Self-Injury Trauma Scale

Patient: ___________________________

Examiner: _________________________

Date: _____________________________

Part I. General Description and Summary of Healed Injuries

Check each type of self-injurious behavior exhibited by the patient. Next, note any physical evidence of healed injuries (scars, permanent disfigurement, missing body parts), along with the specific site.

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. ____
5. ____

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	Type	Severity	Comment
Scalp	☐ 1 ☐ 2 ☐ 3	☐ AL ☐ CT	☐ 1 ☐ 2 ☐ 3	
Ear L/R	☐ 1 ☐ 2 ☐ 3	☐ AL ☐ CT	☐ 1 ☐ 2 ☐ 3	
Eye L/R	☐ 1 ☐ 2 ☐ 3	☐ AL ☐ CT	☐ 1 ☐ 2 ☐ 3	

Eye Area L/R	☐ 1 ☐ 2 ☐ 3	☐ AL ☐ CT	☐ 1 ☐ 2 ☐ 3	
Face	☐ 1 ☐ 2 ☐ 3	☐ AL ☐ CT	☐ 1 ☐ 2 ☐ 3	
Nose	☐ 1 ☐ 2 ☐ 3	☐ AL ☐ CT	☐ 1 ☐ 2 ☐ 3	
Lips/Tongue	☐ 1 ☐ 2 ☐ 3	☐ AL ☐ CT	☐ 1 ☐ 2 ☐ 3	
Neck/Throat	☐ 1 ☐ 2 ☐ 3	☐ AL ☐ CT	☐ 1 ☐ 2 ☐ 3	

Upper Torso

Location	Number	Type	Severity	Comment
Shoulder L/R	☐ 1 ☐ 2 ☐ 3	☐ AL ☐ CT	☐ 1 ☐ 2 ☐ 3	
Chest/Stomach	☐ 1 ☐ 2 ☐ 3	☐ AL ☐ CT	☐ 1 ☐ 2 ☐ 3	

Back	☐ 1 ☐ 2 ☐ 3	☐ AL ☐ CT	☐ 1 ☐ 2 ☐ 3	

Lower Torso

Location	Number	Type	Severity	Comment
Abdomen/Pelvis	☐ 1 ☐ 2 ☐ 3	☐ AL ☐ CT	☐ 1 ☐ 2 ☐ 3	
Hips/Buttocks	☐ 1 ☐ 2 ☐ 3	☐ AL ☐ CT	☐ 1 ☐ 2 ☐ 3	
Rectum	☐ 1 ☐ 2 ☐ 3	☐ AL ☐ CT	☐ 1 ☐ 2 ☐ 3	

Extremities

Location	Number	Type	Severity	Comment
Upper Arm/Elbow L/R	☐ 1 ☐ 2 ☐ 3	☐ AL ☐ CT	☐ 1 ☐ 2 ☐ 3	
Lower Arm/Elbow L/R	☐ 1 ☐ 2 ☐ 3	☐ AL ☐ CT	☐ 1 ☐ 2 ☐ 3	

Hand/Finger L/R	☐ 1 ☐ 2 ☐ 3	☐ AL ☐ CT	☐ 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 ☐ CT	☐ 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
☐ 0	No Injuries
☐ 1	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
☐ 0	No Injuries
☐ 1	All severity scores are I's
☐ 2	One 2; No 3's
☐ 3	Two or more 2's; No 3's
☐ 4	No more than one 3
☐ 5	Two or more 3's

C. Estimate of Current Risk Based on Location and Severity

☐ Low: No injuries or, Any AL-1, CT-1, or AL-2 except near eyes

☐ Moderate: Any AL-2 near eyes, Any CT-2 except on head

☐ 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