***					
	NSIBS	.32***	.24***	.36***	.06	.29***			.28**	.22***	.29***	.15***	.12***
Awareness	SABS	.22***	.08	.14***	.00	.16***	.01	.03					
	NSIBS	.17***	.16***	.23***	.01	.13***			.13***	.06	.08*	.18**	-.01
Strategies	SABS	.35***	.22***	.27***	.00	.25***	.05	.12***					
	NSIBS	.41***	.27***	.42***	.01	.28***			.32***	.21***	.33***	.18***	.05
Clarity	SABS	.24***	.17***	.18***	.02	.25***	.04	.12***					
	NSIBS	.19***	.21***	.30***	.04	.22***			.28***	.17***	.16***	.21***	.03
DERS-P													
NonacceptanceP	SABS	.37***	.28***	.27***	.08*	.25***	.08*	.10*					
	NSIBS	.32***	.23***	.39***	.06	.25***			.25***	.11***	.26***	.17***	.00
GoalsP	SABS	.11***	.15***	.18***	.06	.13***	.07	.07					
	NSIBS	.09*	.13***	.17***	.07	.11***			.13***	.05	.16***	.10*	.06
ImpulseP	SABS	.19***	.24***	.21**	.11***	.17***	.10*	.10*					
	NSIBS	.16***	.20***	.24***	.11***	.12***			.20***	.08	.20***	.17***	.08
BRFLS													
Survival	SABS	-.18***	-.09*	-.22***	.14***	-.12***	.08*	.05					
	NSIBS	-.06	-.09*	-.26***	.07	-.10***			-.04	.06	-.12***	-.12***	.12***
Responsibility	SABS	-.08*	-.07	-.17***	-.03	-.03	-.11***	-.03					
	NSIBS	.00	.03	-.10*	-.07	.01			-.02	.12***	.01	-.09*	-.02
Children	SABS	-.05	-.07	-.05	-.01	-.01	-.01	-.09*					
	NSIBS	-.02	-.01	-.09*	.02	-.01			-.03	.00	-.04	-.03	.01
Fear	SABS	-.14***	-.11***	-.12***	.09*	-.13***	.14***	.14***					
	NSIBS	-.02	-.04	-.10***	.09*	-.06			-.05	.05	-.08*	-.05	.16***
Stigma	SABS	-.04	-.03	.00	.14***	.03	.08*	.04					
	NSIBS	.11***	.00	-.01	.10*	.06			.05	.16**	.01	.02	.11***
Morality	SABS	-.18***	-.09*	-.22***	.14***	-.12***	.08*	.05					
	NSIBS	-.06	-.09*	-.26***	.07	-.10***			-.04	.06	-.12***	-.12***	.12***

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

DSI-SS	SABS	.34***	.22***	.38***	.00	.29***	.02	.12***					
	NSIBS	.21***	.13***	.40***	.05	.19***			.16***	.07	.33***	.09*	.02
ERS	SABS	.26***	.19**	.19***	.09*	.22***	.12**	.16***					
	NSIBS	.33***	.23***	.35***	.08*	.26***			.26***	.17***	.26***	.16***	.15***
SWLS	SABS	-.26***	-.18***	-.23***	.01	-.17***	.01	-.01					
	NSIBS	-.18***	-.14***	-.24***	-.01	-.16***			-.12***	-.02	-.17***	-.07	.02
SHS	SABS	-.31***	-.13***	-.20***	.05	-.22***	.04	-.07					
	NSIBS	-.28***	-.16***	-.37***	.03	-.22***			-.15***	-.07	-.18***	-.09*	.06
SVS	SABS	-.26***	-.11***	-.20***	.06	-.19***	.04	-.05					
	NSIBS	-.20***	-.16***	-.33***	.03	-.19***			-.13***	-.01	-.15***	-.07	.05

Note. Correlations in bold are statistically significantly larger than the corresponding coefficient for the similarly themed SABS or NSIBS subscale. * = $p < .05$ (2-tailed); *** = $p < .001$ (2-tailed). Nonacceptance = Difficulties in Emotion Regulation Scale (DERS) - Nonacceptance of emotional responses subscale; Goals = DERS - Difficulty engaging in goal-directed behavior when experiencing negative emotions subscale; Impulse = DERS - Impulse control difficulties when experiencing negative emotions subscale; Awareness = DERS - Lack of emotional awareness subscale; Strategies = DERS - Limited access to emotion regulation strategies subscale; Clarity = DERS - Lack of emotional clarity subscale; NonacceptanceP = Difficulties in Emotion Regulation Scale-Positive (DERS-P) - Nonacceptance of positive emotions subscale; GoalsP = DERS-P - Difficulties engaging in goal-directed behavior subscale; ImpulseP = DERS-P – Impulse control difficulties subscale; Survival = Brief Reasons for Living Scale (BRFLS) - Survival and coping beliefs subscale; Responsibility = BRFLS - Responsibility to family subscale; Children = BRFLS - Child-related concerns subscale; Fear = BRFLS - Fear of suicide subscale; Stigma = BRFLS - Fear of social disapproval subscale; Morality = BRFLS - Moral objections subscale; DSI-SS = Depressive Symptom Inventory-Suicidality Subscale; ERS = Emotion Reactivity Scale; SWLS = Satisfaction with Life Scale; SHS = Subjective Happiness scale; SVS = Subjective Vitality Scale.

Table S20. Hierarchical Multivariate Linear Regressions Exploring the Incremental Validity of the Suicide Attempt Beliefs Scale (SABS) in Predicting Current Suicide Ideation Beyond a Range of Variables

Variables	Step 1				Step 2				Step 3			
	B	SE B	β	ΔR^2	B	SE B	β	ΔR^2	B	SE B	β	ΔR^2
Beck Scale for Suicide Ideation Total Score (Sample 5)												
				.04***				.42***				.04***
Constant	37.39***	.98	.01									
Level of education	-.47	.33	-.07									
Income	-.88**	.30	-.13									
Marital status	-.81	.43	-.08									
Constant					28.09***	3.14	.00					
Level of education					-.02	.26	-.00					
Income					-.19	.24	-.03					
Marital status					-.13	.34	-.01					
SCS: Unlovability					.19***	.04	.32					
SCS: Unbearability					.10*	.05	.11					
INQ: Burdensomeness					.22***	.04	.27					
INQ: Belongingness					-.05	.04	-.06					
BPD symptoms					-.09	.15	-.02					
Experiential avoidance					-.01	.03	-.03					
Perceived social support					-.10***	.02	-.19					
Constant									27.19***	3.06	-.00	
Level of education									-.07	.26	-.01	
Income									-.25	.23	-.04	
Marital status									-.22	.33	-.02	
SCS: Unlovability									.15***	.04	.25	
SCS: Unbearability									.08	.05	.09	
INQ: Burdensomeness									.18***	.04	.22	
INQ: Belongingness									.04	.04	-.05	
BPD symptoms									-.06	.15	-.01	
Experiential avoidance									-.02	.03	-.05	
Perceived social support									-.08***	.02	-.16	

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

Level of education				0.00	0.25	0.00
Income				-0.22	0.23	-0.23
Marital status				-0.13	0.32	-0.13
SCS: Unlovability				0.15***	0.03	2.07
SCS: Unbearability				0.04	0.05	0.38
INQ: Burdensomeness				0.16***	0.04	1.69
INQ: Belongingness				-0.05	0.04	-0.53
BPD symptoms				-0.01	0.14	-0.01
Experiential avoidance				-0.01	0.03	-0.25
Perceived social support				-0.07***	0.02	-1.21
NSIBS: Escape				-0.60*	0.27	-0.89
NSIBS: Self-punishment				-0.67**	0.25	-1.04
NSIBS: Anti-dissociation				-0.29	0.20	-0.48
NSIBS: Stigma				-0.25	0.24	-0.37
NSIBS: Dependence				0.99***	0.24	1.64
NSIBS: Anti-suicide				0.62***	0.18	1.14
NSIBS: Enjoyable				0.12	0.21	0.18
SABS: Belonging				-0.63*	0.30	-0.74
SABS: Stigma				0.15	0.22	0.24
SABS: Self-punishment				0.58**	0.22	1.17
SABS: Eliciting help				-0.27	0.20	-0.45
SABS: Escape				0.04	0.21	0.08
SABS: Dependence				0.68**	0.27	1.01
SABS: Revenge				-0.18	0.26	-0.26
Depressive Symptom Inventory-Suicidality Subscale Total Score (Sample 6)						
				.05***	.27***	.07***
Constant	8.71***	.57	-.01			
Age	-.01	.02	-.05			
Employment status	.17	.12	.08			
Education level	-.34**	.13	-.13			
Income	.01	.13	-.00			
Marital status	-.29*	.15	-.09			

Constant	8.84***	1.33	-.01			
Age	-.01	.01	-.05			
Employment status	.10	.11	.05			
Education level	-.10	.12	-.04			
Income	.08	.11	.03			
Marital status	-.19	.13	-.06			
DERS: Nonacceptance	-.01	.02	-.03			
DERS: Goals	-.03	.03	-.04			
DERS: Impulse	.06*	.03	.14			
DERS: Awareness	-.02	.02	-.03			
DERS: Strategies	.04	.03	.09			
DERS: Clarity	.03	.03	.05			
DERS-P: Nonacceptance	.06	.03	.09			
DERS-P: Goals	.00	.03	.00			
DERS-P: Impulse	.00	.03	.01			
BRFLS: Responsibility	-.06	.04	-.07			
BRFLS: Children	-.03	.03	-.04			
BRFLS: Fear	-.01	.04	-.01			
BRFLS: Morality	-.21***	.05	-.19			
Emotion reactivity	.00	.01	-.01			
Current mood	.29	.17	.08			
Satisfaction with life	-.04*	.02	-.10			
Subjective happiness	-.01	.00	-.08			
Subjective vitality	-.03	.02	-.08			
Constant				7.53***	1.30	.00
Age				-.02	.01	-.07
Employment status				.06	.10	.03
Education level				-.04	.11	-.01
Income				.05	.11	.02
Marital status				-.22	.13	-.07
DERS: Nonacceptance				-.01	.02	-.02
DERS: Goals				.00	.03	.01

DERS: Impulse				.03	.03	.07
DERS: Awareness				-.02	.02	-.04
DERS: Strategies				.01	.03	.03
DERS: Clarity				.02	.03	.04
DERS-P: Nonacceptance				.04	.03	.06
DERS-P: Goals				-.02	.03	-.04
DERS-P: Impulse				.01	.03	.02
BRFL: Responsibility				-.05	.04	-.06
BRFL: Children				-.03	.03	-.05
BRFL: Fear				.01	.04	.01
BRFL: Morality				-.17*	.05	-.15
Emotion reactivity				.00	.01	.01
Current mood				.32*	.16	.09
Satisfaction with life				-.03	.02	-.08
Subjective happiness				-.01	.00	-.08
Subjective vitality				-.03	.02	-.08
SABS: Belonging				-.16	.13	-.06
SABS: Stigma				.21*	.09	.12
SABS: Self-punishment				-.02	.08	-.01
SABS: Eliciting help				.03	.09	.02
SABS: Escape				-.20*	.09	-.12
SABS: Dependence				.63***	.11	.31
SABS: Revenge				-.08	.11	-.04
Depressive Symptom Inventory-Suicidality Subscale Total Score (Sample 6), Controlling for NSIBS						
				.05***	.33***	.05***
Constant	8.71***	0.57	0.29			
Age	-0.01	0.02	0.00			
Employment status	0.17	0.12	0.06			
Education level	-0.34**	0.13	-0.12			
Income	0.01	0.13	0.00			
Marital status	-0.29*	0.15	-0.10			
Constant				8.55***	1.36	-0.27

Age	0.00	0.01	0.00			
Employment status	0.05	0.10	0.02			
Education level	-0.12	0.11	-0.04			
Income	0.08	0.11	0.03			
Marital status	-0.18	0.13	-0.06			
DERS: Nonacceptance	-0.02	0.02	-0.04			
DERS: Goals	0.00	0.03	0.00			
DERS: Impulse	0.05	0.03	0.11			
DERS: Awareness	-0.02	0.02	-0.03			
DERS: Strategies	0.03	0.03	0.06			
DERS: Clarity	0.04	0.03	0.06			
DERS-P: Nonacceptance	0.04	0.03	0.05			
DERS-P: Goals	-0.01	0.03	-0.01			
DERS-P: Impulse	0.01	0.03	0.01			
BRFLS: Responsibility	-0.07	0.04	-0.07			
BRFLS: Children	-0.02	0.03	-0.03			
BRFLS: Fear	0.01	0.04	0.01			
BRFLS: Morality	-0.18***	0.05	-0.16			
Emotion reactivity	0.00	0.01	-0.04			
Current mood	0.32	0.16	0.11			
Satisfaction with life	-0.04	0.02	-0.09			
Subjective happiness	-0.01	0.00	-0.07			
Subjective vitality	-0.03	0.02	-0.09			
NSIBS: Escape	-0.30**	0.11	-0.16			
NSIBS: Self-punishment	-0.12	0.10	-0.07			
NSIBS: Anti-dissociation	-0.04	0.09	-0.03			
NSIBS: Stigma	0.00	0.09	0.00			
NSIBS: Dependence	0.34***	0.10	0.19			
NSIBS: Anti-suicide	0.28***	0.08	0.18			
NSIBS: Enjoyable	0.03	0.09	0.02			
Constant				7.94***	1.32	-0.24
Age				-0.01	0.01	0.00

Employment status	0.02	0.10	0.01
Education level	-0.06	0.11	-0.02
Income	0.04	0.11	0.01
Marital status	-0.20	0.13	-0.07
DERS: Nonacceptance	-0.01	0.02	-0.02
DERS: Goals	0.02	0.03	0.03
DERS: Impulse	0.03	0.03	0.06
DERS: Awareness	-0.02	0.02	-0.04
DERS: Strategies	0.01	0.03	0.01
DERS: Clarity	0.03	0.03	0.04
DERS-P: Nonacceptance	0.03	0.03	0.04
DERS-P: Goals	-0.03	0.03	-0.04
DERS-P: Impulse	0.01	0.03	0.03
BRFLS: Responsibility	-0.06	0.04	-0.06
BRFLS: Children	-0.03	0.03	-0.04
BRFLS: Fear	0.02	0.04	0.02
BRFLS: Morality	-0.15**	0.05	-0.13
Emotion reactivity	0.00	0.01	0.00
Current mood	0.34*	0.16	0.12
Satisfaction with life	-0.03	0.02	-0.08
Subjective happiness	-0.01	0.00	-0.08
Subjective vitality	-0.03	0.02	-0.09
NSIBS: Escape	-0.23*	0.11	-0.12
NSIBS: Self-punishment	-0.15	0.11	-0.08
NSIBS: Anti-dissociation	-0.05	0.09	-0.03
NSIBS: Stigma	-0.14	0.10	-0.07
NSIBS: Dependence	0.23*	0.10	0.13
NSIBS: Anti-suicide	0.28***	0.07	0.18
NSIBS: Enjoyable	0.05	0.09	0.03
SABS: Belonging	-0.19	0.13	-0.07
SABS: Stigma	0.25*	0.09	0.15
SABS: Self-punishment	0.02	0.09	0.01

SABS: Eliciting help	-0.01	0.09	0.00
SABS: Escape	-0.19*	0.09	-0.11
SABS: Dependence	0.51***	0.12	0.26
SABS: Revenge	-0.05	0.11	-0.02

Note. SCS = Suicide Cognitions Scale; INQ = Interpersonal Needs Questionnaire; BPD symptoms = Mclean Screening Instrument for Borderline Personality Disorder; Experiential Avoidance = Brief Experiential Avoidance Questionnaire; Perceived social support = Multidimensional Scale of Perceived Social Support; DERS = Difficulties in Emotion Regulation Scale; DERS-P = Difficulties in Emotion Regulation Scale-Positive; BRFLS = Brief Reasons for Living Scale; Emotion reactivity = Emotion Reactivity Scale; Satisfaction with life = Satisfaction with Life Scale; Subjective happiness = Subjective Happiness Scale; Subjective vitality = Subjective Vitality Scale.

* = $p < .05$ (2-tailed); ** = $p < .01$ (2-tailed); *** = $p < .001$ (2-tailed)

Table S21. Hierarchical Multivariate Logistic Regressions Exploring the Incremental Validity of the Suicide Attempt Beliefs Scale (SABS) in Predicting Lifetime Suicide Attempts Beyond a Range of Variables

Variables	Step 1	Step 2	95% CI for Odds Ratio			Step 1	Step 2	% CI for Odds Ratio		
	<i>B</i> (<i>SE</i>)		Lower	Odds Ratio	Upper	β_{stdXY} (<i>SE</i>)		Lower	Odds Ratio	Upper
Lifetime Suicide Attempts (Sample 5)										
Constant	.02 (.89)	-.92 (1.01)				.35 (.14)**	.43 (.15)**			
Age	.03 (.01)**	.03 (.01)**	0.99	1.02	1.05	.03 (.01)**	.03 (.01)**	1.01	1.03	1.05
SCS: Unlovability	.03 (.01)*	.02 (.01)	0.96	0.99	1.02	.39 (.16)*	.27 (.18)	0.92	1.31	1.86
SCS: Unbearability	.01 (.01)	-.01 (.02)	0.97	1.01	1.04	.07 (.13)	-.07 (.15)	0.70	0.93	1.24
INQ: Burdensomeness	.02 (.01)	.01 (.02)	0.95	0.98	1.00	.25 (.14)	.05 (.16)	0.77	1.05	1.45
INQ: Belongingness	-.02 (.01)*	-.02 (.01)	0.90	1.00	1.11	-.28 (.14)*	-.27 (.16)	0.56	0.77	1.04
BPD symptoms	-.01 (.05)	.00 (.01)	0.98	1.00	1.02	-.02 (.10)	-.00 (.11)	0.80	1.00	1.24
Experiential avoidance	.01 (.01)	-.00 (.01)	0.97	0.98	1.00	.10 (.10)	-.01 (.12)	0.79	0.99	1.24
Perceived social support	-.02 (.01)*	-.02 (.01)*	0.61	0.75	0.92	-.25 (.12)*	-.28 (.13)*	0.59	0.76	0.98
SABS: Belonging		-.29 (.11)**	1.12	1.30	1.50		-.34 (.12)**	0.56	0.71	0.91
SABS: Stigma		.26 (.07)***	1.15	1.32	1.52		.44 (.12)***	1.22	1.55	1.98
SABS: Self-punishment		.28 (.07)***	0.85	0.99	1.15		.56 (.14)***	1.32	1.75	2.31
SABS: Eliciting help		-.01 (.08)	1.08	1.25	1.45		-.03 (.13)	0.75	0.97	1.26
SABS: Escape		.23 (.08)	0.86	1.04	1.27		.40 (.14)**	1.14	1.50	1.95
SABS: Dependence		.04 (.10)	0.70	0.84	1.00		.06 (.15)	0.80	1.06	1.42
SABS: Revenge		-.18 (.09)	1.01	1.03	1.05		-.26 (.14)	0.59	0.77	1.01
Cox & Snell R^2	.09	.25								
Step χ^2	61.95***	127.75***								
Model χ^2		189.71***								
Lifetime Suicide Attempts (Sample 5), Controlling for NSIBS										
Constant	-.51 (.93)	-.48 (1.05)				.31 (.14)*	.45 (.16)**			
Age	.03 (.01)**	.03 (.01)*	1.01	1.03	1.05	.03 (.01)**	.03 (.01)*	1.01	1.03	1.05
SCS: Unlovability	.03 (.01)*	.03 (.01)*	1.00	1.03	1.06	.40 (.16)*	.38 (.19)*	1.02	1.47	2.11
SCS: Unbearability	-.00 (.02)	-.02 (.02)*	0.95	0.98	1.02	-.01 (.13)	-.15 (.15)	0.64	0.86	1.15
INQ: Burdensomeness	.02 (.01)	.01 (.02)	0.97	1.01	1.04	.22 (.15)	.05 (.17)	0.76	1.05	1.46
INQ: Belongingness	-.03 (.01)*	-.02 (.01)	0.95	0.98	1.00	-.30 (.14)*	-.28 (.16)	0.55	0.76	1.03
BPD symptoms	-.02 (.05)	.01 (.05)	0.91	1.01	1.12	-.05 (.10)	.02 (.11)	0.81	1.02	1.27
Experiential avoidance	.00 (.01)	.00 (.01)	0.98	1.00	1.02	.07 (.11)	.04 (.12)	0.83	1.04	1.31

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

Perceived social support	-.02 (.01)*	-.02 (.01)*	0.97	0.98	1.00	-.27 (.12)*	-.27 (.13)*	0.59	0.77	0.99
NSIBS: Self-punishment	-.13 (.07)	-.35 (.10)***	0.59	0.71	0.85	-.21 (.12)	-.55 (.15)***	0.43	0.58	0.77
NSIBS: Stigma	.20 (.07)**	.07 (.09)	0.90	1.07	1.27	.30 (.10)**	.10 (.13)	0.85	1.10	1.42
NSIBS: Dependence	.06 (.07)	.07 (.09)	0.91	1.07	1.27	.10 (.12)	.12 (.14)	0.85	1.12	1.48
NSIBS: Anti-suicide	.12 (.06)*	-.01 (.07)	0.87	0.99	1.13	.21 (.11)*	-.02 (.13)	0.77	0.98	1.25
SABS: Belonging		-.29 (.11)**	0.61	0.75	0.92		-.33 (.12)**	0.56	0.72	0.91
SABS: Stigma		.23 (.08)**	1.07	1.26	1.49		.39 (.14)**	1.12	1.48	1.95
SABS: Self-punishment		.42 (.08)***	1.30	1.52	1.79		.85 (.17)***	1.69	2.34	3.24
SABS: Eliciting help		-.01 (.08)	0.85	0.99	1.16		.01 (.14)	0.76	0.99	1.28
SABS: Escape		.21 (.08)**	1.05	1.23	1.43		.37 (.14)**	1.10	1.45	1.91
SABS: Dependence		.02 (.11)	0.83	1.02	1.25		.02 (.16)	0.75	1.02	1.39
SABS: Revenge		.17 (.09)	0.70	0.85	1.01		-.24 (.17)	0.60	0.78	1.02
Cox & Snell R^2	.13	.27								
Step χ^2	80.38***	123.90***								
Model χ^2		204.29***								
Lifetime Suicide Attempts (Sample 6)										
Constant	1.12 (.71)	-.58 (.84)				.62 (.09)***	.71 (.10)***			
DERS: Impulse	.05 (.02)*	.04 (.03)	0.99	1.04	1.09	.28 (.14)*	.24 (.16)	0.92	1.27	1.75
DERS: Strategies	-.02 (.02)	-.04 (.02)	0.92	0.96	1.01	-.11 (.13)	-.26 (.15)	0.57	0.77	1.05
DERS: Clarity	.03 (.02)	.01 (.02)	0.96	1.00	1.05	.15 (.10)	.02 (.12)	0.82	1.02	1.29
DERS-P: Nonacceptance	.03 (.03)	-.02 (.03)	0.93	0.98	1.04	.11 (.11)	-.07 (.13)	0.73	0.93	1.20
DERS-P: Goals	-.02 (.03)	-.02 (.03)	0.93	0.98	1.04	-.10 (.12)	-.08 (.14)	0.71	0.93	1.21
DERS-P: Impulse	.06 (.03)*	.07 (.03)*	1.01	1.07	1.13	.33 (.13)*	.33 (.15)*	1.05	1.40	1.86
DERS-P: Survival	-.02 (.04)	.07 (.05)	0.92	1.01	1.10	-.06 (.10)	.02 (.12)	0.80	1.02	1.29
BRFLS: Responsibility	-.05 (.03)	-.09 (.03)*	0.86	0.92	0.98	-.16 (.09)	-.28 (.11)*	0.61	0.76	0.94
BRFLS: Fear	-.10 (.03)***	-.07 (.03)*	0.87	0.93	1.00	-.33 (.10)***	-.23 (.11)*	0.64	0.79	0.99
BRFLS: Stigma	-.07 (.03)**	-.09 (.03)**	0.86	0.91	0.97	-.25 (.09)**	-.30 (.11)**	0.60	0.74	0.91
Emotion reactivity	.00 (.00)	-.00 (.00)	0.99	1.00	1.01	-.01 (.12)	-.02 (.14)	0.76	0.98	1.28
Satisfaction with life	-.03 (.02)*	-.03 (.02)	0.94	0.97	1.01	-.21 (.10)*	-.18 (.12)	0.66	0.83	1.06
Subjective happiness	-.01 (.00)	-.00 (.00)	0.99	1.00	1.00	-.19 (.13)	-.11 (.15)	0.67	0.90	1.19
Subjective vitality	.02 (.02)	.03 (.02)	0.99	1.03	1.07	.18 (.13)	.21 (.15)	0.92	1.24	1.66
SABS: Belonging		-.22 (.11)*	0.64	0.80	1.00		.76 (.13)*	0.61	0.78	1.00
SABS: Stigma		.44 (.08)***	1.33	1.55	1.80		.37 (.14)***	1.64	2.13	2.77

SABS: Self-punishment		.18 (.07)*	1.04	1.20	1.38		.30 (.14)*	1.09	1.44	1.91
SABS: Eliciting help		.18 (.08)*	1.02	1.20	1.40		.25 (.14)*	1.03	1.36	1.78
SABS: Escape		.15 (.08)	0.98	1.16	1.36		.04 (.15)	0.97	1.29	1.71
SABS: Dependence		.03 (.10)	0.84	1.03	1.25		.04 (.15)	0.78	1.04	1.39
SABS: Revenge		-.34 (.10)***	0.59	0.71	0.86		-.47 (.13)***	0.48	0.62	0.81
Cox & Snell R ²	.13	.30								
Step χ^2	90.01***	141.45***								
Model χ^2		231.91***								
Lifetime Suicide Attempts (Sample 6), Controlling for NSIBS										
Constant	.59 (.76)	.00 (.89)				.62 (.09)***	.71 (.10)***			
DERS: Impulse	.04 (.02)	.04 (.03)	0.99	1.04	1.10	.28 (.14)*	.25 (.17)	0.93	1.28	1.77
DERS: Strategies	-.02 (.02)	-.03 (.02)	0.93	0.97	1.02	-.11 (.13)	-.18 (.16)	0.61	0.83	1.12
DERS: Clarity	.03 (.02)	.01 (.03)	0.96	1.01	1.05	.15 (.10)	.03 (.12)	0.81	1.03	1.30
DERS-P: Nonacceptance	.02 (.03)	-.10 (.03)	0.93	0.99	1.05	.11 (.11)	-.04 (.13)	0.74	0.96	1.24
DERS-P: Goals	-.03 (.03)	-.03 (.03)	0.92	0.98	1.04	-.10 (.12)	-.11 (.14)	0.68	0.89	1.17
DERS-P: Impulse	.07 (.03)**	.07 (.03)*	1.01	1.07	1.14	.33 (.13)*	.37 (.15)*	1.08	1.44	1.94
DERS-P: Survival	-.02 (.04)	.01 (.05)	0.92	1.01	1.11	-.06 (.10)	.03 (.12)	0.81	1.03	1.31
BRFLS: Responsibility	-.06 (.03)*	.09 (.04)*	0.86	0.92	0.98	-.16 (.09)	-.28 (.11)*	0.61	0.76	0.94
BRFLS: Fear	-.10 (.03)***	.08 (.04)*	0.87	0.93	0.99	-.33 (.10)***	-.25 (.11)*	0.62	0.78	0.97
BRFLS: Stigma	-.08 (.03)**	-.08 (.03)*	0.87	0.93	0.99	-.25 (.09)**	-.25 (.11)*	0.63	0.78	0.96
Emotion reactivity	-.00 (.00)	.00 (.00)	0.99	1.00	1.01	-.01 (.12)	-.01 (.14)	0.77	1.01	1.33
Satisfaction with life	-.03 (.02)	-.03 (.02)	0.94	0.98	1.01	-.21 (.10)*	-.18 (.13)	0.65	0.84	1.07
Subjective happiness	-.01 (.00)	-.00 (.00)	0.99	1.00	1.00	-.19 (.13)	-.15 (.15)	0.64	0.86	1.15
Subjective vitality	.02 (.02)	.03 (.02)	0.99	1.03	1.07	.18 (.13)	.23 (.15)	0.93	1.25	1.70
NSIBS: Escape	.05 (.08)	.03 (.09)	0.86	1.03	1.23		.04 (.14)	0.79	1.04	1.38
NSIBS: Self-punishment	-.10 (.08)	-.31 (.10)**	0.60	0.73	0.89		-.49 (.16)**	0.45	0.61	0.83
NSIBS: Anti-dissociation	.02 (.07)	.02 (.08)	0.87	1.02	1.19		.03 (.14)	0.78	1.03	1.35
NSIBS: Stigma	.19 (.07)*	-.05 (.09)	0.79	0.95	1.14		-.08 (.14)	0.70	0.93	1.22
NSIBS: Dependence	-.12 (.08)	-.07 (.10)	0.77	0.93	1.13		-.11 (.16)	0.66	0.89	1.22
NSIBS: Anti-suicide	.14 (.06)*	.09 (.07)	0.95	1.09	1.25		.16 (.14)	0.90	1.17	1.53
SABS: Belonging		-.23 (.11)*	0.64	0.79	0.99		-.26 (.13)*	0.60	0.77	0.99
SABS: Stigma		.42 (.09)***	1.28	1.52	1.80		.72 (.15)***	1.54	2.06	2.76
SABS: Self-punishment		.35 (.09)***	1.19	1.42	1.69		.70 (.18)***	1.42	2.01	2.86

SABS: Eliciting help	.17 (.08)*	1.00	1.18	1.39	.28 (.14)*	1.01	1.33	1.74
SABS: Escape	.11 (.09)	0.94	1.11	1.32	.19 (.15)	0.90	1.21	1.63
SABS: Dependence	.02 (.11)	0.82	1.02	1.25	.02 (.16)	0.75	1.02	1.39
SABS: Revenge	-.31 (.10)***	0.61	0.73	0.88	-.44 (.13)***	0.50	0.65	0.84
Cox & Snell R^2	.15	.32						
Step χ^2	108.62***	137.48***						
Model χ^2		246.99***						

Note. β_{stdXY} = standardized X and Y coefficients; SCS = Suicide Cognitions Scale; INQ = Interpersonal Needs Questionnaire; BPD symptoms = Mclean Screening Instrument for Borderline Personality Disorder; Experiential Avoidance = Brief Experiential Avoidance Questionnaire; Perceived social support = Multidimensional Scale of Perceived Social Support; Nonsuicidal Self-Injury Beliefs Scale (NSIBS); DERS = Difficulties in Emotion Regulation Scale; DERS-P = Difficulties in Emotion Regulation Scale-Positive; BRFLS = Brief Reasons for Living Scale; Emotion reactivity = Emotion Reactivity Scale; Satisfaction with life = Satisfaction with Life Scale; Subjective happiness = Subjective Happiness Scale; Subjective vitality = Subjective Vitality Scale. * = $p < .05$ (2-tailed); ** = $p < .01$ (2-tailed); *** = $p < .001$ (2-tailed)

Table S22. Hierarchical Multivariate Logistic Regressions Exploring the Incremental Validity of the Nonsuicidal Self-Injury Beliefs Scale (NSIBS) in Predicting Lifetime Nonsuicidal Self-Injury Thoughts and Behaviour Beyond a Range of Variables in Sample 5

Variables	Step 1	Step 2	95% CI for Odds Ratio			Step 1	Step 2	% CI for Odds Ratio		
	<i>B</i> (<i>SE</i>)		Lower	Odds Ratio	Upper	β_{stdXY} (<i>SE</i>)		Lower	Odds Ratio	Upper
Lifetime NSSI Thoughts										
Constant	1.84 (.42)***	-1.50 (.74)*				3.14 (.21)	4.20 (.37)***			
INQ: Burdensomeness	.05 (.02)	.02 (.02)	.97	1.02	1.06	.52 (.18)	.15 (.22)	0.75	1.17	1.80
NSIBS: Escape		.09 (.20)	.75	1.10	1.62		.14 (.31)	0.64	1.15	2.05
NSIBS: Self-punishment		.11 (.17)	.94	1.11	1.32		.17 (.26)	0.91	1.18	1.54
NSIBS: Anti-dissociation		.04 (.15)	.89	1.04	1.22		.07 (.26)	0.83	1.07	1.39
NSIBS: Interpersonal influence		-.04 (.23)	.76	.96	1.21		-.06 (.31)	0.69	0.94	1.28
NSIBS: Stigma		.14 (.19)	.95	1.15	1.39		.20 (.28)	0.92	1.22	1.62
NSIBS: Dependence		.17 (.22)	.78	1.18	1.79		.28 (.36)	0.66	1.32	2.62
NSIBS: Problematic		.35 (.20)	1.16	1.41	1.73		.48 (.27)	1.23	1.61	2.12
NSIBS: Anti-suicide		.33 (.15)*	1.39	1.39	1.61		.61 (.27)*	1.40	1.84	2.42
NSIBS: Enjoyable		.15 (.21)	1.16	1.16	1.64		.24 (.34)	0.72	1.27	2.26
NSIBS: Belonging		-.64 (.24)**	.53	.53	.67		-.81 (.30)**	0.33	0.45	0.60
Cox & Snell R^2	.01	.11								
Step χ^2	7.91**	69.82***								
Model χ^2		77.87***								
Lifetime NSSI Thoughts, Controlling for SABS										
Constant	1.48 (.57)**	-.84 (.86)				3.37 (.24)***	4.61 (.43)***			
INQ: Burdensomeness	.05 (.02)*	-.05 (.03)*	1.00	1.06	1.11	.52 (.22)*	.55 (.28)	1.00	1.74	3.02
SABS: Belonging	.14 (.23)	.28 (.30)	0.73	1.33	2.40	.16 (.27)	.33 (.35)	0.70	1.39	2.76
SABS: Stigma	.10 (.14)	-.18 (.18)	0.59	0.83	1.19	.16 (.24)	-.30 (.30)	0.41	0.74	1.33
SABS: Self-punishment	.24 (.15)	.01 (.20)	0.68	1.01	1.49	.49 (.30)	.01 (.40)	0.46	1.01	2.22
SABS: Eliciting help	.30 (.17)	.36 (.20)	0.96	1.43	2.13	.52 (.28)	.61 (.35)	0.93	1.84	3.65
SABS: Escape	-.19 (.16)	-.43 (.21)*	0.43	0.65	0.98	-.34 (.29)	-.77 (.38)*	0.22	0.46	0.97
SABS: Dependence	-.38 (.19)*	-.45 (.24)	0.40	0.64	1.01	-.56 (.28)*	-.67 (.35)	0.26	0.51	1.02
SABS: Revenge	-.15 (.18)	.00 (.24)	0.63	1.00	1.60	-.23 (.26)	.01 (.35)	0.51	1.00	1.99
NSIBS: Escape		.14 (.22)	0.75	1.15	1.78		.21 (.33)	0.64	1.24	2.37
NSIBS: Self-punishment		.12 (.23)	0.73	1.13	1.76		.19 (.35)	0.61	1.21	2.40
NSIBS: Anti-dissociation		.14 (.17)	0.82	1.15	1.61		.24 (.29)	0.72	1.27	2.23
NSIBS: Interpersonal influence		-.27 (.30)	0.43	0.77	1.37		-.35 (.39)	0.33	0.70	1.51
NSIBS: Stigma		.18 (.22)	0.78	1.19	1.83		.26 (.33)	0.69	1.30	2.45
NSIBS: Dependence		.31 (.25)	0.84	1.37	2.21		.52 (.41)	0.76	1.68	3.72

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

NSIBS: Problematic		.25 (.22)	0.84	1.28	1.96		.34 (.30)	0.78	1.41	2.53
NSIBS: Anti-suicide		.45 (.17)**	1.13	1.56	2.17		.83 (.31)**	1.25	2.29	4.20
NSIBS: Enjoyable		.08 (.23)	0.69	1.08	1.68		.12 (.37)	0.55	1.13	2.33
NSIBS: Belonging		-.63 (.28)*	0.31	0.53	0.92		-.79 (.35)*	0.23	0.45	0.91
Cox & Snell R ²	.03	.14								
Step χ^2	22.09**	76.89***								
Model χ^2		98.10***								

Lifetime NSSI

Constant	2.78 (.49)***	-.90 (.81)				3.75 (.32)***	5.29 (.55)***			
Age	-.06 (.01)***	-.06 (.02)***	0.91	0.94	0.98	-.06 (.01)***	-.06 (.02)**	0.91	0.94	0.98
INQ: Burdensomeness	.04 (.02)*	.00 (.02)	0.96	1.00	1.05	.39 (.17)*	.05 (.22)	0.67	1.05	1.62
NSIBS: Escape		.63 (.22)**	1.22	1.87	2.87		.94 (.33)**	1.35	2.56	4.84
NSIBS: Self-punishment		.31 (.18)	0.95	1.36	1.94		.48 (.29)	0.92	1.61	2.82
NSIBS: Anti-dissociation		.01 (.17)	0.72	1.01	1.40		.01 (.29)	0.58	1.01	1.77
NSIBS: Interpersonal influence		-.44 (.22)*	0.42	0.64	0.99		-.59 (.29)*	0.31	0.56	0.98
NSIBS: Stigma		.35 (.21)	0.95	1.42	2.12		.52 (.30)	0.93	1.68	3.04
NSIBS: Dependence		-.06 (.24)	0.58	0.94	1.51		-.10 (.40)	0.41	0.90	1.99
NSIBS: Problematic		.00 (.20)	0.67	1.00	1.49		.00 (.28)	0.58	1.00	1.73
NSIBS: Anti-suicide		.29 (.15)	1.00	1.34	1.80		.54 (.28)	0.99	1.72	2.97
NSIBS: Enjoyable		.01 (.23)	0.64	1.01	1.60		.02 (.39)	0.49	1.02	2.14
NSIBS: Belonging		-.54 (.23)*	0.37	0.58	0.91		-.68 (.30)*	0.29	0.50	0.89
Cox & Snell R ²	.04	.19								
Step χ^2	27.02***	119.63****								
Model χ^2		146.52***								

Lifetime NSSI, Controlling for SABS

Constant	2.24 (.59)***	-.52 (.96)				4.07 (.37)***	6.13 (.72)***			
Age	-.05 (.02)***	-.05 (.02)*	0.91	0.95	0.99	-.05 (.02)***	-.05 (.02)*	0.91	0.95	0.99
INQ: Burdensomeness	.02 (.02)	.03 (.03)	0.98	1.03	1.09	.25 (.20)	.34 (.28)	0.81	1.40	2.43
SABS: Belonging	.31 (.20)	.60 (.32)	0.98	1.82	3.39	.36 (.24)	.70 (.37)	0.98	2.00	4.11
SABS: Stigma	.21 (.13)	-.00 (.20)	0.68	1.00	1.47	.36 (.22)	-.00 (.33)	0.52	1.00	1.92
SABS: Self-punishment	.51 (.15)***	.25 (.22)	0.83	1.28	1.98	1.03 (.30)***	.50 (.45)	0.68	1.64	3.95
SABS: Eliciting help	.06 (.14)	.10 (.22)	0.71	1.10	1.71	.10 (.25)	.17 (.38)	0.56	1.18	2.50
SABS: Escape	-.24 (.15)	-.81 (.25)**	0.27	0.44	0.73	-.43 (.27)	-1.46 (.45)***	0.10	0.23	0.56
SABS: Dependence	-.50 (.19)**	-.56 (.26)*	0.35	0.58	0.96	-.73 (.28)**	-.81 (.38)	0.21	0.45	0.94
SABS: Revenge	-.22 (.16)	-.10 (.24)	0.57	0.91	1.45	-.32 (.23)	-.14 (.35)	0.44	0.87	1.72
NSIBS: Escape		.81 (.24)**	1.39	2.24	3.62		1.21 (.37)	1.64	3.35	6.86
NSIBS: Self-punishment		.40 (.27)	0.89	1.49	2.52		.63 (.42)	0.83	1.87	4.22

NSIBS: Anti-dissociation	.10 (.20)	0.75	1.11	1.64	.17 (.34)	0.61	1.19	2.30
NSIBS: Interpersonal influence	-.55 (.30)	0.32	0.58	1.03	-.72 (.39)	0.22	0.48	1.04
NSIBS: Stigma	.41 (.24)	0.93	1.50	2.42	.60 (.36)	0.90	1.82	3.69
NSIBS: Dependence	-.03 (.29)	0.55	0.97	1.72	-.05 (.48)	0.37	0.95	2.44
NSIBS: Problematic	-.23 (.23)	0.50	0.80	1.26	-.31 (.32)	0.39	0.73	1.38
NSIBS: Anti-suicide	.49 (.19)**	1.13	1.63	2.35	.90 (.35)**	1.25	2.47	4.86
NSIBS: Enjoyable	.12 (.26)	0.68	1.12	1.86	.19 (.42)	0.53	1.21	2.75
NSIBS: Belonging	.62 (.30)*	0.30	0.54	0.97	-.78 (.38)*	0.22	0.46	0.97
Cox & Snell R^2	.08	.23						
Step χ^2	51.11***	119.81***						
Model χ^2		171.76***						

Note. β_{stdXY} = standardized X and Y coefficients; NSSI = Nonsuicidal self-injury; INQ = Interpersonal Needs Questionnaire; Suicide Attempt Beliefs Scale (SABS). * = $p < .05$ (2-tailed); ** = $p < .01$ (2-tailed); *** = $p < .001$ (2-tailed)

Table S23. Hierarchical Multivariate Logistic Regressions Exploring the Incremental Validity of the Nonsuicidal Self-Injury Beliefs Scale (NSIBS) in Predicting Lifetime Nonsuicidal Self-Injury Thoughts and Behaviour Beyond a Range of Variables in Sample 6

Variables	Step 1	Step 2	95% CI for Odds Ratio			Step 1	Step 2	% CI for Odds Ratio		
	B (SE)		Lower	Odds Ratio	Upper	β_{stdXY} (SE)		Lower	Odds Ratio	Upper
Lifetime NSSI Thoughts										
Constant	-2.29 (1.26)	-3.75 (1.54)*				3.32 (.24)***	4.76 (.48)***			
DERS: Nonacceptance	.06 (.03)	.02 (.04)	0.94	1.02	1.10	.39 (.21)	.11 (.26)	0.67	1.12	1.85
DERS: Goals	.02 (.05)	.08 (.06)	0.96	1.08	1.23	.08 (.22)	.36 (.28)	0.82	1.43	2.48
DERS: Impulse	-.03 (.05)	-.03 (.06)	0.86	0.97	1.09	-.16 (.31)	-.21 (.38)	0.39	0.81	1.69
DERS: Strategies	.05 (.04)	.02 (.05)	0.92	1.02	1.12	.36 (.28)	.11 (.34)	0.57	1.12	2.19
DERS: Clarity	.06 (.04)	.00 (.06)*	0.90	1.00	1.12	.28 (.21)	.01 (.27)	0.60	1.01	1.71
BRFLS: Responsibility	.17 (.05)***	.18 (.07)	1.04	1.19	1.36	.54 (.17)***	.56 (.22)*	1.14	1.74	2.67
Emotion reactivity	.01 (.01)	.00 (.01)	0.98	1.00	1.02	.18 (.23)	.04 (.27)	0.62	1.04	1.76
Subjective happiness	-.00 (.01)	-.00 (.01)	0.99	1.00	1.01	-.07 (.19)	-.12 (.24)	0.56	0.89	1.41
NSIBS: Escape		.75 (.23)***	1.33	2.11	3.33		1.15 (.36)***	1.56	3.15	6.37
NSIBS: Self-punishment		.19 (.17)	0.86	1.21	1.69		.30 (.27)	0.79	1.35	2.29
NSIBS: Anti-dissociation		.21 (.20)	0.83	1.23	1.82		.35 (.35)	0.72	1.42	2.80
NSIBS: Interpersonal influence		-.42 (.23)	0.42	0.66	1.04		-.52 (.29)	0.34	0.59	1.05
NSIBS: Stigma		.17 (.20)	0.80	1.19	1.75		.26 (.30)	0.72	1.29	2.31
NSIBS: Dependence		-.11 (.24)	0.56	0.90	1.45		-.17 (.39)	0.39	0.84	1.81
NSIBS: Problematic		.03 (.17)	0.74	1.03	1.45		.05 (.24)	0.65	1.05	1.68
NSIBS: Anti-suicide		.13 (.18)	0.80	1.14	1.64		.25 (.35)	0.65	1.29	2.54
NSIBS: Enjoyable		.02 (.25)	0.63	1.02	1.64		.03 (.40)	0.47	1.03	2.24
NSIBS: Belonging		-.56 (.25)*	0.35	0.57	0.93		-.67 (.29)*	0.29	0.51	0.91
Cox & Snell R ²	.05	.17								
Step χ^2	36.63***	81.66***								
Model χ^2		118.95***								
Lifetime NSSI Thoughts, Controlling for SABS										
Constant	-2.56 (1.28)*	-3.40 (1.60)*				3.33 (.24)***	4.77 (.48)***			
DERS: Nonacceptance	.06 (.03)	.01 (.04)	0.93	1.01	1.10	.35 (.21)	.08 (.26)	0.65	1.08	1.80
DERS: Goals	.03 (.05)	.05 (.07)	0.92	1.05	1.20	.14 (.23)	.22 (.29)	0.70	1.25	2.22
DERS: Impulse	-.03 (.05)	-.02 (.06)	0.87	0.98	1.11	-.19 (.31)	-.12 (.39)	0.41	0.89	1.93
DERS: Strategies	.05 (.04)	.03 (.05)	0.93	1.03	1.14	.32 (.28)	.22 (.25)	0.62	1.24	2.49
DERS: Clarity	.06 (.04)	.01 (.06)	0.90	1.01	1.13	.28 (.21)	.05 (.28)	0.61	1.05	1.80
BRFLS: Responsibility	.18 (.05)***	.18 (.07)*	1.04	1.19	1.37	.55 (.17)***	.55 (.22)*	1.13	1.74	2.68
Emotion reactivity	.01 (.01)	.00 (.01)	0.99	1.00	1.02	.16 (.23)	.09 (.27)	0.64	1.10	1.86

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

Subjective happiness	-.00 (.01)	-.00 (.01)	0.98	1.00	1.01	-.05 (.19)	-.16 (.25)	0.53	0.85	1.38	
SABS: Self-punishment	.10 (.10)	-.32 (.16)*	0.53	0.72	0.99	.20 (.19)	-.65 (.32)*	0.28	0.52	0.98	
NSIBS: Escape		.76 (.24)**	1.34	2.14	3.43		1.17 (.37)	1.57	3.23	6.68	
NSIBS: Self-punishment		.34 (.20)	0.95	1.40	2.05		.53 (.31)	0.93	1.69	3.09	
NSIBS: Anti-dissociation		.23 (.21)	0.84	1.25	1.88		.39 (.36)	0.74	1.48	2.96	
NSIBS: Interpersonal influence		-.45 (.24)	0.40	0.64	1.02		-.56 (.30)	0.32	0.57	1.03	
NSIBS: Stigma		.23 (.21)	0.84	1.26	1.90		.35 (.31)	0.77	1.41	2.61	
NSIBS: Dependence		-.14 (.25)	0.53	0.87	1.42		-.22 (.40)	0.37	0.80	1.75	
NSIBS: Problematic		.03 (.17)	0.69	0.97	1.38		.04 (.25)	0.59	0.96	1.57	
NSIBS: Anti-suicide		.13 (.20)	0.81	1.19	1.75		.33 (.37)	0.67	1.39	2.88	
NSIBS: Enjoyable		.04 (.25)	0.59	0.96	1.56		-.07 (.41)	0.42	0.93	2.06	
NSIBS: Belonging		-.49 (.25)	0.38	0.61	1.00		-.58 (.30)	0.31	0.56	1.01	
Cox & Snell R ²	.06	.17									
Step χ^2	37.71***	85.15***									
Model χ^2		122.86***									
			Lifetime NSSI								
Constant	.04 (.93)	-.71 (1.15)				3.71 (.31)***	4.85 (.47)***				
Age	-.06 (.01)***	-.05 (.02)***	0.92	0.95	0.98	-.06 (.01)	-.05 (.02)***	0.92	0.95	0.98	
DERs: Nonacceptance	.02 (.03)	-.03 (.04)	0.91	0.98	1.05	.10 (.18)	-.16 (.24)	0.53	0.85	1.37	
DERs: Impulse	.00 (.04)	-.01 (.05)	0.90	0.99	1.09	.03 (.23)	-.04 (.30)	0.53	0.97	1.74	
DERs: Strategies	.01 (.03)	-.02 (.04)	0.91	0.98	1.07	.04 (.23)	-.11 (.28)	0.52	0.89	1.54	
DERs: Clarity	.04 (.04)	-.02 (.05)	0.89	0.98	1.08	.21 (.19)	-.09 (.25)	0.56	0.91	1.49	
DERs-P: Nonacceptance	.07 (.05)	.05 (.07)	0.92	1.05	1.19	.29 (.22)	.20 (.27)	0.72	1.22	2.07	
DERs-P: Goals	.09 (.05)	.11 (.06)*	1.00	1.12	1.25	.38 (.22)	.50 (.25)*	1.01	1.64	2.68	
BRFLS: Responsibility	.13 (.05)**	.10 (.06)	0.97	1.10	1.25	.42 (.16)	.30 (.20)	0.92	1.35	2.00	
NSIBS: Escape		.59 (.19)**	1.23	1.80	2.63		.90 (.30)**	1.37	2.47	4.43	
NSIBS: Self-punishment		.05 (.15)	0.78	1.05	1.42		.08 (.24)	0.68	1.09	1.75	
NSIBS: Anti-dissociation		-.13 (.17)	0.63	0.88	1.24		-.22 (.30)	0.45	0.80	1.44	
NSIBS: Interpersonal influence		-.48 (.20)*	0.42	0.62	0.92		-.61 (.26)*	0.33	0.55	0.90	
NSIBS: Stigma		.34 (.17)*	1.02	1.41	1.95		.51 (.25)*	1.02	1.67	2.71	
NSIBS: Dependence		.12 (.21)	0.75	1.13	1.69		.20 (.33)	0.64	1.22	2.32	
NSIBS: Problematic		.24 (.18)	0.89	1.28	1.82		.34 (.26)	0.85	1.41	2.32	
NSIBS: Anti-suicide		.04 (.16)	0.76	1.04	1.42		.08 (.30)	0.60	1.08	1.95	
NSIBS: Enjoyable		.19 (.22)	0.79	1.21	1.85		.31 (.35)	0.69	1.36	2.71	
NSIBS: Belonging		-.67 (.21)**	0.34	0.51	0.78		-.80 (.26)**	0.27	0.45	0.74	
Cox & Snell R ²	.07	.19									
Step χ^2	45.14***	93.74***									

Model χ^2	138.67***									
	Lifetime NSSI, Controlling for SABS									
Constant	-.06 (.93)	-.76 (1.17)				3.72 (.31)***	4.83 (.47)***			
Age	-.06 (.01)***	-.05 (.02)**	0.92	0.95	0.98	-.06 (.01)***	-.05 (.02)**	0.92	0.95	0.98
DERS: Nonacceptance	.01 (.03)	-.03 (.04)	0.90	0.97	1.05	.09 (.18)	-.20 (.25)	0.51	0.82	1.33
DERS: Impulse	.00 (.04)	.00 (.05)	0.91	1.00	1.10	.02 (.23)	.01 (.31)	0.56	1.01	1.85
DERS: Strategies	.00 (.03)	-.02 (.04)	0.91	0.99	1.07	.01 (.23)	-.10 (.28)	0.52	0.90	1.56
DERS: Clarity	.04 (.04)	-.01 (.05)	0.89	0.99	1.10	.19 (.19)	-.05 (.25)	0.58	0.95	1.57
DERS-P: Nonacceptance	.06 (.05)	.07 (.07)	0.94	1.07	1.22	.24 (.22)	.27 (.28)	0.76	1.31	2.26
DERS-P: Goals	.09 (.05)	.12 (.06)*	1.01	1.13	1.26	.39 (.22)	.53 (.26)*	1.03	1.70	2.82
BRFLS: Responsibility	.14 (.05)**	.09 (.06)	0.97	1.10	1.24	.43 (.16)**	.29 (.20)	0.90	1.33	1.98
SABS: Self-punishment	.09 (.09)	-.21 (.14)	0.62	0.81	1.07	.18 (.17)	-.42 (.28)	0.38	0.66	1.14
NSIBS: Escape		.60 (.20)**	1.23	1.82	2.68		.92 (.30)**	1.38	2.51	4.56
NSIBS: Self-punishment		.15 (.17)	0.83	1.16	1.62		.23 (.27)	0.74	1.26	2.13
NSIBS: Anti-dissociation		-.14 (.18)	0.62	0.87	1.23		-.24 (.30)	0.44	0.79	1.43
NSIBS: Interpersonal influence		-.50 (.21)*	0.41	0.61	0.91		-.63 (.26)*	0.32	0.53	0.89
NSIBS: Stigma		.38 (.17)	1.04	1.47	2.06		.57 (.26)*	1.07	1.77	2.94
NSIBS: Dependence		.12 (.21)	0.75	1.13	1.70		.20 (.33)	0.64	1.22	2.34
NSIBS: Problematic		.21 (.18)	0.86	1.24	1.77		.30 (.26)	0.82	1.35	2.23
NSIBS: Anti-suicide		.07 (.17)	0.78	1.08	1.49		.14 (.31)	0.62	1.15	2.12
NSIBS: Enjoyable		.15 (.22)	0.76	1.16	1.78		.24 (.35)	0.64	1.27	2.54
NSIBS: Belonging		-.63 (.22)**	0.35	0.53	0.81		-.76 (.26)**	0.28	0.47	0.78
Cox & Snell R^2	.07	.20								
Step χ^2	45.95***	94.83***								
Model χ^2		141.81***								

Note. β_{stdXY} = standardized X and Y coefficients; NSSI = Nonsuicidal self-injury; DERS = Difficulties in Emotion Regulation Scale; DERS-P = Difficulties in Emotion Regulation Scale-Positive; BRFLS = Brief Reasons for Living Scale; Emotion reactivity = Emotion Reactivity Scale; Subjective happiness = Subjective Happiness Scale; SABS = Suicide Attempt Beliefs Scale. * = $p < .05$ (2-tailed); ** = $p < .01$ (2-tailed); *** = $p < .001$ (2-tailed).

Table S24. Descriptive Statistics for Facilitating Cognition Items Across Three Samples

	Study 1				Study 2				Study 3			
	Suicide Attempt		NSSI		Suicide Attempt		NSSI		Suicide Attempt		NSSI	
	<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>
I give myself permission to XXX	4.27	2.21	3.29	2.08	4.19	2.17	3.32	1.98	4.07	2.22	3.28	2.03
I vow that ‘This will be the last time I XXX	4.22	2.40	4.43	2.32	-	-	-	-	-	-	-	-
I think things that sabotage my efforts to avoid XXX	4.09	2.02	3.78	2.01	-	-	-	-	-	-	3.74	1.92
I think things that make XXX more likely to happen	3.82	2.10	3.51	2.09	-	-	-	-	-	-	-	-
I have good reasons for XXX	3.33	2.19	2.94	1.99	-	-	-	-	-	-	-	-
I encourage myself to XXX	5.41	1.94	5.10	2.02	-	-	-	-	-	-	-	-
I tell myself that I can XXX if I do something to make up for it afterwards	6.00	1.56	5.67	1.79	5.99	1.49	-	-	6.01	1.49	5.37	1.93
It’s acceptable to XXX if I do it in a particular way	5.00	2.04	4.17	2.15	5.35	1.79	4.34	2.09	5.17	1.95	4.34	2.13
SIB is more acceptable if I have opportunity to do it	5.01	1.95	4.61	2.01	5.09	1.87	4.44	1.94	4.80	1.96	4.38	2.01
I try not to think about the disadvantages of XXX	3.99	2.25	3.48	2.11	-	-	-	-	3.93	2.19	3.33	2.03
I ignore problems associated with XXX	4.01	2.12	3.56	2.04	-	-	-	-	-	-	3.35	1.90
I under-estimate the consequences of XXX	3.88	2.24	3.56	2.08	-	-	-	-	-	-	-	-
I try to ignore the physical pain that comes with XXX	3.99	2.27	4.10	2.34	-	-	-	-	-	-	-	-
I tell myself that I deserve the benefits of XXX	4.52	2.21	4.29	2.22	-	-	4.13	2.15	-	-	4.06	2.17
I find ways to justify XXX to myself	3.71	2.24	3.22	2.13	-	-	3.17	2.04	-	-	3.11	2.04
It’s acceptable to XXX if I’m really upset	4.45	2.17	3.49	2.11	-	-	3.68	2.16	-	-	3.53	2.09
The benefits of XXX are worth the risks	4.48	2.26	3.53	2.09	-	-	3.67	2.04	-	-	3.60	2.07
I think that XXX won’t be dangerous as long as I am careful	5.11	2.14	3.10	2.10	5.57	1.89	-	-	5.55	1.85	2.84	1.99
XXX is a problem for some people but it won’t be for me	5.02	1.98	4.75	2.08	-	-	-	-	4.44	1.98	-	-
XXX is more acceptable if I do something to make up for it afterwards	5.82	1.61	5.61	1.73	5.81	1.57	-	-	5.77	1.63	5.20	1.92
I allow myself to delay when I’ll XXX, knowing that I will do it later	4.15	2.12	3.74	2.10	-	-	-	-	-	-	-	-

Note. XXX denotes the use of different terminology in different Samples: In Sample 1, “SIB” was used; in Samples 2 and 3, “attempt/ing suicide” and “NSSI” were used.