

Self-Destructive Behavior Test

Patient information

Name:

Date of birth:

Gender:

Date of assessment:

Setting:

Inpatient

Outpatient

Other

Disclaimer: There is currently no universally recognized or official "Self-Destructive Behavior Test." This assessment template is modeled after the Structured Interview for Self-Destructive Behaviors (SI-SDB), a validated clinical interview developed to assess key domains of self-destructive behaviors. It is intended as a support tool for licensed healthcare professionals and should not replace diagnostic evaluation or clinical judgment.

Instructions for clinicians

Rate the lifetime **severity** and **current severity** of behaviors in each domain based on client responses. Use the following scale:

- **0 = None** (no evidence)
- **1 = Mild** (present but not disruptive to life)
- **2 = Moderate** (sometimes disruptive to life)
- **3 = Severe** (frequently disruptive to life)

Self-Destructive Behaviors (SI-SDB) questions

1. Drugs and alcohol

Have you ever had a drug or alcohol problem?

Yes

No

Describe:

If yes, how old were you when it began?

If yes, were you ever hospitalized for this problem?

Yes

No

For clinicians: Score sections 1-3: 0 = None; 1 = Mild (present but not disruptive to life); 2 = Moderate (sometimes disruptive to life); 3 = Severe (frequently disruptive to life)

Alcohol/drugs score:

2. Eating

What is your present height?

Weight?

What is the most you have ever weighed?

What is the least you have ever weighed as an adult?

Do you have problems with overeating?

Yes

No

Do you have problems with undereating?

Yes

No

Do you ever overuse diet pills, laxatives, or anything else to control your weight?		Yes	No
Have you ever made yourself vomit?		Yes	No
If yes, do you do this often?		Yes	No
For how long (did you have/have you had) eating problems?			
What's the longest time you've ever gone without food?		(days)	
What's the longest time you've ever gone without water?		(days)	
Eating score:			
3. Sexual impulsiveness			
Have you ever been afraid that there's something wrong with the way you handle sex in your life?		Yes	No
If yes, what worries you?	Has it been a big problem in your life?		
Would you say your sex drive is too high?	Yes	No	Don't know
Would you say your sex drive is too low?	Yes	No	Don't know
Do you ever like to be hurt when you're having sex?		Yes	No
Do you ever find yourself involved with people who hurt you during sex?		Yes	No
Sexual impulsiveness score:			
4. Self-harm			
Do you have any scars caused by you hurting yourself in purpose?		Yes	No
If yes, describe all:			
How many times have you hurt yourself on purpose?			
If you have done this, how old were you when you first hurt yourself on purpose?		(years old)	
How many times have you:			
• Cut yourself?	• Burned yourself?		
• Banged yourself?	• Picked open sores?		
• Choked yourself?	• Overdosed?		
• Done something to hurt or damage your sexual organs?			
• Jumped off something?			
Done other things? Specify:			

For clinicians: Scoring: 0 = None; 1 = Mild (no serious injury); 2 = Moderate (moderate or occasional injury); 3 = Severe (severe or frequent injury).

Self-harm score:

5. Suicidality

Have you ever seriously thought about killing yourself?	Yes	No
Did you ever attempt to kill yourself?	Yes	No
How many times?		
How old were you at that time?	(years old)	

Describe:

For clinicians: Scoring: 0 = None (no ideation); 1 = Mild (ideations, but no attempts); 2 = Moderate (gestures or attempts with low lethality); 3 = Severe (1 or more serious attempt).

Suicidality score:

Total SI-SD score:

Scoring and interpretation

- SI-SDB involves assigning severity ratings to each of the five behavioral domains: substance abuse, disordered eating, disordered sexual behavior, self-injury, and suicidality.
- Each domain is explored through structured, neutral questions, with behaviors rated from 0 (none) to 3 (severe).
- These ratings reflect how disruptive the behaviors are to the individual's life, both historically and currently.
- The lifetime and current scores help assess chronicity and severity.
- Total scores range from 0 to 15, providing a comprehensive picture of risk and impairment.
- Interview length varies based on the number and intensity of behaviors reported.

Additional notes

Healthcare professional information

Name:	License ID:
Signature:	Date of assessment: