

Self-Destructive Behavior Test

This test is designed to help individuals identify potential self-destructive behaviors and patterns. Self-destructive behavior can manifest in various ways, affecting one's physical, emotional, and mental well-being. It's important to note that this test is not a diagnostic tool but a means for self-reflection and to encourage seeking professional help if needed.

Instructions

Please read each statement and select the option that best describes your recent experiences (over the past 6 months). Be honest in your responses for the most accurate reflection.

Scoring Key

0 = Never

1 = Rarely

2 = Sometimes

3 = Often

4 = Very Often

Patient Information

Name:

Date:

Statements

1. I engage in behaviors that I know could harm me physically (e.g., self-harm, substance abuse).

0 - Never 1 - Rarely 2 - Sometimes 3 - Often 4 - Very Often

2. I often engage in risky behaviors without considering the consequences (e.g., reckless driving, unsafe sex).

0 - Never 1 - Rarely 2 - Sometimes 3 - Often 4 - Very Often

3. I tend to isolate myself from others even though I know it's harmful to my mental health.

0 - Never 1 - Rarely 2 - Sometimes 3 - Often 4 - Very Often

4. I have difficulty managing my anger and often express it in ways that are harmful to myself or others.

0 - Never 1 - Rarely 2 - Sometimes 3 - Often 4 - Very Often

5. I neglect my physical health (e.g., poor diet, lack of exercise, ignoring medical advice).

0 - Never 1 - Rarely 2 - Sometimes 3 - Often 4 - Very Often

6. I frequently feel unworthy or undeserving of happiness or success.

0 - Never 1 - Rarely 2 - Sometimes 3 - Often 4 - Very Often

7. I sabotage my relationships or opportunities for success.

0 - Never 1 - Rarely 2 - Sometimes 3 - Often 4 - Very Often

8. I often feel a strong sense of guilt or shame about my actions but continue to repeat them.

0 - Never 1 - Rarely 2 - Sometimes 3 - Often 4 - Very Often

9. I have persistent thoughts about self-harm or suicide.

0 - Never 1 - Rarely 2 - Sometimes 3 - Often 4 - Very Often

10. I use substances (e.g., alcohol, drugs) to cope with my emotions or to escape reality.

0 - Never 1 - Rarely 2 - Sometimes 3 - Often 4 - Very Often

Total Score:

Scoring

Total your score by adding the numbers you selected for each question. The maximum possible score is 40.

Interpretation

- **0-10:** Low indication of self-destructive behaviors.
- **11-20:** Some self-destructive behaviors may be present, suggesting the need for further self-reflection and possibly seeking support.
- **21-30:** Moderate indication of self-destructive behaviors. It is advisable to seek professional help to address these patterns.
- **31-40:** High indication of self-destructive behaviors. Seeking immediate professional assistance is strongly recommended.

Next Steps

Based on your score, consider the following actions:

- **For scores 11 and above:** Reflect on the behaviors that contributed most to your score and consider discussing these with a trusted friend, family member, or professional.
- **For scores 21 and above:** Professional consultation is recommended. A mental health professional can provide a comprehensive assessment and work with you to develop a personalized treatment plan.

Signature of Professional (If administered in a clinical setting)

Date:

Patient / Guardian Signature (Acknowledgement of Understanding)

Date: