Self-Injury Trauma Scale

Patient:	
Examiner:	
Date:	
Part I. General Description and Summary of Healed I	njuries
Check each type of self-injurious behavior exhibited by the patient. Next, note any phealed injuries (scars, permanent disfigurement, missing body parts), along with the	
Self-Injurious Behaviors:	
☐ Forceful contact with head or face	
☐ Forceful contact with other body part	
☐ Scratching, picking, rubbing skin	
Biting	
Eye gouging	
☐ Ingestion of inedible materials (pica)	
□ Vomiting or rumination	
☐ Air swallowing (aerophagia)	
☐ Hair pulling (trichotillomania)	
Other:	
Healed Injuries:	
1	_
2	_
3	-
4	_

Part II. Measurement of Surface Trauma

For each area of the body containing a current (unhealed) injury, identify the location and number of wounds, and note the type and the severity of the worst wound at the particular location.

Number:

- Score:
 - 1) One wound

- 2) Two to four wounds
- 3) Five or more wounds

Type:

- Abrasion or Laceration (AL): A break in the skin, either superficial or deep, caused by tearing, biting, excessive rubbing, or contact with a sharp object.
- Confusion (CT): A distinct area marked by abnormal discoloration or selling, with or without tissue rupture, caused by forceful contact.

Severity:

- · Score AL as:
 - 1) Area is red or irritated, with only spotted breaks in the skin.
 - 2) Break in the skin is distinct but superficial; no avulsion.
 - 3) Break in the skin is deep or extensive, or avulsion is present
- · Score CT as:
 - 1) Local swelling only or discoloration without swelling
 - 2) Extensive swelling
 - 3) Disfigurement or tissue rupture

Scoring Section

Head

Location	Number	Туре	Severity	Comment
Scalp	<u> </u>	□ AL	<u> </u>	
	<u> </u>	□ СТ	_ 2	
	□ 3		_ 3	
Ear L/R	1	_ AL	1	
	_ 2	□ СТ	_ 2	
	_ 3		_ 3	
Eye L/R	1	☐ AL	_ 1	
	_ 2	☐ CT	_ 2	
	□ 3		□ 3	

<u> </u>	□ AL	<u> </u>	
_ 2	□ CT	_ 2	
_ 3		□ 3	
_ 1	□ AL	_ 1	
□ 2	□СТ	□ 2	
□ 3		□ 3	
_ 2	□СТ	_ 2	
_ 3		_ 3	
□ 1	□ AL	□ 1	
2			
		3	
_ 1	□ AL	<u> </u>	
<u> </u>	□ CT	_ 2	
□ 3		3	
	2 3 1 2 3	2 CT 3 1 AL 2 CT 3 1 AL 2 CT 3 1 AL 2 CT 3 CT	2 CT 2 3 3 1 AL 1 2 CT 2 3 3

Upper Torso

Location	Number	Type	Severity	Comment
Shoulder L/R				
	□ 2 □ 3	СТ	□ 2□ 3	
Chest/Stomach	<u> </u>	_ AL	<u> </u>	
	□ 2	□ CT	□ 2	
	_ 3		_ 3	

Back	<u> </u>	□ AL	<u> </u>	
	□ 2	□СТ	□ 2	
	□ 3		□ 3	

Lower Torso

Location	Number	Туре	Severity	Comment
Abdomen/Pelvis	<u> </u>	□ AL	<u> </u>	
	_ 2	□СТ	_ 2	
	_ 3		_ 3	
Hips/Buttocks	_ 1	□ AL	<u> </u>	
	□ 2	□СТ	□ 2	
	_ 3		_ 3	
Rectum	□ 1	□ AL	1	
	_ 2	□ СТ	_ 2	
	_ 3		_ 3	

Extremities

Location	Number	Туре	Severity	Comment
Upper Arm/Elbow L/R	□ 1 □ 2	☐ AL	□ 1 □ 2	
	_ 3	<u> </u>	_ 3	
Lower Arm/Elbow L/R	<u> </u>	□ AL	<u> </u>	
	_ 2	☐ CT	_ 2	
	_ 3		_ 3	

Hand/Finger L/R	□ 1□ 2□ 3	□ AL	□ 1□ 2□ 3	
Upper Leg/Knee L/R	□ 1□ 2□ 3	□ AL □ CT	□ 1□ 2□ 3	
Lower Leg/Knee L/R	□ 1□ 2□ 3	□ AL □ CT	□ 1□ 2□ 3	
Foot/Toe L/R	□ 1□ 2□ 3	□ AL	□ 1□ 2□ 3	

Part III. Scoring Summary

A. Number Index (NI)

From Part II, add all of the scores under the Number column and enter the total here:

NI Score	Part II Total
O	No Injuries
<u> </u>	1-4
_ 2	5-8
3	9-12
_ 4	13-16

_ 5	17 or more

B. Severity Index (SI)

For Part II, enter the frequency of scores from the Severity Column:

- 1: _____
- 2:_____
- 3: _____

SI Score	Part II Total
_ O	No Injuries
_ 1	All severity scores are I's
<u> </u>	One 2; No 3's
□ 3	Two or more 2's; No 3's
<u> </u>	No more than one 3
_ 5	Two or more 3's

C. Estimate of Current Risk Based on Location and Severity

ſ	\neg	Low: No	injuries	or, Anv	v AL-1,	CT-1.	or AL-2	except r	near e	ves

- ☐ High: Any CT-2 on head, Any AL-3 or CT-3

Source: Iwata, B. A., Pace, G. M., Kissel, R. C., Nau, P. A., & Farber, J. M. (1990). THE SELF-INJURY TRAUMA (SIT) SCALE: A METHOD FOR QUANTIFYING SURFACE TISSUE DAMAGE CAUSED BY SELF-INJURIOUS BEHAVIOR. Journal of Applied Behavior Analysis, 23(1), 99–110. THE SELF-INJURY TRAUMA (SIT) SCALE: A METHOD FOR QUANTIFYING SURFACE TISSUE DAMAGE CAUSED BY SELF-INJURIOUS BEHAVIOR