

FIGURE
1

SOARS ASSESSMENT POCKET CARD

Responding to nonsuicidal self-injury (NSSI) using SOARS assessment

Have you ever hurt yourself on purpose without intending to end your life or attempt suicide, like cutting, biting, burning, hitting?

Suicidal ideation

- I know self-injury isn't usually about suicide, but some people may think about suicide when they self-injure. Do you ever think about purposely ending your life when you self-injure?

Onset, frequency, and methods

- When was the first/most recent time?
- How many times a week/month do you self-injure?
- What do you typically do or use?

Aftercare

- How do you take care of the wounds afterward?
- Have you ever hurt yourself so badly that you needed medical attention, even if you never got it?

Reasons

- It sounds like this has been helpful for you. What does it do for you? (In what ways does it help?)

Stage of change

- Is this something you would like to stop?
- Have you ever considered stopping?