

- What do you think about adolescents hurting their body?
- Do you know anyone who has intentionally hurt himself or herself, maybe by cutting or burning?
- Have you ever thought about hurting your body intentionally? Have you done it?
- When you're feeling bad, what kinds of things help you feel better?

No history of NSSI

Stage 0

NP priority: anticipatory guidance and regular surveillance

Positive history of NSSI

- How many times have you hurt yourself?
- Have you thought about doing it again?

Few episodes, few thoughts of repeating behavior

Stage 1

NP priority: connect patient with appropriate support resources

Several episodes of behavior or current thoughts of continuing NSSI

Assess for suicidal thoughts or attempts with positive history of NSSI; address any suicidality before further NSSI assessment.

- How long has it been going on?
- How many different ways have you tried to injure yourself?
- How often do you think about hurting yourself?

Recent onset or sporadic self-injury, one or two methods, mild physical damage

Stage 2

NP priority: evaluate for depression and anxiety; refer to mental health practitioner

Multiple methods of injury, long-standing behavior, or intrusive thoughts of NSSI

- Have you ever tried to stop your self-injury before?
- Do you sometimes feel as though you need to hurt yourself at school or other inconvenient places?
- Do your parents know? How do you think they would react?

Able to control urges to injure most of the time, parents/concerned adults possibly unaware

Stage 3

NP priority: ensure patient safety; enlist caretakers and/or mental health providers to assist in clinical decision

Behavior and thoughts out of control
NB: high probability of suicidality

Initiate expedited referral or consultation to rule out manic and psychotic disorders. Consider psychiatric hospitalization.

Out-of-control NSSI behaviors not the result of mania or psychosis

Stage 4

Rapid psych intervention likely to be necessary