

Appendix A1: University student information sheet for Study 1.1

VICTORIA UNIVERSITY OF WELLINGTON
Te Whare Wananga o te Upoko o te Ika a Maui



Information sheet

Who am I?

Hello, my name is Jessica Garisch. I am a PhD student undertaking this research (with my supervisor, Dr. Marc Wilson) to investigate the ways that people think about their emotions, and some of the behaviours and beliefs that might accompany emotional experience. This is a sensitive topic, and some of the questions ask you about some potentially very private aspects of your life (for example, whether you have engaged in any behaviours that you know could or would cause you harm). This research has been approved by the School of Psychology Human Ethics Committee.

What does participation involve?

If you agree to take part in this study, you will be asked to fill out a survey. This will take around half an hour. Some of the questions you will be asked may seem very personal. Examples of such questions include self-harming behaviours like abusing prescription medications or drinking to excess. Some items will ask for your perception of experiences such as whether or not you have ever deliberately overdosed, or attempted suicide. Remember, participation is voluntary and you can withdraw at any time until you hand us your survey. For your participation you'll receive IPRP credit.

As some of the questions in this study relate to potentially dangerous behaviours, we will make contact with people whose scores reveal that they should seek support. Dr John McDowall (a clinical psychologist) will write a letter to these people, inviting them to visit him at an arranged time to discuss the implications of their scores, and support resources that are available to them. Though it is recommended, these people are under no obligation to make a subsequent appointment.

What will we do with your responses?

Your data is confidential, and will be analysed as part of the group data collected in IPRP. Surveys will be stored in Dr Marc Wilson's laboratory, and will be accessible by myself and Dr Marc Wilson. The anonymous electronic data may be made available to students in PSYC325 (Advanced Research methods) for analysis of the group responses as part of their course work. The anonymous electronic data will also be available to other competent professionals. There will be no way in which these other competent professionals, or PSYC325 students, will be able to identify you from the data.

Thank you for your time.

Jessica Garisch
PhD candidate
Jessica.garisch@vuw.ac.nz

Dr Marc Wilson
Senior Lecturer
marc.wilson@vuw.ac.nz
04 463 5225

I have read the information sheet and I give consent to my data being used in this study.

Signature |

Date |

Student ID number |

Appendix A2: University student survey for Study 1.1

The set of questions below asks about some of the feelings you might experience. Please read each statement, and use the 1 to 7 scale to indicate the extent to which you agree or disagree with each one	Strongly Disagree			Strongly Agree	
	↓ 1	2	3	4	↓ 5
1. I am often confused about what emotion I am feeling.	1	2	3	4	5
2. It is difficult for me to find the right words for my feelings.	1	2	3	4	5
3. I have physical sensations that even doctors do not understand.	1	2	3	4	5
4. I am able to describe my feelings easily.	1	2	3	4	5
5. I prefer to analyze problems rather than just describe them.	1	2	3	4	5
6. When I am upset, I do not know if I am sad, frightened or angry.	1	2	3	4	5
7. I am often puzzled by sensations in my body.	1	2	3	4	5
8. I prefer to just let things happen rather than to understand why they turned out that way.	1	2	3	4	5
9. I have feelings that I cannot quite identify.	1	2	3	4	5
10. Being in touch with emotions is essential.	1	2	3	4	5
11. I find it hard to describe how I feel about people.	1	2	3	4	5
12. People tell me to describe my feelings more.	1	2	3	4	5
13. I do not know what is going on inside me.	1	2	3	4	5
14. I often do not know why I am angry.	1	2	3	4	5
15. I prefer talking to people about their daily activities rather than their feelings.	1	2	3	4	5
16. I prefer to watch "light" entertainment shows rather than psychological dramas.	1	2	3	4	5
17. It is difficult for me to reveal my innermost feelings, even to close friends.	1	2	3	4	5
18. I can feel close to someone, even in moments of silence.	1	2	3	4	5
19. I find examination of my feelings useful in solving personal problems.	1	2	3	4	5
20. Looking for hidden meanings in movies or plays distracts from the enjoyment.	1	2	3	4	5

Please indicate on the response scale how accurate each statement is of the way you typically think, feel or act. 1= Very seldom; 3= Sometimes; 5= Very often	Very seldom			Very often	
	↓ 1	2	3	4	↓ 5
1. I can tell how others are feeling	1	2	3	4	5
2. I try to make myself feel happy to get over being stressed or frustrated.	1	2	3	4	5
3. I use my 'gut feelings' when I try to solve problems.	1	2	3	4	5
4. I can still stay focused when I get worried.	1	2	3	4	5
5. I can tell if others like each other or not.	1	2	3	4	5
6. When I'm stressed I get annoyed by people around me.	1	2	3	4	5
7. I find it hard to talk about feelings to other people.	1	2	3	4	5
8. I find it hard to tell how others are feeling just from their 'body language'.	1	2	3	4	5
9. Difficult situations bring out feelings in me that are hard to deal with.	1	2	3	4	5
10. Others find it easy to tell how I am feeling.	1	2	3	4	5
11. I get stressed out when I am under a lot of pressure.	1	2	3	4	5
12. I use my feelings to help me find new ideas.	1	2	3	4	5

13. I can tell how others feel by the tone of their voice.	1	2	3	4	5
14. When I get worried, I find it hard to tell other people.	1	2	3	4	5
15. I find it easy to change other people's feelings. ...Continued	1	2	3	4	5
	Very seldom				Very often
	↓				↓
16. I don't easily pick-up on the 'vibe' of the place I'm in.	1	2	3	4	5
17. I can tell when other people are trying to hide their true feelings.	1	2	3	4	5
18. When I try to solve problems I keep my feelings out of it.	1	2	3	4	5
19. I find it easy to control my anger and calm down.	1	2	3	4	5
20. I can tell others how I feel about things.	1	2	3	4	5
21. I don't think it is a good idea to listen to my feelings when I make a decision.	1	2	3	4	5
22. I find it hard to tell if somebody is upset if they don't say it to me.	1	2	3	4	5
23. I find it hard to get people to 'get along' with each other.	1	2	3	4	5
24. I come-up with new ideas by logic and clear thinking instead of using my moods or feelings.	1	2	3	4	5
25. I find it hard to stay focused if I'm really excited about something	1	2	3	4	5
26. I can show people how I'm feeling through my 'body language'.	1	2	3	4	5
27. I find it hard to tell how people feel about each other.	1	2	3	4	5
28. I solve my problems using logic and clear thinking instead of feelings.	1	2	3	4	5
29. I find it hard to think clearly when I am worried about something.	1	2	3	4	5
30. I find it hard to say how I feel.	1	2	3	4	5
31. I find it hard to make others excited about things.	1	2	3	4	5
32. I can pick-up on what the 'vibe' is when people are talking about something.	1	2	3	4	5
33. I listen to my feelings when making important decisions.	1	2	3	4	5
34. Other people know when I'm worried or stressed.	1	2	3	4	5
35. When I have upset someone I understand why they are upset with me.	1	2	3	4	5
36. I find it hard to calm people down when they are worried or stressed.	1	2	3	4	5
37. I can still think clearly when I'm upset.	1	2	3	4	5
38. I find it hard to let others know that I am worried or stressed.	1	2	3	4	5
39. I can tell when another person's feeling or reaction don't 'fit' or make sense with what is happening.	1	2	3	4	5
40. I can make my friends relax when they get stressed.	1	2	3	4	5
41. The look on other people's faces tells me a lot about the way they are feeling.	1	2	3	4	5
42. I find it hard to control really strong emotions.	1	2	3	4	5
43. You should stop your feelings from having a big influence over any important decisions.	1	2	3	4	5
44. I easily notice the 'feel' or atmosphere of different situations and places.	1	2	3	4	5
45. When something gets me down I find it difficult to snap out of it.	1	2	3	4	5
46. I trust my feelings when I make important decisions.	1	2	3	4	5
47. I am good at knowing what my feelings are.	1	2	3	4	5
48. When I talk about something, it is hard to tell if other people feel the same way as me.	1	2	3	4	5

49. I can easily 'snap' myself out of feeling down or sad.	1	2	3	4	5
50. I can tell when someone feels the same way as me about other people without talking about it to them.	1	2	3	4	5
...Continued	Very seldom				Very often
	↓				↓
51. I find it hard to stay 'positive' when I get stressed or worried.	1	2	3	4	5
52. When I am upset with someone, I find it hard to tell how they might be feeling.	1	2	3	4	5
53. When things go wrong in my life, I find it hard to stay 'positive'.	1	2	3	4	5
54. Other people seem to find it easy to tell how I feel about things.	1	2	3	4	5
55. I try to keep my feelings out of the decisions I make.	1	2	3	4	5
56. I can tell when someone doesn't really like me.	1	2	3	4	5
57. When someone upsets me, I think about what they said and then usually find a solution.	1	2	3	4	5

Are you (tick one) Male Female What is your age? _____

What is your ethnicity? _____ What is your nationality? _____

Continued on next page...

Please indicate on the response scale how accurate each statement is of the way you typically think, feel or act. 1= Very seldom; 2= Seldom; 3= Sometimes; 4= Often; 5= Very often	Very seldom							Very often
	↓							↓
1. I know when to speak about my personal problems to others	1	2	3	4	5			
2. When I am faced with obstacles, I remember times I faced similar obstacles and overcame them.	1	2	3	4	5			
3. I expect that I will do well on most things that I try.	1	2	3	4	5			
4. Other people find it easy to confide in me.	1	2	3	4	5			
5. I find it hard to understand the non-verbal messages of other people.	1	2	3	4	5			
6. Some of the major events of my life have led me to re-evaluate what is important and not important.	1	2	3	4	5			
7. When my mood changes, I see new possibilities.	1	2	3	4	5			
8. Emotions are one of the things that make my life worth living.	1	2	3	4	5			
9. I am aware of my emotions as I experience them.	1	2	3	4	5			
10. I expect good things to happen.	1	2	3	4	5			
11. I like to share my emotions with others.	1	2	3	4	5			
12. When I experience a positive emotion I know how to make it last.	1	2	3	4	5			
13. I arrange events others enjoy.	1	2	3	4	5			
14. I seek out activities that make me happy.	1	2	3	4	5			
15. I am aware of the non-verbal messages I send to others.	1	2	3	4	5			
16. I present myself in a way that makes a good impression on others.	1	2	3	4	5			
17. When I am in a positive mood, solving problems is easy for me.	1	2	3	4	5			
18. By looking at their facial expressions, I recognise the emotions people are experiencing.	1	2	3	4	5			
19. I know why my emotions change.	1	2	3	4	5			
20. When I am in a positive mood, I am able to come up with new ideas.	1	2	3	4	5			
21. I have control over my emotions.	1	2	3	4	5			
22. I easily recognise my emotions as I experience them.	1	2	3	4	5			
23. I motivate myself by imagining a good outcome to tasks I take on.	1	2	3	4	5			
24. I compliment others when they have done something well.	1	2	3	4	5			
25. I am aware of the non-verbal messages other people send.	1	2	3	4	5			
26. When another person tells me about an important event in his or her life, I almost feel as though I have experienced this event myself.	1	2	3	4	5			
27. When I feel a change in emotions, I tend to come up with new ideas.	1	2	3	4	5			
28. When I am faced with a challenge, I give up because I believe I will fail.	1	2	3	4	5			
29. I know what other people are feeling just by looking at them.	1	2	3	4	5			
30. I help other people feel better when they are down.	1	2	3	4	5			
31. I use good moods to help myself keep trying in the face of obstacles.	1	2	3	4	5			
32. I can tell how people are feeling by listening to the tone of their voice.	1	2	3	4	5			
33. It is difficult for me to understand why people feel the way they do.	1	2	3	4	5			

Self-harm

The following two pages ask you about a number of different things that people sometimes do to hurt themselves. Please be sure to read each question carefully and respond honestly. Often, people who do these kinds of things to themselves keep it a secret, for a variety of reasons. However, honest responses to these questions will provide us with greater understanding and knowledge about these behaviours and the best way to help people. Don't worry if some of the questions are very similar - we're using questions from several surveys. We are not trying to catch you out.

Please answer yes to a question only if you did the behaviour intentionally, to hurt yourself. Do not respond yes if you did something accidentally (e.g., you tripped and banged your head on accident). Also, please be assured that your responses are completely confidential.

Please circle one response alternative for each question.	Never	Once	More than once	Many times
	↓	↓	↓	↓
1. Have you ever intentionally cut your wrist, arms, or other areas of your body?	1	2	3	4
2. Have you ever intentionally burned yourself with a cigarette, lighter or a match?	1	2	3	4
3. Have you ever intentionally carved words, pictures, designs or other marks onto your skin?	1	2	3	4
4. Have you ever intentionally severely scratched yourself, to the extent that scarring or bleeding occurred?	1	2	3	4
5. Have you ever intentionally bit yourself, to the extent that you broke the skin?	1	2	3	4
6. Have you ever intentionally rubbed sandpaper on your body?	1	2	3	4
7. Have you ever intentionally dripped acid onto your skin?	1	2	3	4
8. Have you ever intentionally used bleach, comet, or oven cleaner to scrub your skin?	1	2	3	4
9. Have you ever intentionally stuck sharp objects such as needles, pins, staples, etc. into your skin? (not including tattoos, ear piercing, needles used for drug use, or body piercing)	1	2	3	4
10. Have you ever intentionally rubbed glass into your skin?	1	2	3	4
11. Have you ever intentionally broken your own bones?	1	2	3	4
12. Have you ever intentionally banged your head against something, to the extent that you caused a bruise to appear?	1	2	3	4
13. Have you ever intentionally punched yourself, to the extent that you caused a bruise to appear?	1	2	3	4
14. Have you ever intentionally prevented wounds from healing?	1	2	3	4
15. Have you ever done anything else to hurt yourself that was not asked in this questionnaire? If yes, how often did you hurt yourself in this way, and what did you do to hurt yourself?	1	2	3	4
16. Have you ever intentionally hurt yourself in any of the above-mentioned ways so that it led to hospitalization or injury severe enough to require medical treatment?	1	2	3	4

Self-Harm Inventory

Instructions: Please answer the following questions by checking either, “Yes”, or “No.” Check “yes” *only* to those items that you have done intentionally, or *on purpose*, to hurt yourself.

Have you ever intentionally, or on purpose, . . .	No, <u>Never</u> even thought of doing this	No, but I've thought about it	Yes, I've done this
1. Overdosed? (If yes, number of times_____)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Cut yourself on purpose? (If yes, number of times_____)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Burned yourself on purpose? (If yes, number of times_____)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Hit yourself? (If yes, number of times_____)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Banged your head on purpose? (If yes, number of times_____)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. Abused alcohol?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. Driven recklessly on purpose? (If yes, number of times_____)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. Scratched yourself on purpose? (If yes, number of times_____)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. Prevented wounds from healing?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. Made medical situations worse, on purpose (e.g.,skipped medication)?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11. Been promiscuous (i.e., had many sexual partners)? (If yes, how many?_____)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12. Set yourself up in a relationship to be rejected?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13. Abused prescription medication?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
14. Distanced yourself from God as punishment?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
15. Engaged in emotionally abusive relationships? (If yes, number of relationships?_____)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
16. Engaged in sexually abusive relationships? (If yes, number of relationships?_____)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
17. Lost a job on purpose? (If yes, number of times_____)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
18. Attempted suicide? (If yes, number of times_____)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
19. Exercised an injury on purpose?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
20. Tortured yourself with self-defeating thoughts?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
21. Starved yourself to hurt yourself?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
22. Abused laxatives to hurt yourself? (If yes, number of times_____)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Using the scale above, please indicate how frequently each of these statements applies to you.	None of the time ↓		Most of the time ↓	
	1	2	3	4
I feel more nervous and anxious than usual.	1	2	3	4
I feel afraid for no reason at all.	1	2	3	4
I get upset easily or feel panicky.	1	2	3	4
I feel like I'm falling apart and going to pieces	1	2	3	4
I feel that everything is all right and nothing bad will happen.	1	2	3	4
My arms and legs shake and tremble	1	2	3	4
I am bothered by headaches neck and back pain.	1	2	3	4
I feel weak and get tired easily	1	2	3	4
I feel calm and can sit still easily.	1	2	3	4
I can feel my heart beating fast	1	2	3	4
I am bothered by dizzy spells.	1	2	3	4
I have fainting spells or feel like it.	1	2	3	4
I can breathe in and out easily.	1	2	3	4
I get feelings of numbness and tingling in my fingers and toes	1	2	3	4
I am bothered by stomach-aches or indigestion	1	2	3	4
I have to empty my bladder often	1	2	3	4
My hands are usually dry and warm	1	2	3	4
My face gets hot and blushes	1	2	3	4
I fall asleep easily and get a good night's rest.	1	2	3	4
I have nightmares	1	2	3	4

Thank you for participating.

Appendix A3: University student debriefing sheet for Study 1.1

VICTORIA UNIVERSITY OF WELLINGTON
Te Whare Wananga o te Upoko o te Ika a Maui



Debriefing Sheet.

Thank you for participating in this research.

In this survey you have completed questions about your emotional experience – for example, how easy you find it to identify the emotional experiences you have, and how you feel about them. You have also answered questions indicating whether or not, and how frequently, you might have done things that you knew could or would cause you harm. Completing these questions tells us how common these feelings and behaviours are, and specifically what the best ways are of measuring them. For example, there are several sets of questions about emotions and these have all been used in research to a greater or lesser extent. As you have completed them all in one survey, we can assess how well each measure does its job, and this will allow us to use the best measures available in our subsequent research.

A second aim of the research is to look at the relationship between emotional experience and self-harming behaviour. Anecdotally, and in some research, it has been suggested that one reason people might behave in ways that could or would cause them harm is to help them master their emotions – for example, when they feel so overwhelmed by an emotional experience that experiencing a physical sensation seems like the only way to override those feelings. This research allows us to assess these relationships statistically.

The next step in our research is to use your data to refine the measures of emotional experience for use with secondary school students. Internationally, there has been an increase in adolescent self-harm, and we want to look at how best to address this or even if it is a problem.

If questions in this study have raised any issues (either with regard to yourself or friends/family) that you wish to discuss further, please do not hesitate to contact Dr John McDowall at the School of Psychology. Alternatively, please feel free to make use of the following services provided by the university:

Student Health Services
4 Wai-te-ata Rd
Kelburn Campus
(04) 463 5308

Counselling Services
2 Wai-te-ata Rd
Kelburn Campus
(04) 463 5310

Because some of the behaviours described in this study can be dangerous, we will pass on the student IDs of anybody who scores particularly high on these measures to Dr. John McDowall – one of the supervisors of this project with clinical experience. Dr John McDowall will write a letter to these people, inviting them to visit him at an arranged time to discuss the implications of their scores, and support resources that are available to them. Though it is recommended, these people are under no obligation to make a subsequent appointment.

If you wish to know the results of this study, or wish to discuss it further, please do not hesitate to contact Jessica Garisch or Dr. Marc Wilson using the email address below at the School of Psychology.

Thank you again for your time.

Jessica Garisch
PhD Candidate
jessica.garisch@vuw.ac.nz

Dr Marc Wilson
Senior Lecturer
marc.wilson@vuw.ac.nz
04 463 5225



Teen Life Survey

Hello, I'm Jessica Garisch - a PhD student in the School of Psychology at Victoria University under the supervision of Dr. Marc Wilson. With the assistance of your school and guidance counsellor, I'm researching the experiences and attitudes of teenagers in secondary schools in the Wellington region, and I'd like you to consider participating in this project by reading, completing and returning this survey.

What is the purpose of this research?

- This research provides us with information about your beliefs about health, your life, and life in general. Specifically, we are interested in whether you've experienced some of the things that are currently the subject of some debate – like bullying, or self-harm, for example. This survey gives an idea of how many people experience these things, and how you think about them. Please note that these might be very sensitive issues for you, and you may have strong emotional reactions when thinking about them. Please think carefully about whether it is in your best interests to participate. Note that, at the end of this survey, there is a page of places and people that you can talk to about any issues that this study raises for you.

What is involved if you agree to participate?

- Participation involves reading, completing, and returning this anonymous survey during this class/in your own time – this will take no longer than half an hour.
- You don't have to participate if you don't want to, and you can stop filling it in at any point.

Privacy and Confidentiality

- As part of the ethical approval under which this research is conducted your survey and data will be kept for at least five years after publication, and anonymous data may be shared with other competent researchers working on similar projects.

To protect your privacy, the survey is anonymous and we only ask for basic demographic information so no one can identify you from your data. Only those researchers at Victoria University directly related to the project will have access to the raw data that you provide us with. You will never be identified in any summary or report of the research. My supervisor (Dr. Wilson) and I will keep a copy of coded data (where your responses are converted to numbers for analysis). We do ask for you to give us a 'unique identifier' based on a set of answers to trivial questions (for example, the day of the month that you were born, the first two letters of your mother's maiden name, etc) that cannot be used to match your survey to you, but that we can use to match your surveys over time if you participate again at a later date.

What happens to the information that you provide?

- When enough information has been collected, we will prepare reports based on the group results. And the overall findings will be submitted for publication in scientific journals, or presented at scientific conferences. We will also give a summary of the results to your school – again, no-one can identify your responses because they will be added together with everyone else's.
- Jessica Garisch will use the results to complete a research report as part of her PhD study in psychology.

How can you contact me?

- If you have any further questions regarding this study please contact Jessica Garisch at Jessica.garisch@vuw.ac.nz, or Dr. Marc Wilson: Ph. 463-5225 or by email at marc.wilson@vuw.ac.nz.

Appendix B2: School Student Survey, first round



Teen Life Survey

Please enter your unique identifier (remember, this **cannot** be used to identify you):

Last 4 digits of your phone number: _____

First TWO letters of your street name: _____

First TWO letters of the name of the place you were born in: _____

Last TWO letters of your father's first name: _____

Last TWO letters of mother's maiden name: _____

The numerical day you were born on (e.g., 14 for 14th): _____

Please indicate:

1. Your gender (circle what applies to you): Male Female

2. Age: _____

3. Do you live with (circle what applies to you):

Both your
biological parents

A single biological parent and a stepparent

A single
biological parent

An extended family member (e.g.: grandparent(s), aunt, uncle, etc)

Other: _____

4. Indicate who you live with long-term. Tick those that apply to you:

mother

sister

father

aunt or uncle

step-parent

grandparent

brother

5. What do you consider to be your ethnicity (e.g., NZ European/Pakeha, Maori, etc)? _____

6. What does your primary caregiver (the person you live with most of the time) do for their occupation? _____

Please work through the questions on the following pages. Don't worry if you run out of time!

This questionnaire asks about a number of different things that people sometimes do to hurt themselves. Please be sure to read each question carefully and respond honestly. Often, people who do these kinds of things to themselves keep it a secret, for a variety of reasons. However, honest responses to these questions will provide us with greater understanding and knowledge about these behaviours and the best way to help people.

Please answer yes to a question only if you did the behaviour intentionally, to hurt yourself. Do not respond yes if you did something accidentally (e.g., you tripped and banged your head on accident). Also, please be assured that your responses are completely confidential.

Please circle one response alternative for each question.	Never ↓ 1	Have thought of doing this to yourself ↓ 2	Once ↓ 3	More than once ↓ 4	Many times ↓ 5
1. Have you ever intentionally cut your wrist, arms, or other areas of your body?	1	2	3	4	5
2. Have you ever intentionally burned yourself with a cigarette, lighter or a match?	1	2	3	4	5
3. Have you ever intentionally carved words, pictures, designs or other marks onto your skin?	1	2	3	4	5
4. Have you ever intentionally severely scratched yourself, to the extent that scarring or bleeding occurred?	1	2	3	4	5
5. Have you ever intentionally bit yourself, to the extent that you broke the skin?	1	2	3	4	5
6. Have you ever intentionally rubbed sandpaper on your body?	1	2	3	4	5
7. Have you ever intentionally dripped acid onto your skin?	1	2	3	4	5
8. Have you ever intentionally used bleach, comet, or oven cleaner to scrub your skin?	1	2	3	4	5
9. Have you ever intentionally stuck sharp objects such as needles, pins, staples, etc. into your skin? (not including tattoos, ear piercing, needles used for drug use, or body piercing)	1	2	3	4	5
10. Have you ever intentionally rubbed glass into your skin?	1	2	3	4	5
11. Have you ever intentionally broken your own bones?	1	2	3	4	5
12. Have you ever intentionally banged your head against something, to the extent that you caused a bruise to appear?	1	2	3	4	5
13. Have you ever intentionally punched yourself, to the extent that you caused a bruise to appear?	1	2	3	4	5
14. Have you ever intentionally prevented wounds from healing?	1	2	3	4	5
15. Have you ever done anything else to hurt yourself that was not asked in this questionnaire? If yes, how often did you hurt yourself in this way, and what did you do to hurt yourself?	Never ↓ 1	Once ↓ 2	More than once ↓ 3	Many times ↓ 4	
16. Have you ever intentionally hurt yourself in any of the above-mentioned ways so that it led to hospitalization or injury severe enough to require medical treatment?	1	2	3	4	

If you have indicated that you have harmed yourself intentionally in one of the above mentioned ways, how long ago was the last time you intentionally harmed yourself?

- Within the last week or
- Within the last month or
- Within the last year or
- Over a year ago

The set of questions below asks about some of the feelings you might experience. Please read each statement, and use the 1 to 7 scale to indicate the extent to which you agree or disagree with each one	Strongly Disagree			Strongly Agree			
	↓						↓
1. I am often confused about what emotion I am feeling.	1	2	3	4	5	6	7
2. It is difficult for me to find the right words for my feelings.	1	2	3	4	5	6	7
3. I have physical sensations that even doctors do not understand.	1	2	3	4	5	6	7
4. I am able to describe my feelings easily.	1	2	3	4	5	6	7
5. I prefer to analyze problems rather than just describe them.	1	2	3	4	5	6	7
6. When I am upset, I do not know if I am sad, frightened or angry.	1	2	3	4	5	6	7
7. I am often puzzled by sensations in my body.	1	2	3	4	5	6	7
8. I prefer to just let things happen rather than to understand why they turned out that way.	1	2	3	4	5	6	7
9. I have feelings that I cannot quite identify.	1	2	3	4	5	6	7
10. Being in touch with emotions is essential.	1	2	3	4	5	6	7
11. I find it hard to describe how I feel about people.	1	2	3	4	5	6	7
12. People tell me to describe my feelings more.	1	2	3	4	5	6	7
13. I do not know what is going on inside me.	1	2	3	4	5	6	7
14. I often do not know why I am angry.	1	2	3	4	5	6	7
15. I prefer talking to people about their daily activities rather than their feelings.	1	2	3	4	5	6	7
16. I prefer to watch "light" entertainment shows rather than psychological dramas.	1	2	3	4	5	6	7
17. It is difficult for me to reveal my innermost feelings, even to close friends.	1	2	3	4	5	6	7
18. I can feel close to someone, even in moments of silence.	1	2	3	4	5	6	7
19. I find examination of my feelings useful in solving personal problems.	1	2	3	4	5	6	7
20. Looking for hidden meanings in movies or plays distracts from the enjoyment.	1	2	3	4	5	6	7

Below is a set of statements dealing with your general feelings about yourself. Please read each statement, and use the 1 to 4 scale to indicate the extent to which you agree or disagree with each one	Strongly Disagree		Strongly Agree	
	↓			↓
1. On the whole, I am satisfied with myself.	1	2	3	4
2. At times, I think I am no good at all.	1	2	3	4
3. I feel that I have a number of good qualities.	1	2	3	4
4. I am able to do things as well as most other people.	1	2	3	4
5. I feel I do not have much to be proud of.	1	2	3	4
6. I certainly feel useless at times.	1	2	3	4
7. I feel that I'm a person of worth, at least on an equal plane with others.	1	2	3	4
8. I wish I could have more respect for myself.	1	2	3	4
9. All in all, I am inclined to feel that I am a failure.	1	2	3	4
10. I take a positive attitude toward myself.	1	2	3	4

Indicate, using the scale how, accurate each statement is of the way you typically think, feel or act. 1= Very seldom; 2= Seldom; 3= Sometimes; 4= Often; 5= Very often	Very seldom					Very often
	↓					↓
1. I know when to speak about my personal problems to others	1	2	3	4	5	
2. When I am faced with obstacles, I remember times I faced similar obstacles and overcame them.	1	2	3	4	5	
3. I expect that I will do well on most things that I try.	1	2	3	4	5	
4. Other people find it easy to confide in me.	1	2	3	4	5	
5. I find it hard to understand the non-verbal messages of other people.	1	2	3	4	5	
6. Some of the major events of my life have led me to re-evaluate what is important and not important.	1	2	3	4	5	
7. When my mood changes, I see new possibilities.	1	2	3	4	5	
8. Emotions are one of the things that make my life worth living.	1	2	3	4	5	
9. I am aware of my emotions as I experience them.	1	2	3	4	5	
10. I expect good things to happen.	1	2	3	4	5	
11. I like to share my emotions with others.	1	2	3	4	5	
12. When I experience a positive emotion I know how to make it last.	1	2	3	4	5	
13. I arrange events others enjoy.	1	2	3	4	5	
14. I seek out activities that make me happy.	1	2	3	4	5	
15. I am aware of the non-verbal messages I send to others.	1	2	3	4	5	
16. I present myself in a way that makes a good impression on others.	1	2	3	4	5	
17. When I am in a positive mood, solving problems is easy for me.	1	2	3	4	5	
18. By looking at their facial expressions, I recognise the emotions people are experiencing.	1	2	3	4	5	
19. I know why my emotions change.	1	2	3	4	5	
20. When I am in a positive mood, I am able to come up with new ideas.	1	2	3	4	5	
21. I have control over my emotions.	1	2	3	4	5	
22. I easily recognise my emotions as I experience them.	1	2	3	4	5	
23. I motivate myself by imagining a good outcome to tasks I take on.	1	2	3	4	5	
24. I compliment others when they have done something well.	1	2	3	4	5	
25. I am aware of the non-verbal messages other people send.	1	2	3	4	5	
26. When another person tells me about an important event in his or her life, I almost feel as though I have experienced this event myself.	1	2	3	4	5	
27. When I feel a change in emotions, I tend to come up with new ideas.	1	2	3	4	5	
28. When I am faced with a challenge, I give up because I believe I will fail.	1	2	3	4	5	
29. I know what other people are feeling just by looking at them.	1	2	3	4	5	
30. I help other people feel better when they are down.	1	2	3	4	5	
31. I use good moods to help myself keep trying in the face of obstacles.	1	2	3	4	5	
32. I can tell how people are feeling by listening to the tone of their voice.	1	2	3	4	5	
33. It is difficult for me to understand why people feel the way they do.	1	2	3	4	5	

Using the scale above, please indicate how frequently each of these statements applies to you.	None of the time ↓		Most of the time ↓	
1. I feel more nervous and anxious than usual.	1	2	3	4
2. I feel afraid for no reason at all.	1	2	3	4
3. I get upset easily or feel panicky.	1	2	3	4
4. I feel like I'm falling apart and going to pieces	1	2	3	4
5. I feel that everything is all right and nothing bad will happen.	1	2	3	4
6. My arms and legs shake and tremble	1	2	3	4
7. I am bothered by headaches neck and back pain.	1	2	3	4
8. I feel weak and get tired easily	1	2	3	4
9. I feel calm and can sit still easily.	1	2	3	4
10. I can feel my heart beating fast	1	2	3	4
11. I am bothered by dizzy spells.	1	2	3	4
12. I have fainting spells or feel like it.	1	2	3	4
13. I can breathe in and out easily.	1	2	3	4
14. I get feelings of numbness and tingling in my fingers and toes	1	2	3	4
15. I am bothered by stomach-aches or indigestion	1	2	3	4
16. I have to empty my bladder often	1	2	3	4
17. My hands are usually dry and warm	1	2	3	4
18. My face gets hot and blushes	1	2	3	4
19. I fall asleep easily and get a good night's rest.	1	2	3	4
20. I have nightmares	1	2	3	4
21. I feel down-hearted and blue	1	2	3	4
22. Morning is when I feel the best	1	2	3	4
23. I have crying spells or feel like it	1	2	3	4
24. I have trouble sleeping at night	1	2	3	4
25. I eat as much as I used to	1	2	3	4
26. I think about hurting myself	1	2	3	4
27. I notice that I am losing weight	1	2	3	4
28. I have trouble with constipation	1	2	3	4
29. My heart beats faster than usual	1	2	3	4
30. I get tired for no reason	1	2	3	4
31. My mind is as clear as it used to be	1	2	3	4
32. I find it easy to do the things I used to	1	2	3	4
33. I am restless and can't keep still	1	2	3	4
34. I feel hopeful about the future	1	2	3	4
35. I am more irritable than usual	1	2	3	4
36. I find it easy to make decisions	1	2	3	4
37. I feel that I am useful and needed	1	2	3	4
38. My life is pretty full	1	2	3	4
39. I feel that others would be better off if I were dead	1	2	3	4
40. I still enjoy the things I used to do	1	2	3	4

Use the scale on the right to describe how you feel right now (even if you have felt differently at other times).	Strongly disagree							Strongly agree						
	↓							↓						
1. When I make plans I follow through with them	1	2	3	4	5	6	7							
2. I usually manage one way or another	1	2	3	4	5	6	7							
3. I feel proud that I have accomplished things in my life	1	2	3	4	5	6	7							
4. I usually take things in my stride	1	2	3	4	5	6	7							
5. I am friends with myself	1	2	3	4	5	6	7							
6. I feel that I can handle many things at a time	1	2	3	4	5	6	7							
7. I am determined	1	2	3	4	5	6	7							
8. I have self-discipline	1	2	3	4	5	6	7							
9. I keep interested in things	1	2	3	4	5	6	7							
10. I can usually find something to laugh about	1	2	3	4	5	6	7							
11. My belief in myself gets me through hard times	1	2	3	4	5	6	7							
12. I can usually look at a situation in a number of ways	1	2	3	4	5	6	7							
13. My life has meaning	1	2	3	4	5	6	7							
14. When I am in a difficult situation, I can usually find my way out of it.	1	2	3	4	5	6	7							
15. I have enough energy to do what I have to do	1	2	3	4	5	6	7							

We call it bullying when someone is deliberately and repeatedly hurting or frightening someone weaker than themselves for no good reason. This may be done in different ways: by hurtful teasing, threatening actions or gestures, name calling, or hitting or kicking.

1. Have you been bullied by any student this year at school (please tick the box that applies to you)?

No Yes, once Yes, a few times Yes, lots of times

If you have been bullied this year, did any of these things happen to you while you were being bullied (please use the 1 to 3 scale to indicate whether this has never, sometimes, or often happened to you this year)?:

	Never	Sometimes	Often
	↓	↓	↓
2. Being teased in an unpleasant way?	1	2	3
3. Being called hurtful names?	1	2	3
4. Being left out of things on purpose?	1	2	3
5. Being threatened with harm?	1	2	3
6. Being hit or kicked?	1	2	3
7. Being teased, called names or threatened over text message or email?	1	2	3

People have a variety of ways of relating to their thoughts and feelings. For each item below, rate how much each applies to you.	Rarely / no at all	Sometimes	Often	Almost always
	↓	↓	↓	↓
1. It is easy for me to concentrate on what I am doing	1	2	3	4
2. I am preoccupied by the future	1	2	3	4
3. I can tolerate emotional pain	1	2	3	4
4. I can accept things I cannot change	1	2	3	4
5. I can usually describe how I feel at the moment in considerable detail	1	2	3	4
6. I am easily distracted	1	2	3	4
7. I am preoccupied by the past	1	2	3	4
8. It's easy for me to keep track of my thoughts and feelings	1	2	3	4
9. I try to notice my thoughts without judging them	1	2	3	4
10. I am able to accept the thoughts and feelings I have	1	2	3	4
11. I am able to focus on the present moment	1	2	3	4
12. I am able to pay close attention to one thing for a long period of time	1	2	3	4

Have you ever taken legal party pills?	No <input type="checkbox"/>	Yes, once <input type="checkbox"/>	Yes, more than once <input type="checkbox"/>	
Have you ever taken illegal drugs (e.g. Cannabis, etc)	No <input type="checkbox"/>	Yes, once <input type="checkbox"/>	Yes, more than once <input type="checkbox"/>	
Have you ever smoked a cigarette?	No <input type="checkbox"/>	Yes, once <input type="checkbox"/>	Yes, more than once <input type="checkbox"/>	
Have you ever drunk alcohol to excess?	No <input type="checkbox"/>	Yes, once <input type="checkbox"/>	Yes, more than once <input type="checkbox"/>	
Have you ever worried about issues around sexuality (e.g., being straight, gay, etc)?	No <input type="checkbox"/>	Yes, once <input type="checkbox"/>	Yes, a lot <input type="checkbox"/>	Decline to say <input type="checkbox"/>

Your Social Network

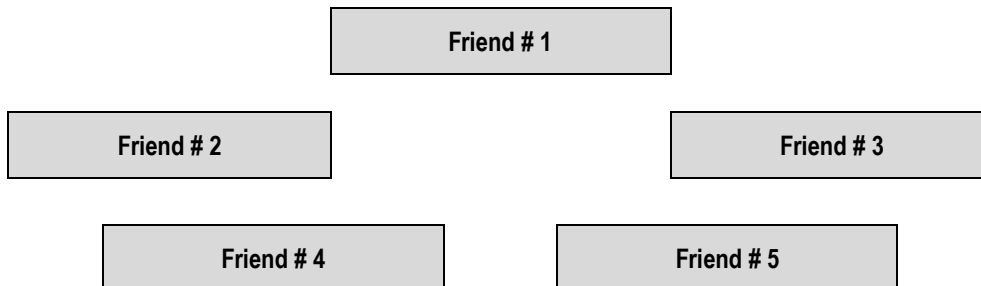
Please describe your five best friends. These should be among the most important people you regularly interact with (including parents and siblings). Include your romantic partner if you think of this person as an important friend.

Approximately, how many people can you think of that fit this description? _____

	Friend #1	Friend #2	Friend #3	Friend #4	Friend #5
Friend's initials: (this is to help you visualise them – not so we can track them down!)					
Friend's gender (write M for male or F for female):					
Your relationship: 1=Romantic partner, 2= Family, 3=Friends, 4=Other					
How close are you?: From 1 -10, where 1=not very close, and 10=very close					
If you needed someone to talk to about something that's worrying you, would you feel comfortable talking to this person? (Y or N)					
Which of these friends do you KNOW have ever deliberately tried to harm themselves? (e.g. cut themselves or taken an overdose)? 0=never has, 1=has once, 2=has more than once, DK=Don't know					
Which of these friends do you KNOW use alcohol? 0=never, 1=once, 2=more than once, DK=Don't know.					
Which of these friends do you KNOW have been bullied at school? 0=never, 1=Once, 2=more than once, DK=Don't know					

How familiar are your friends with each other?

The diagram below shows five boxes, one for each of the people you've described above. You can indicate that one person knows another by drawing a line between them (for example, if Friend #2 knows Friend #5, you would draw a line between them), and so on.



Please circle one response alternative for each question.	Never ↓	Rarely ↓	Sometimes ↓	Often ↓	Very often ↓
1. When I was growing up, people in my family hit me so hard that it left me with bruises and marks.	1	2	3	4	5
2. When I was growing up, someone tried to touch me in a sexual way or tried to make me touch them.	1	2	3	4	5

Directions: People differ in the ways they act and think in different situations. This is a test to measure some of the ways in which you act and think. Read each statement and place a check in the appropriate box on the right side of the page. Do not spend too much time on any statement. Answer quickly and honestly.		Rarely/ Never	Occasionally	Often	Almost always/ Always
		↓	↓	↓	↓
1.	I plan tasks carefully	1	2	3	4
2.	I do things without thinking	1	2	3	4
3.	I am happy-go-lucky	1	2	3	4
4.	I have "racing" thoughts	1	2	3	4
5.	I plan trips well ahead of time	1	2	3	4
6.	I am self-controlled	1	2	3	4
7.	I concentrate easily	1	2	3	4
8.	I save regularly	1	2	3	4
9.	I find it hard to sit still for long periods of time	1	2	3	4
10.	I am a careful thinker	1	2	3	4
11.	I plan for job security	1	2	3	4
12.	I say things without thinking	1	2	3	4
13.	I like to think about complex problems	1	2	3	4
14.	I change jobs	1	2	3	4
15.	I act "on impulse"	1	2	3	4
16.	I get easily bored when solving thought problems	1	2	3	4
17.	I have regular medical/dental checkups	1	2	3	4
18.	I act on the spur of the moment	1	2	3	4
19.	I am a steady thinker	1	2	3	4
20.	I change where I live	1	2	3	4
21.	I buy things on impulse	1	2	3	4
22.	I finish what I start	1	2	3	4
23.	I walk and move fast	1	2	3	4
24.	I solve problems by trial-and-error	1	2	3	4
25.	I spend or charge more than I earn	1	2	3	4
26.	I talk fast	1	2	3	4
27.	I have outside thoughts when thinking	1	2	3	4
28.	I am more interested in the present than the future	1	2	3	4
29.	I am restless at lectures or talks	1	2	3	4
30.	I plan for the future	1	2	3	4

IF (and ONLY if) you have intentionally hurt yourself in any of the different ways listed above (or in a way not listed, but that you identify as intentionally hurting yourself), please indicate the degree to which the functions below apply to you as a reason for hurting yourself.	Never ↓	Sometimes ↓	Often ↓
1. To avoid school, work, or other activities.	1	2	3
2. To relieve feeling numb or empty.	1	2	3
3. To get attention	1	2	3
4. To feel something, even if it was pain.	1	2	3
5. I avoid doing something unpleasant you don't want to do.	1	2	3
6. To get control of a situation.	1	2	3
7. To try to get a reaction from someone, even if it is negative.	1	2	3
8. To receive more attention from your parents or friends.	1	2	3
9. To avoid being with people.	1	2	3
10. To punish yourself.	1	2	3
11. To get other people to act differently or change.	1	2	3
12. To be like someone you respect.	1	2	3
13. To avoid punishment or paying the consequences.	1	2	3
14. To stop bad feelings	1	2	3
15. To let others know how desperate you are.	1	2	3
16. To feel more a part of a group.	1	2	3
17. To get your parents to understand or notice you.	1	2	3
18. To give yourself something to do when alone.	1	2	3
19. To get help.	1	2	3
20. To make others angry.	1	2	3
21. To feel relaxed.	1	2	3
22. Some other function (not already listed above) as a reason for hurting yourself: (Describe) _____	1	2	3

Please give a brief description of the last time you harmed yourself:

Did you seek help before harming yourself?

No Yes, once Yes, more than once

If you did seek help, whom did you seek help from?
(You may indicate more than one source)

Friend
Family member
Teacher
Guidance counsellor or psychologist
Telephone helpline
Other

Thank you for your help

Appendix B3: Change to the DSHI-s scale for the school student longitudinal survey, second round

This questionnaire asks about a number of different things that people sometimes do to hurt themselves. Please be sure to read each question carefully and respond honestly. Often, people who do these kinds of things to themselves keep it a secret, for a variety of reasons. However, honest responses to these questions will provide us with greater understanding and knowledge about these behaviours and the best way to help people.

We are interested in whether or not people have engaged in any of the behaviours listed below since last completing this survey. For your school this was on the 25th and 26th of June this year, which is just over three months ago. We are interested in whether you have engaged in any of these behaviours in the last 3 months.

Please answer yes to a question only if you did the behaviour intentionally, to hurt yourself, sometime over the **past 3 months** (since completing this survey for the first time). Do not include behaviour that occurred more than three months ago. Do not respond yes if you did something accidentally (e.g., you tripped and banged your head on accident). Also, please be assured that your responses are completely confidential.

Please circle one response alternative for each question. Over the past 3 months...	No ↓	Thought about doing it ↓	Once ↓	More than once ↓	Many times ↓
1. Have you intentionally cut your wrist, arms, or other areas of your body?	1	2	3	4	5
2. Have you intentionally burned yourself with a cigarette, lighter or a match?	1	2	3	4	5
3. Have you intentionally carved words, pictures, designs or other marks onto your skin?	1	2	3	4	5
4. Have you intentionally severely scratched yourself, to the extent that scarring or bleeding occurred?	1	2	3	4	5
5. Have you intentionally bit yourself, to the extent that you broke the skin?	1	2	3	4	5
6. Have you intentionally rubbed sandpaper on your body?	1	2	3	4	5
7. Have you intentionally dripped acid onto your skin?	1	2	3	4	5
8. Have you intentionally used bleach, comet, or oven cleaner to scrub your skin?	1	2	3	4	5
9. Have you intentionally stuck sharp objects such as needles, pins, staples, etc. into your skin? (not including tattoos, ear piercing, needles used for drug use, or body piercing)	1	2	3	4	5
10. Have you intentionally rubbed glass into your skin?	1	2	3	4	5
11. Have you intentionally broken your own bones?	1	2	3	4	5

12. Have you intentionally banged your head against something, to the extent that you caused a bruise to appear?	1	2	3	4	5
Over the past 3 months...					
13. Have you intentionally punched yourself, to the extent that you caused a bruise to appear?	1	2	3	4	5
14. Have you intentionally prevented wounds from healing?	1	2	3	4	5
15. Over the past 3 months have you done anything else to hurt yourself that was not asked in this questionnaire? If yes, how often did you hurt yourself in this way, and what did you do to hurt yourself?	Thought about doing it ↓ 1	Once ↓ 2	More than once ↓ 3	Many times ↓ 4	
16. Over the past 3 months, have you intentionally hurt yourself in any of the above-mentioned ways so that it led to hospitalization or injury severe enough to require medical treatment?	1	2	3	4	

If you have indicated that you have harmed yourself intentionally in one of the above mentioned ways over the **past 3 months**, when was the last time you intentionally harmed yourself?

- Within the last week or
- Within the last month or
- Within the last two months or
- Within the last three months

Contacts

For some people, some of the questions in this survey touch on very sensitive issues. If anything in this survey has raised any issues for you (either with regard to yourself or friends/family) that you wish to discuss further, please do not hesitate to contact me so that I can make suggestions for who might best be able to help you. Alternatively, you can contact any one of the following resources available to help you:

Youth Specialty Service

(works with young people (13-20 years old) and whanau/friends who are experiencing emotional, behavioural or relationship difficulties).

Wellington and Porirua (04) 570 9393

Hutt Valley (04) 566 6999

<http://www.huttvalleydhb.org.nz>

Youthline

0800 376 633

<http://www.youthline.org.nz> (includes online youth directory)

Alcohol and Drug Helpline

0800 787 797

<http://alcoholdrughelp.org.nz/Helpline/Home>

Youth Law - Tino Rangatiratanga Taitamariki

(free legal advice line, if under 25 years can call collect from anywhere in NZ.

Just dial 010 then follow instructions, tell operator that Youthlaw accepts collect calls)

09 309 6967 <http://www.youthlaw.co.nz>

Quitline (Smoking)

0800 778 778

<http://www.quit.co.nz>

Citizens Advice Bureau

0800 FOR CAB

0800 367 222

<http://www.cab.org.nz/>

What's Up?

(free, confidential counselling service 5 - 18 years, can ring from a mobile phone)

12am - 12pm

0800 whats up or 0800 942 8787

<http://www.whatsup.co.nz/>

Evolve

(Free and confidential services for young people aged 10-25; includes doctor, nurse, counsellors and social workers; information; youth support workers; and a hang-out space).

(04) 801 9150

<http://www.evolveyouth.org.nz/>

Vibe

(free and confidential advise and support health service in the Hutt for young people aged 10-24)

Lower Hutt (04) 566 0525

Upper Hutt (04) 528 2054

<http://www.vibe.org.nz/>

0800 NO BULLY

0800 66 28 55

<http://www.police.govt.nz/service/yes/nobully/>

Kidsline

(Free, national telephone support line for pre-adolescents 13 years and under. Weekdays for buddy support (trained 6th & 7th formers) other times Lifeline counsellors.

4pm - 6pm

0800 Kidsline ; 0800 543 754, Auckland 522

4223, Christchurch 366 3661 ;

<http://www.kidsline.org.nz/>

Rainbow Youth

Education and social support services by young people for Gay, Lesbian, Bisexual, Transgender, Takatapui & Fa'afafine (GLBTTF) young people, under the age of 26 years.

09 376 4155

<http://www.rainbowyouth.org.nz>

See reverse for further ideas on where to go for help

Other places young people can ask for help

- Friends or family
- Church support services - you could talk with a pastor, priest or minister and some churches provide counselling and pastoral support.
- Your local Citizen's Advice Bureau can tell you about support services in your area
- Marae based community support services
- Cultural group based community support services
- The guidance counsellor (*Insert name here*) or public health nurse at your school
- Your local drop in centre for youth
- Your Doctor

Appendix B5: Guide for teachers when distributing the school longitudinal survey

Please write on this envelope the date students completed the surveys – Thank you. Alternatively, please ask students to write the date in the top right hand corner of the first page if their survey booklet.

Guide for what to say when giving out the surveys:

This research is anonymous. This means that your responses will not be linked back to you. Participation in this research is voluntary (though it would be a big help to the researchers if you participated). The researchers of this study realise that there are some sensitive questions in this survey, and if you find these raise difficulties for you please go to see the school counsellor or one of the services listed on the back page. Please rip out the back page of the survey (the one with the contact details for help services) for you to take away with you. Don't worry if you run out of time.

It is very important that you fill in the unique identifier on the first page. This identifier allows us to match your surveys across time if you choose to take part in another survey later in the year. This identifier can not be used to identify you.

Thank-you for filling out and returning the survey.

(Please go through the unique identifier with the students together. It is very important that they fill this in correctly).

Appendix B6: Debriefing sheet for secondary school participants



Teen Life Project Information

Debriefing Information for Teen Life study

Researcher: Jessica Garisch: Department of Psychology, Victoria University.

This sheet supplies some background information for the Teen Life Project that you may have participated in.

There were three parts to this project:

1. A longitudinal survey (participants filled in a survey at two points in time)
2. A diary study (participants filled in an online diary once a week for 6 weeks)
3. Interviews with students and school counsellors on sensitive topics in research
4. An opinions survey looking at students' perceptions of different groups

The aim of this project was to find out what causes various self-harming behaviours (e.g. cutting, alcohol use, etc.) among teenagers. It was expected that self-harm would be caused by multiple factors, but we were especially interested in the relationship between self-harming behaviours and teenagers' emotions.

We found that 49% of students aged 16-19 surveyed in Wellington secondary schools had physically harmed themselves some time in their life. Self harm was found to be linked to lower resilience (ability to cope with difficult/stressful situations or events), less attention to the environment here-and-now, poor ability to identify and describe emotions, being impulsive, low self-esteem, and feeling anxious and depressed. Self-harm was also linked to being bullied, abused, being concerned about sexuality, and using drugs. Of these factors, the most strongly linked to self-harm were poor understanding of emotion, drug use, having concerns about sexuality, and having been abused.

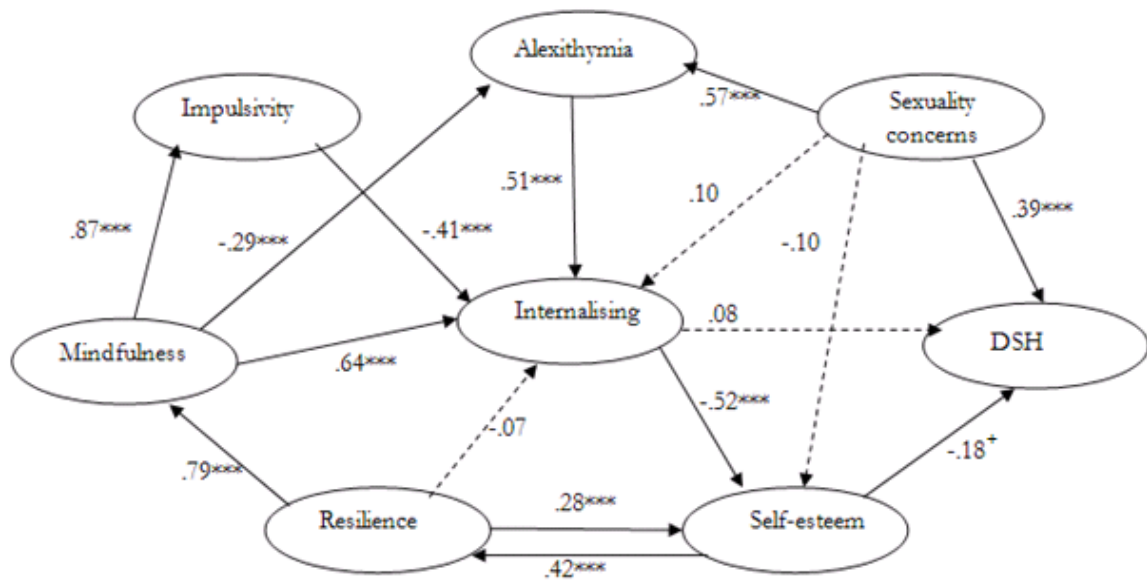
This project has great importance in finding ways to help teens who harm themselves. The results can be used to identify teenagers most at risk of harming themselves, and providing them with appropriate care and support.

Thank you very much for your involvement in this project. If you would like further information on the results please feel free to contact Jessica using the email address below.

If you have any concerns around these issues please contact your guidance counsellor, or email one of the researchers below and we will be able to give you some contact information for people who will be able to help.

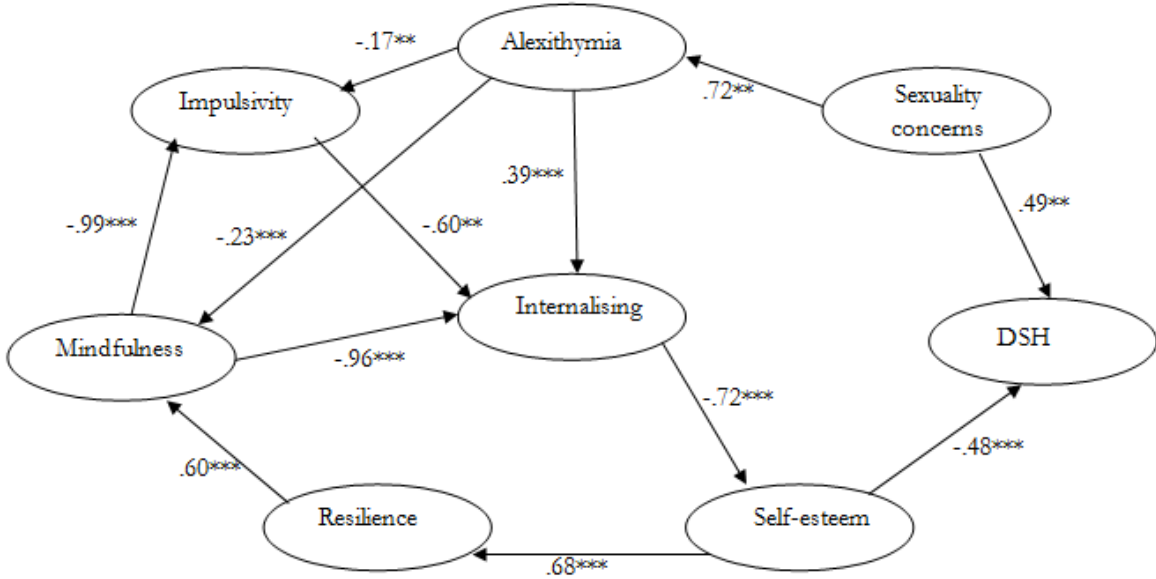
If you have any further questions regarding this project, please contact me via email at jessica.garisch@vuw.ac.nz, or my supervisor, Dr. Wilson at marc.wilson@vuw.ac.nz

Appendix B7.a: Secondary school sample: Test of proposed psychological model on T1 data



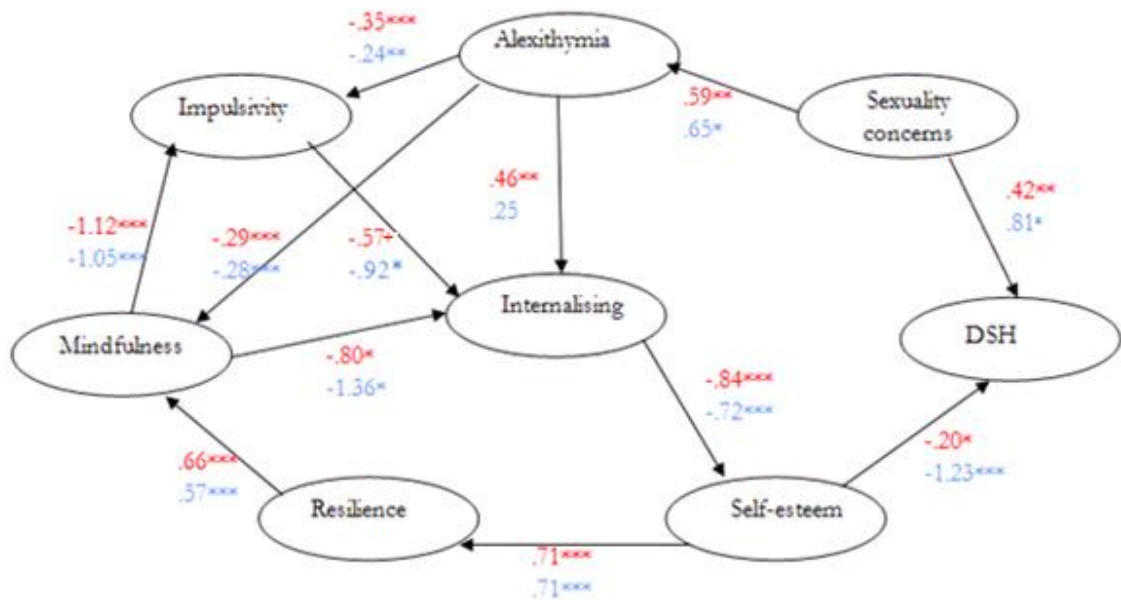
* $p < .05$, ** $p < .01$, *** $p < .001$, + $p < .05$ --- \blacktriangleright non-significant paths ($p > .10$)

Appendix B7.b: Secondary school student test of psychological model of DSH using T2 data



p<.01, *p<.001

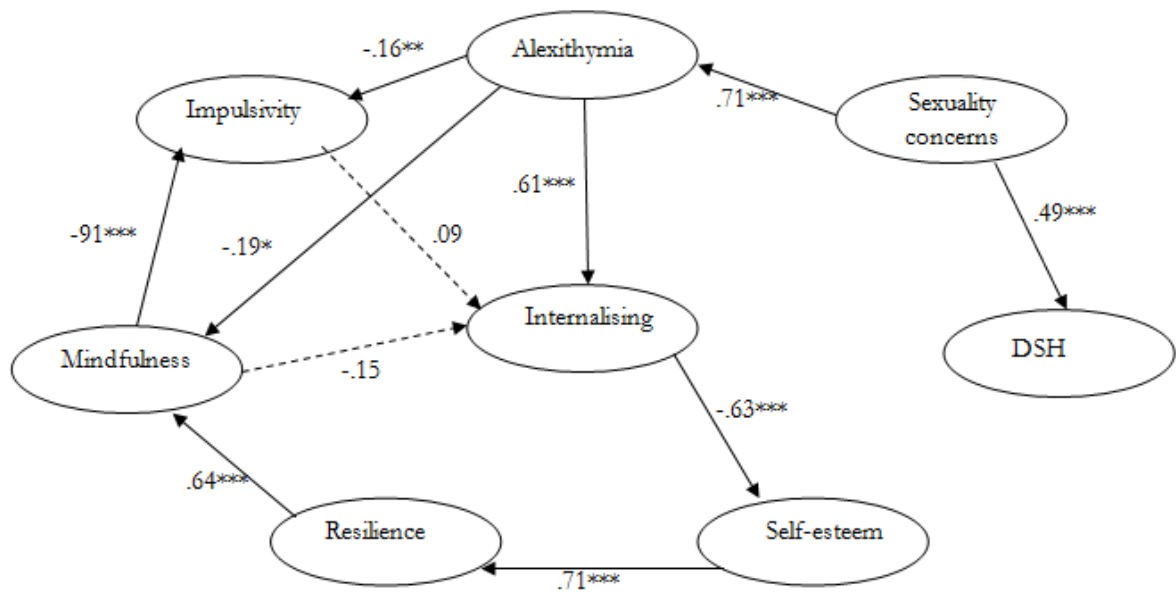
Appendix B7.c: Secondary school samples: Test of revised total dataset T1 model on both sexes separately.



Note: male (path coefficients in red) and females (path coefficients in blue)

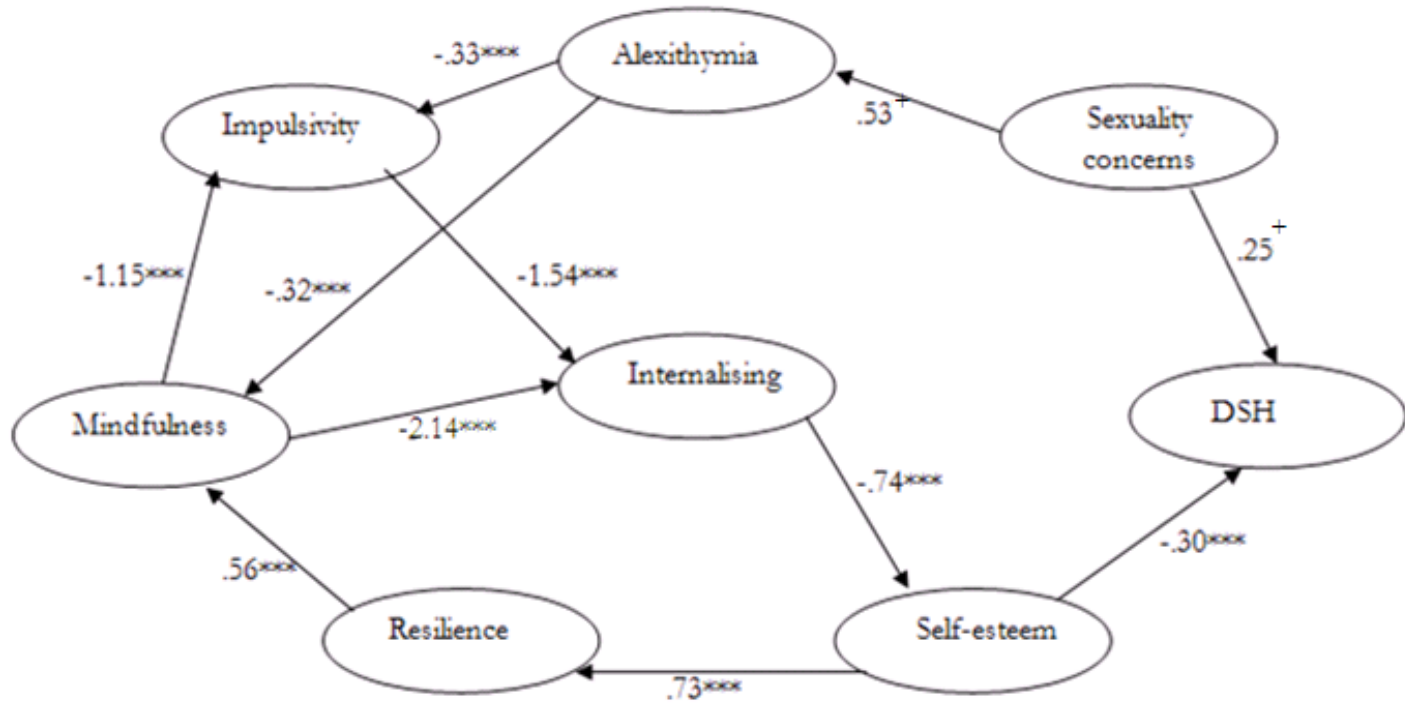
*p<.05, **p<.01, ***p<.001, + p<.10

Appendix B7.d: Secondary school data: Test of male model using T2 dataset.



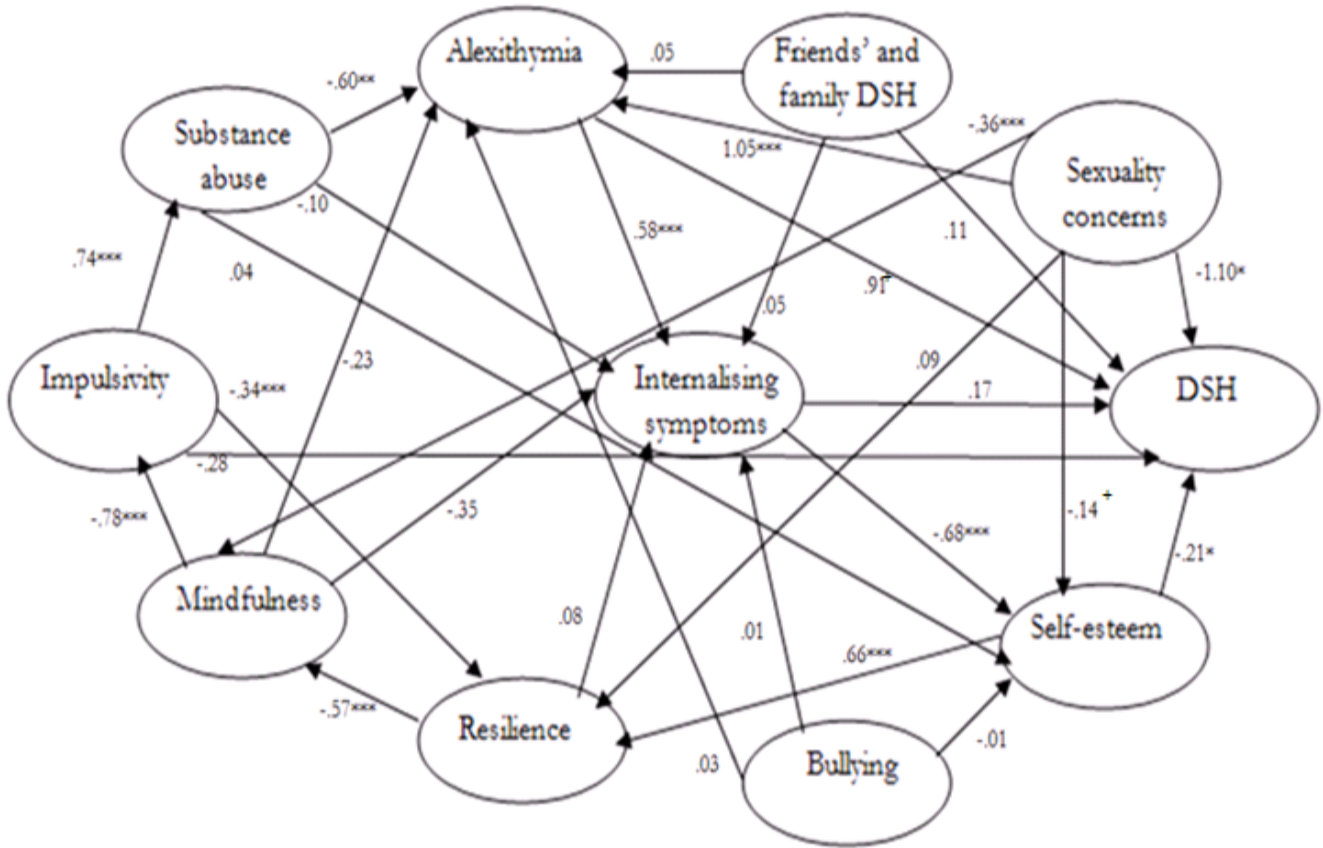
** $p < .01$, *** $p < .001$, $---$ non-significant paths ($p > .10$)

Appendix B7.e: Secondary school sample: Test of female psychological model of DSH using T2 dataset



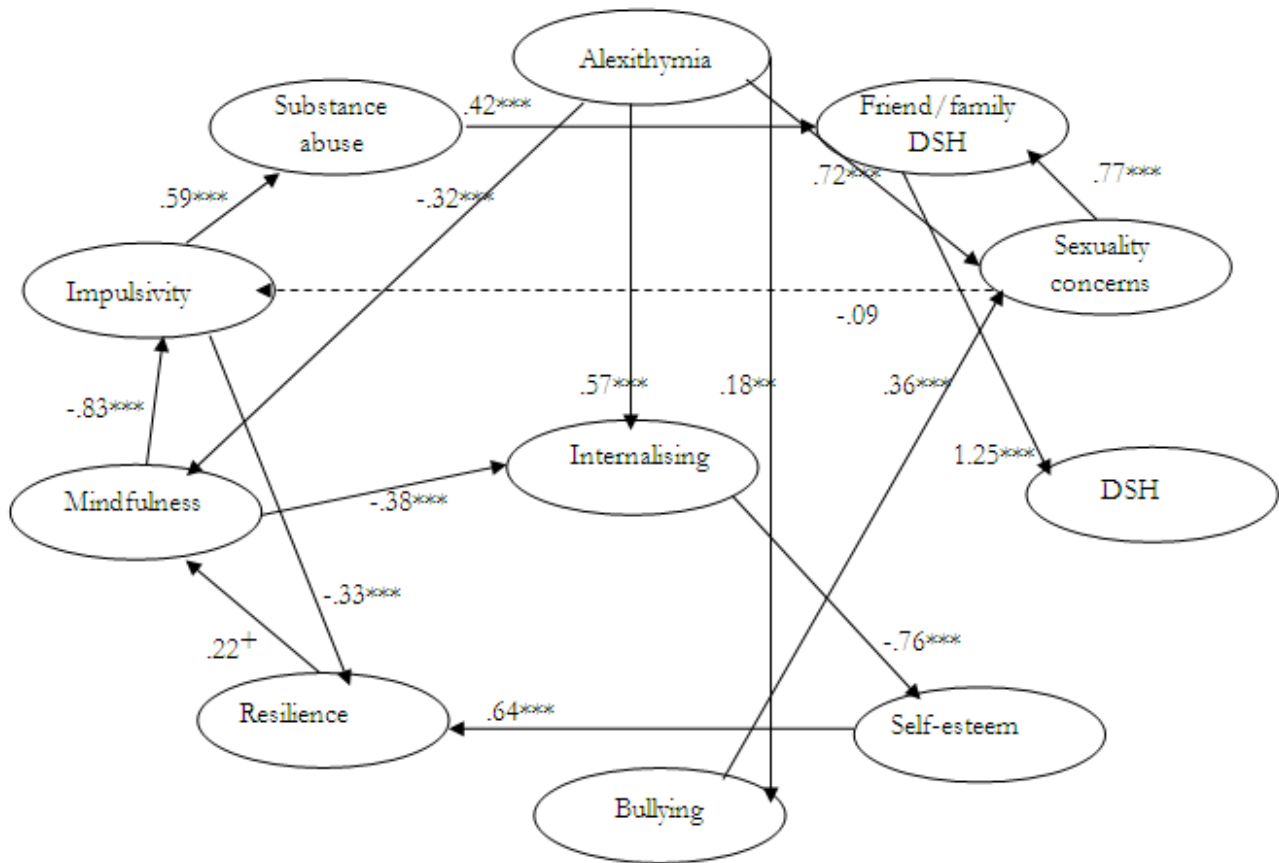
p<.01, *p<.001, + p<.10

Appendix B7.f: Secondary school sample: Test of proposed psychosocial behavioural model on T1 dataset



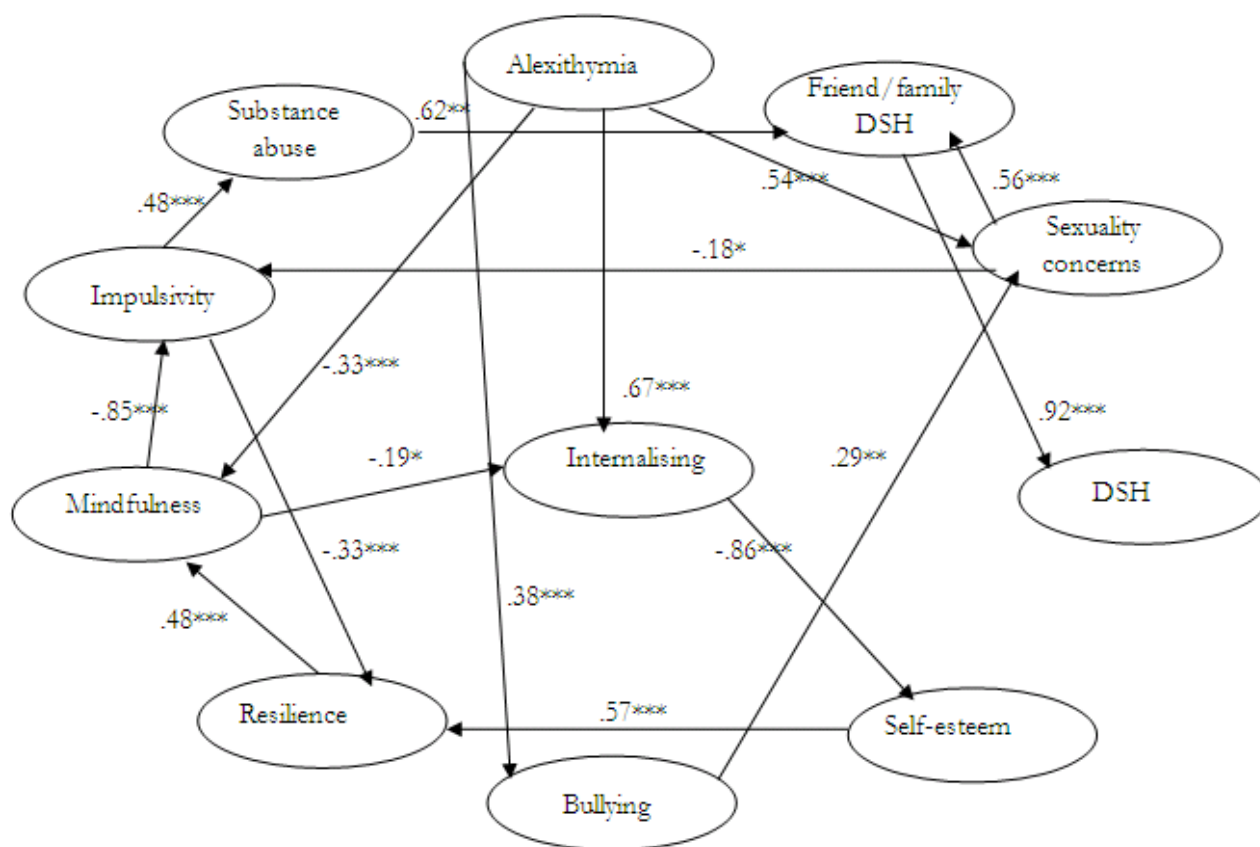
* $p < .05$, ** $p < .01$, *** $p < .001$, + $p < .10$

Appendix B7.g: Secondary school sample: check of revised psychosocial behavioural model using T2 dataset



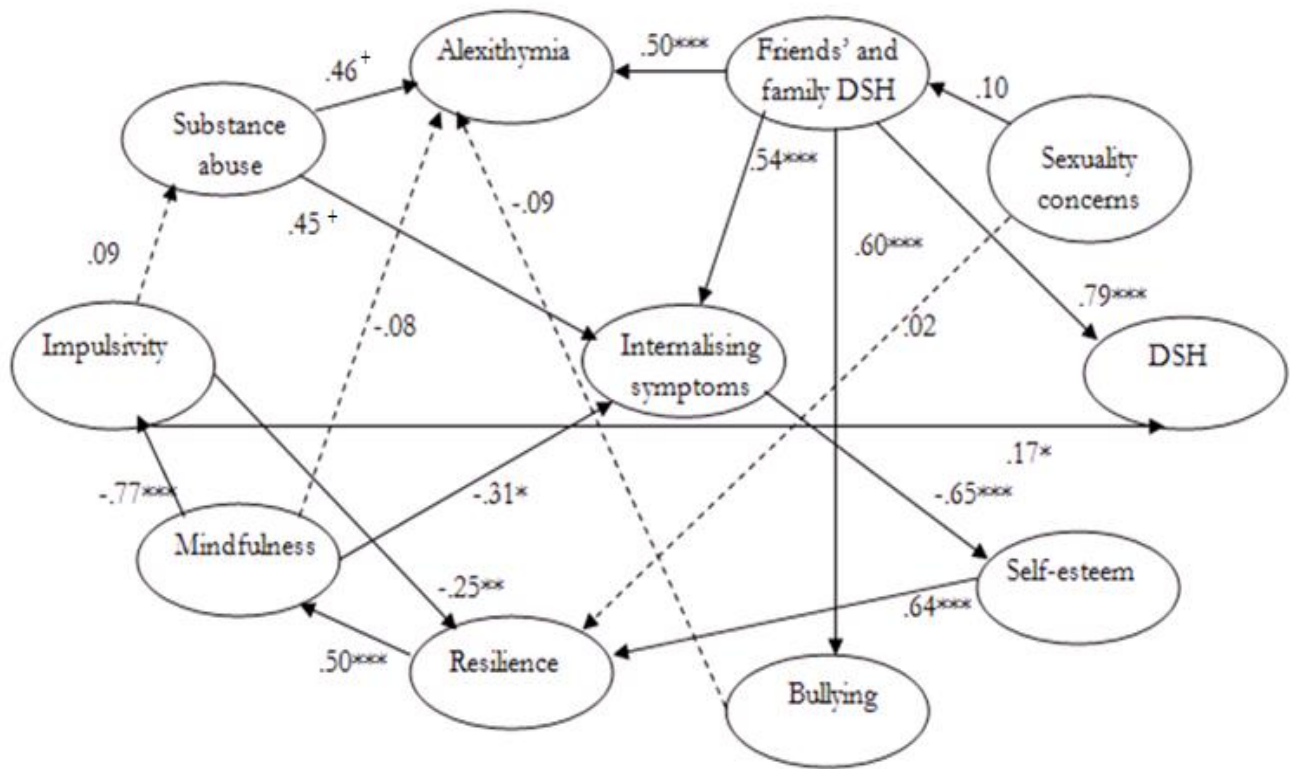
*p<.05, **p<.01, ***p<.001, + p<.10

Appendix B7.h: Secondary school sample: Test of revised model on male T1 data



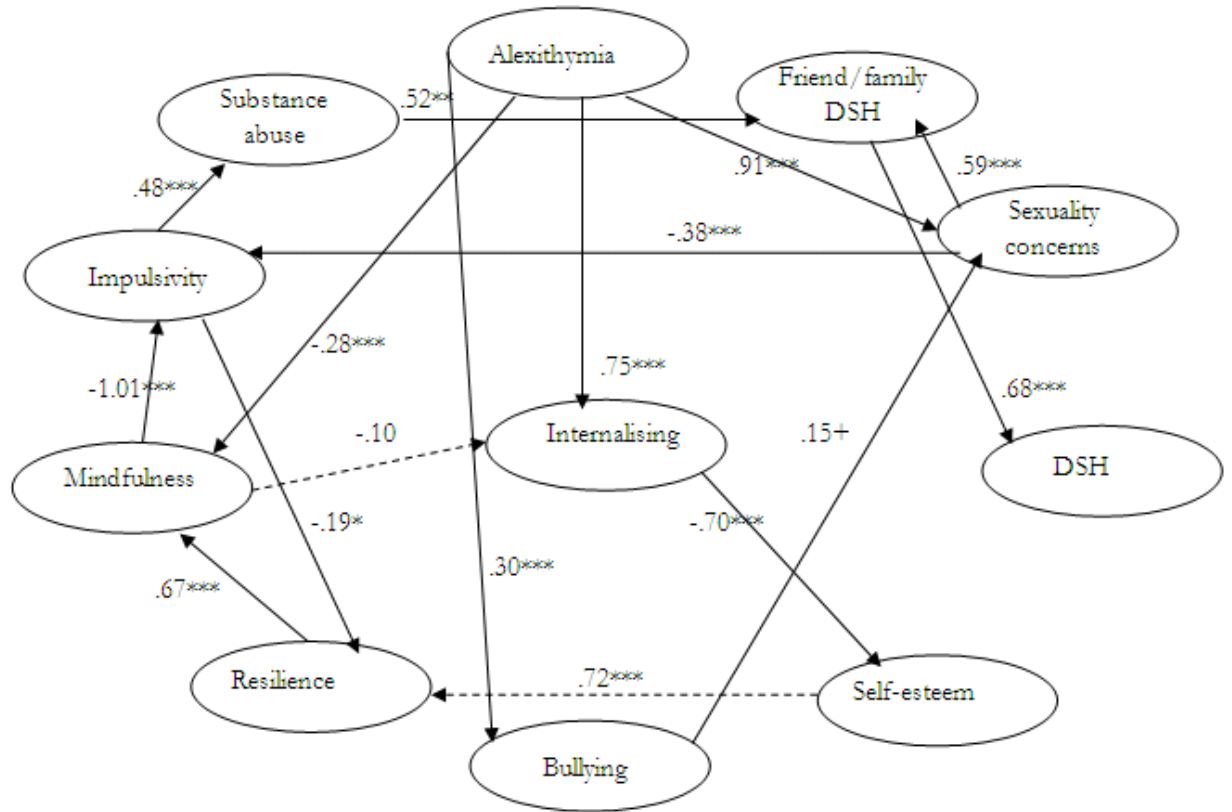
*p<.05, **p<.01, ***p<.001

Appendix B7.i: Secondary school sample: Test of male psychosocial behavioural model using T2 dataset



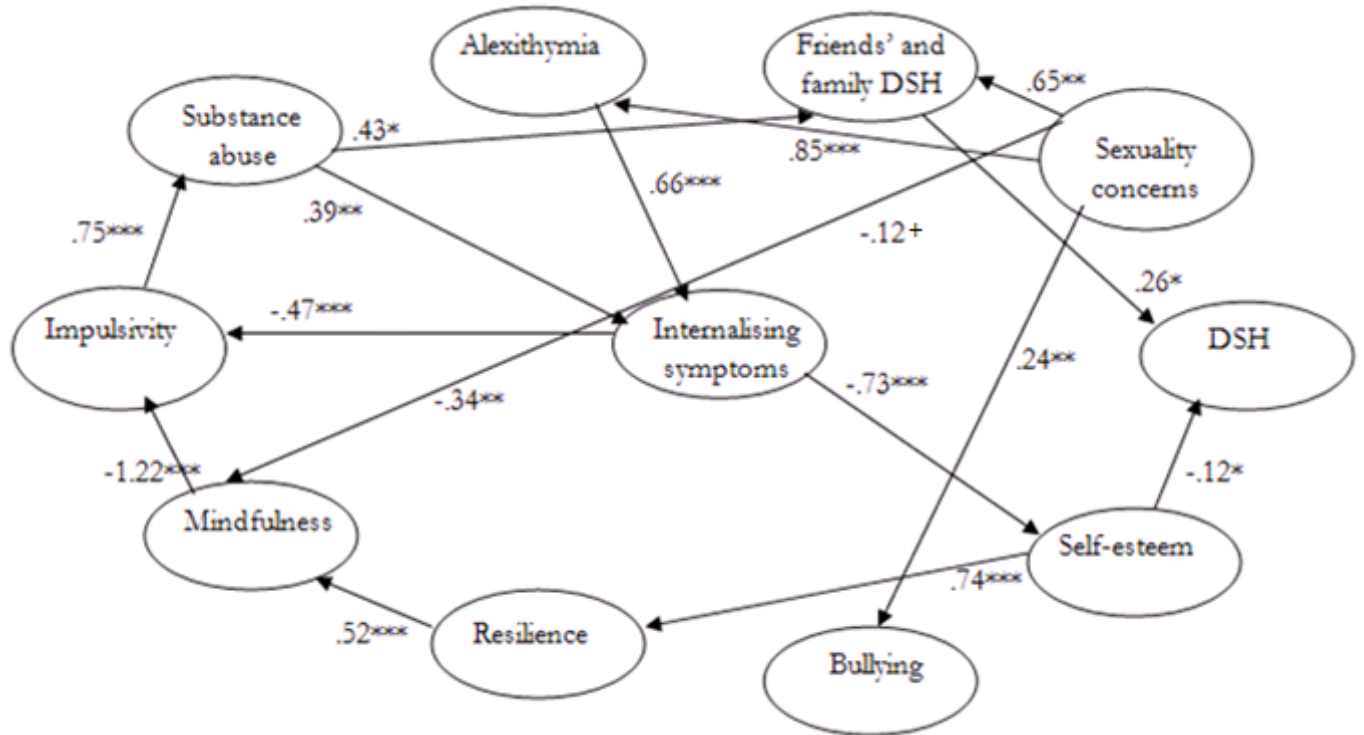
*p<.05, **p<.01, ***p<.001, + p<.10 ---> non-significant paths (p>.10)

Appendix B7.j: Secondary school sample: Test of revised model on female T1 data



*p<.05, **p<.01, ***p<.001, + p<.10 ---> non-significant paths (p>.10)

Appendix B7.k: Secondary school sample: Test of female psychosocial behavioural model using T2 dataset



*p<.05, **p<.01, ***p<.001, + p<.10

Appendix C1: University student information sheet and survey for Study 1.3a

VICTORIA UNIVERSITY OF WELLINGTON
Te Whare Wananga o te Upoko o te Ika a Maui



Information sheet

Who am I?

Hello, my name is Jessica Garisch. I am a PhD student undertaking this research (with my supervisor, Dr. Marc Wilson) to investigate the ways that people think about their emotions, and some of the behaviours and beliefs that might accompany emotional experience. This is a sensitive topic, and some of the questions ask you about some potentially very private aspects of your life (for example, whether you have engaged in any behaviours that you know could or would cause you harm). This research has been approved by the School of Psychology Human Ethics Committee.

What does participation involve?

If you agree to take part in this study, you will be asked to fill out a survey. This will take around 25 minutes. Some of the questions you will be asked may seem very personal. Examples of such questions include self-harming behaviours like abusing prescription medications or drinking to excess. Some items will ask for your perception of experiences such as whether or not you have ever deliberately overdosed, or attempted suicide. Remember, participation is voluntary and you can withdraw at any time until you hand us your survey. For your participation you'll receive IPRP credit.

As some of the questions in this study relate to potentially dangerous behaviours and experiences that are potentially distressing, we will make contact with people whose scores reveal that they should perhaps seek support. Dr John McDowall (a clinical psychologist) will write a letter to these people, inviting them to speak confidentially with him at an arranged time to discuss the implications of their scores, and support resources that are available to them. Though it is recommended, these people are under no obligation to make a subsequent appointment. Please note, your scores will not be related to class grades or assessment.

What will we do with your responses?

Your data is confidential, and will be analysed as part of the group data collected in IPRP. Surveys will be stored in Dr Marc Wilson's laboratory, and will be accessible by myself and Dr Marc Wilson. The anonymous electronic data may be made available to students in PSYC325 (Advanced Research methods) for analysis of the group responses as part of their course work. The anonymous electronic data will also be available to other competent professionals. There will be no way in which these other competent professionals, or PSYC325 students, will be able to identify you from the data.

Thank you for your time.

Jessica Garisch
PhD candidate
Jessica.garisch@vuw.ac.nz

Dr Marc Wilson
Senior Lecturer
marc.wilson@vuw.ac.nz
04 463 5225

Dr John McDowall
Senior Lecturer
john.mcdowall@vuw.ac.nz
04 463 5402

I have read the information sheet and I give consent to my data being used in this study.

Signature |

Date |

Student ID number | _____

Please indicate: 1. Your gender (circle what applies to you): Male Female 2. Age: _____

3. What do you consider to be your ethnicity (e.g., NZ European/Pakeha, Maori, etc)? _____

This questionnaire asks about a number of different things that people sometimes do to hurt themselves. Please be sure to read each question carefully and respond honestly. Often, people who do these kinds of things to themselves keep it a secret, for a variety of reasons. However, honest responses to these questions will provide us with greater understanding and knowledge about these behaviours and the best way to help people.

Please answer yes to a question only if you did the behaviour intentionally, to hurt yourself. Do not respond yes if you did something accidentally (e.g., you tripped and banged your head on accident). Also, please be assured that your responses are completely confidential.

Please circle one response alternative for each question.	Never ↓ 1	Have thought of doing this to yourself ↓ 2	Once ↓ 3	More than once ↓ 4	Many times ↓ 5
1. Have you ever intentionally cut your wrist, arms, or other areas of your body?	1	2	3	4	5
2. Have you ever intentionally burned yourself with a cigarette, lighter or a match?	1	2	3	4	5
3. Have you ever intentionally carved words, pictures, designs or other marks onto your skin?	1	2	3	4	5
4. Have you ever intentionally severely scratched yourself, to the extent that scarring or bleeding occurred?	1	2	3	4	5
5. Have you ever intentionally bit yourself, to the extent that you broke the skin?	1	2	3	4	5
6. Have you ever intentionally rubbed sandpaper on your body?	1	2	3	4	5
7. Have you ever intentionally dripped acid onto your skin?	1	2	3	4	5
8. Have you ever intentionally used bleach, comet, or oven cleaner to scrub your skin?	1	2	3	4	5
9. Have you ever intentionally stuck sharp objects such as needles, pins, staples, etc. into your skin? (not including tattoos, ear piercing, needles used for drug use, or body piercing)	1	2	3	4	5
10. Have you ever intentionally rubbed glass into your skin?	1	2	3	4	5
11. Have you ever intentionally broken your own bones?	1	2	3	4	5
12. Have you ever intentionally banged your head against something, to the extent that you caused a bruise to appear?	1	2	3	4	5
13. Have you ever intentionally punched yourself, to the extent that you caused a bruise to appear?	1	2	3	4	5
14. Have you ever intentionally prevented wounds from healing?	1	2	3	4	5
15. Have you ever done anything else to hurt yourself that was not asked in this questionnaire? If yes, how often did you hurt yourself in this way, and what did you do to hurt yourself?	Never ↓ 1	Once ↓ 2	More than once ↓ 3	Many times ↓ 4	

2. When I was growing up, someone tried to touch me in a sexual way or tried to make me touch them.	1	2	3	4	5
---	---	---	---	---	---

Indicate, using the scale how, accurate each statement is of the way you typically think, feel or act. 1= Very seldom; 2= Seldom; 3= Sometimes; 4= Often; 5= Very often	Very seldom					Very often
	↓					↓
1. I know when to speak about my personal problems to others	1	2	3	4	5	
2. When I am faced with obstacles, I remember times I faced similar obstacles and overcame them.	1	2	3	4	5	
3. I expect that I will do well on most things that I try.	1	2	3	4	5	
4. Other people find it easy to confide in me.	1	2	3	4	5	
5. I find it hard to understand the non-verbal messages of other people.	1	2	3	4	5	
6. Some of the major events of my life have led me to re-evaluate what is important and not important.	1	2	3	4	5	
7. When my mood changes, I see new possibilities.	1	2	3	4	5	
8. Emotions are one of the things that make my life worth living.	1	2	3	4	5	
9. I am aware of my emotions as I experience them.	1	2	3	4	5	
10. I expect good things to happen.	1	2	3	4	5	
11. I like to share my emotions with others.	1	2	3	4	5	
12. When I experience a positive emotion I know how to make it last.	1	2	3	4	5	
13. I arrange events others enjoy.	1	2	3	4	5	
14. I seek out activities that make me happy.	1	2	3	4	5	
15. I am aware of the non-verbal messages I send to others.	1	2	3	4	5	
16. I present myself in a way that makes a good impression on others.	1	2	3	4	5	
17. When I am in a positive mood, solving problems is easy for me.	1	2	3	4	5	
18. By looking at their facial expressions, I recognise the emotions people are experiencing.	1	2	3	4	5	
19. I know why my emotions change.	1	2	3	4	5	
20. When I am in a positive mood, I am able to come up with new ideas.	1	2	3	4	5	
21. I have control over my emotions.	1	2	3	4	5	
22. I easily recognise my emotions as I experience them.	1	2	3	4	5	
23. I motivate myself by imagining a good outcome to tasks I take on.	1	2	3	4	5	
24. I compliment others when they have done something well.	1	2	3	4	5	
25. I am aware of the non-verbal messages other people send.	1	2	3	4	5	
26. When another person tells me about an important event in his or her life, I almost feel as though I have experienced this event myself.	1	2	3	4	5	
27. When I feel a change in emotions, I tend to come up with new ideas.	1	2	3	4	5	
28. When I am faced with a challenge, I give up because I believe I will fail.	1	2	3	4	5	
29. I know what other people are feeling just by looking at them.	1	2	3	4	5	
30. I help other people feel better when they are down.	1	2	3	4	5	
31. I use good moods to help myself keep trying in the face of obstacles.	1	2	3	4	5	
32. I can tell how people are feeling by listening to the tone of their voice.	1	2	3	4	5	

33. It is difficult for me to understand why people feel the way they do.

1 2 3 4 5

Using the scale above, please indicate how frequently each of these statements applies to you.	None of the time ↓		Most of the time ↓	
1. I feel more nervous and anxious than usual.	1	2	3	4
2. I feel afraid for no reason at all.	1	2	3	4
3. I get upset easily or feel panicky.	1	2	3	4
4. I feel like I'm falling apart and going to pieces	1	2	3	4
5. I feel that everything is all right and nothing bad will happen.	1	2	3	4
6. My arms and legs shake and tremble	1	2	3	4
7. I am bothered by headaches neck and back pain.	1	2	3	4
8. I feel weak and get tired easily	1	2	3	4
9. I feel calm and can sit still easily.	1	2	3	4
10. I can feel my heart beating fast	1	2	3	4
11. I am bothered by dizzy spells.	1	2	3	4
12. I have fainting spells or feel like it.	1	2	3	4
13. I can breathe in and out easily.	1	2	3	4
14. I get feelings of numbness and tingling in my fingers and toes	1	2	3	4
15. I am bothered by stomach-aches or indigestion	1	2	3	4
16. I have to empty my bladder often	1	2	3	4
17. My hands are usually dry and warm	1	2	3	4
18. My face gets hot and blushes	1	2	3	4
19. I fall asleep easily and get a good night's rest.	1	2	3	4
20. I have nightmares	1	2	3	4
21. I feel down-hearted and blue	1	2	3	4
22. Morning is when I feel the best	1	2	3	4
23. I have crying spells or feel like it	1	2	3	4
24. I have trouble sleeping at night	1	2	3	4
25. I eat as much as I used to	1	2	3	4
26. I think about hurting myself	1	2	3	4
27. I notice that I am losing weight	1	2	3	4
28. I have trouble with constipation	1	2	3	4
29. My heart beats faster than usual	1	2	3	4
30. I get tired for no reason	1	2	3	4
31. My mind is as clear as it used to be	1	2	3	4
32. I find it easy to do the things I used to	1	2	3	4
33. I am restless and can't keep still	1	2	3	4
34. I feel hopeful about the future	1	2	3	4
35. I am more irritable than usual	1	2	3	4
36. I find it easy to make decisions	1	2	3	4
37. I feel that I am useful and needed	1	2	3	4
38. My life is pretty full	1	2	3	4
39. I feel that others would be better off if I were dead	1	2	3	4
40. I still enjoy the things I used to do	1	2	3	4

Below is a set of statements dealing with your general feelings about yourself. Please read each statement, and use the 1 to 4 scale to indicate the extent to which you agree or disagree with each one	Strongly Disagree		Strongly Agree	
	↓			↓
1. On the whole, I am satisfied with myself.	1	2	3	4
2. At times, I think I am no good at all.	1	2	3	4
3. I feel that I have a number of good qualities.	1	2	3	4
4. I am able to do things as well as most other people.	1	2	3	4
5. I feel I do not have much to be proud of.	1	2	3	4
6. I certainly feel useless at times.	1	2	3	4
7. I feel that I'm a person of worth, at least on an equal plane with others.	1	2	3	4
8. I wish I could have more respect for myself.	1	2	3	4
9. All in all, I am inclined to feel that I am a failure.	1	2	3	4
10. I take a positive attitude toward myself.	1	2	3	4

Use the scale on the right to describe how you feel right now (even if you have felt differently at other times).	Strongly disagree						Strongly agree
	↓						↓
1. When I make plans I follow through with them	1	2	3	4	5	6	7
2. I usually manage one way or another	1	2	3	4	5	6	7
3. I feel proud that I have accomplished things in my life	1	2	3	4	5	6	7
4. I usually take things in my stride	1	2	3	4	5	6	7
5. I am friends with myself	1	2	3	4	5	6	7
6. I feel that I can handle many things at a time	1	2	3	4	5	6	7
7. I am determined	1	2	3	4	5	6	7
8. I have self-discipline	1	2	3	4	5	6	7
9. I keep interested in things	1	2	3	4	5	6	7
10. I can usually find something to laugh about	1	2	3	4	5	6	7
11. My belief in myself gets me through hard times	1	2	3	4	5	6	7
12. I can usually look at a situation in a number of ways	1	2	3	4	5	6	7
13. My life has meaning	1	2	3	4	5	6	7
14. When I am in a difficult situation, I can usually find my way out of it.	1	2	3	4	5	6	7
15. I have enough energy to do what I have to do	1	2	3	4	5	6	7

People have a variety of ways of relating to their thoughts and feelings. For each item below, rate how much each applies to you.	Rarely / no at all	Sometimes	Often	Almost always
	↓	↓	↓	↓
1. It is easy for me to concentrate on what I am doing	1	2	3	4
2. I am preoccupied by the future	1	2	3	4
3. I can tolerate emotional pain	1	2	3	4
4. I can accept things I cannot change	1	2	3	4
5. I can usually describe how I feel at the moment in considerable detail	1	2	3	4
6. I am easily distracted	1	2	3	4
7. I am preoccupied by the past	1	2	3	4
8. It's easy for me to keep track of my thoughts and feelings	1	2	3	4
9. I try to notice my thoughts without judging them	1	2	3	4
10. I am able to accept the thoughts and feelings I have	1	2	3	4
11. I am able to focus on the present moment	1	2	3	4
12. I am able to pay close attention to one thing for a long period of time	1	2	3	4

We call it bullying when someone is deliberately and repeatedly hurting or frightening someone weaker than themselves for no good reason. This may be done in different ways: by hurtful teasing, threatening actions or gestures, name calling, or hitting or kicking.

1. Have you been bullied by anybody this year (please tick the box that applies to you)?

No Yes, once Yes, a few times Yes, lots of times

If you have been bullied this year, did any of these things happen to you while you were being bullied (please use the 1 to 3 scale to indicate whether this has never, sometimes, or often happened to you this year)?:

	Never ↓	Sometimes ↓	Often ↓
2. Being teased in an unpleasant way?	1	2	3
3. Being called hurtful names?	1	2	3
4. Being left out of things on purpose?	1	2	3
5. Being threatened with harm?	1	2	3
6. Being hit or kicked?	1	2	3
7. Being teased, called names or threatened over text message or email?	1	2	3

Have you ever taken illegal drugs (e.g. Cannabis, etc)	No <input type="checkbox"/>	Yes, once <input type="checkbox"/>	Yes, more than once <input type="checkbox"/>	
Have you ever smoked a cigarette?	No <input type="checkbox"/>	Yes, once <input type="checkbox"/>	Yes, more than once <input type="checkbox"/>	
Have you ever drunk alcohol to excess?	No <input type="checkbox"/>	Yes, once <input type="checkbox"/>	Yes, more than once <input type="checkbox"/>	
Have you ever worried about issues around sexuality (e.g., being straight, gay, etc)?	No <input type="checkbox"/>	Yes, once <input type="checkbox"/>	Yes, a lot <input type="checkbox"/>	Decline to say <input type="checkbox"/>

Your Social Network

Please describe your five best friends. These should be among the most important people you regularly interact with (including parents and siblings). Include your romantic partner if you think of this person as an important friend.

Approximately, how many people can you think of that fit this description? _____

	Friend #1	Friend #2	Friend #3	Friend #4	Friend #5
Friend's initials: (this is to help you visualise them – not so we can track them down!)					
Friend's gender (write M for male or F for female):					
How close are you?: From 1 -10, where 1=not very close, and 10=very close					
If you needed someone to talk to about something that's worrying you, would you feel comfortable talking to this person? (Y or N)					
Which of these friends do you KNOW have ever deliberately tried to harm themselves? (e.g. cut themselves or taken an overdose)? 0=never has, 1=has once, 2=has more than once, DK=Don't know					
Which of these friends do you KNOW have been bullied at school? 0=never, 1=Once, 2=more than once, DK=Don't know					

<p>Directions: People differ in the ways they act and think in different situations. This is a test to measure some of the ways in which you act and think. Read each statement and place a check in the appropriate box on the right side of the page. Do not spend too much time on any statement. Answer quickly and honestly.</p>		Rarely/ Never	Occasionally	Often	Almost always/ Always
		↓	↓	↓	↓
1.	I plan tasks carefully	1	2	3	4
2.	I do things without thinking	1	2	3	4
3.	I am happy-go-lucky	1	2	3	4
4.	I have "racing" thoughts	1	2	3	4
5.	I plan trips well ahead of time	1	2	3	4
6.	I am self-controlled	1	2	3	4
7.	I concentrate easily	1	2	3	4
8.	I save regularly	1	2	3	4
9.	I find it hard to sit still for long periods of time	1	2	3	4
10.	I am a careful thinker	1	2	3	4
11.	I plan for job security	1	2	3	4
12.	I say things without thinking	1	2	3	4
13.	I like to think about complex problems	1	2	3	4
14.	I change jobs	1	2	3	4
15.	I act "on impulse"	1	2	3	4
16.	I get easily bored when solving thought problems	1	2	3	4
17.	I have regular medical/dental checkups	1	2	3	4
18.	I act on the spur of the moment	1	2	3	4
19.	I am a steady thinker	1	2	3	4
20.	I change where I live	1	2	3	4
21.	I buy things on impulse	1	2	3	4
22.	I finish what I start	1	2	3	4
23.	I walk and move fast	1	2	3	4
24.	I solve problems by trial-and-error	1	2	3	4
25.	I spend or charge more than I earn	1	2	3	4
26.	I talk fast	1	2	3	4
27.	I have outside thoughts when thinking	1	2	3	4
28.	I am more interested in the present than the future	1	2	3	4
29.	I am restless at lectures or talks	1	2	3	4
30.	I plan for the future	1	2	3	4

Thank you for your help



Debriefing Sheet.

Thank you for participating in this research.

In this survey you have completed questions about your emotional experience – for example, how easy you find it to identify the emotional experiences you have, and how you feel about them. You have also answered questions indicating whether or not, and how frequently, you might have done things that you knew could or would cause you harm.

An aim of the research is to look at the relationship between certain experiences (e.g. emotional experience, victimisation experience, self-esteem) and self-harming behaviour. Anecdotally, and in some research, it has been suggested that one reason people might behave in ways that could or would cause them harm is to help them master their emotions – for example, when they feel so overwhelmed by an emotional experience that experiencing a physical sensation seems like the only way to override those feelings. This research allows us to assess these relationships statistically.

If questions in this study have raised any issues (either with regard to yourself or friends/family) that you wish to discuss further, please do not hesitate to contact Dr John McDowall at the School of Psychology. Alternatively, please feel free to make use of the following services provided by the university:

Student Health Services
4 Wai-te-ata Rd
Kelburn Campus
(04) 463 5308

Counselling Services
2 Wai-te-ata Rd
Kelburn Campus
(04) 463 5310

Because some of the behaviours and experiences described in this study have the potential to be distressing, we will pass on the student IDs of anybody who scores particularly high on these measures to Dr. John McDowall – one of the supervisors of this project with clinical experience. Dr John McDowall will write a letter to these people, inviting them to speak confidentially with him at an arranged time to discuss the implications of their scores, and support resources that are available to them. Though it is recommended, these people are under no obligation to make a subsequent appointment.

If you wish to know the results of this study, or wish to discuss it further, please do not hesitate to contact Jessica Garisch or Dr. Marc Wilson using the email address below at the School of Psychology.

Thank you again for your time.

Jessica Garisch
PhD candidate
Jessica.garisch@vuw.ac.nz

Dr Marc Wilson
Senior Lecturer
marc.wilson@vuw.ac.nz
04 463 5225

Dr John McDowall
Senior Lecturer
john.mcdowall@vuw.ac.nz
04 463 5402

Appendix C2: University student debriefing sheet for Study 1.3a

VICTORIA UNIVERSITY OF WELLINGTON
Te Whare Wananga o te Upoko o te Ika a Maui



Debriefing Sheet.

Thank you for participating in this research.

In this survey you have completed questions about your emotional experience – for example, how easy you find it to identify the emotional experiences you have, and how you feel about them. You have also answered questions indicating whether or not, and how frequently, you might have done things that you knew could or would cause you harm.

An aim of the research is to look at the relationship between certain experiences (e.g. emotional experience, victimisation experience, self-esteem) and self-harming behaviour. Anecdotally, and in some research, it has been suggested that one reason people might behave in ways that could or would cause them harm is to help them master their emotions – for example, when they feel so overwhelmed by an emotional experience that experiencing a physical sensation seems like the only way to override those feelings. This research allows us to assess these relationships statistically.

If questions in this study have raised any issues (either with regard to yourself or friends/family) that you wish to discuss further, please do not hesitate to contact Dr John McDowall at the School of Psychology. Alternatively, please feel free to make use of the following services provided by the university:

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4 Wai-te-ata Rd
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Counselling Services
2 Wai-te-ata Rd
Kelburn Campus
(04) 463 5310

Because some of the behaviours and experiences described in this study have the potential to be distressing, we will pass on the student IDs of anybody who scores particularly high on these measures to Dr. John McDowall – one of the supervisors of this project with clinical experience. Dr John McDowall will write a letter to these people, inviting them to speak confidentially with him at an arranged time to discuss the implications of their scores, and support resources that are available to them. Though it is recommended, these people are under no obligation to make a subsequent appointment.

If you wish to know the results of this study, or wish to discuss it further, please do not hesitate to contact Jessica Garisch or Dr. Marc Wilson using the email address below at the School of Psychology.

Thank you again for your time.

Jessica Garisch
PhD candidate
Jessica.garisch@vuw.ac.nz

Dr Marc Wilson
Senior Lecturer
marc.wilson@vuw.ac.nz
04 463 5225

Dr John McDowall
Senior Lecturer
john.mcdowall@vuw.ac.nz
04 463 5402

Appendix D1: University student information sheet for longitudinal survey, first round

VICTORIA UNIVERSITY OF WELLINGTON
Te Whare Wananga o te Upoko o te Ika a Maui



Information sheet

Jessica Garisch
PhD candidate
Jessica.garisch@vuw.ac.nz

Dr Marc Wilson
Senior Lecturer
marc.wilson@vuw.ac.nz
04 463 5225

Dr John McDowall
Senior Lecturer
john.mcdowall@vuw.ac.nz
04 463 5402

What is the purpose of this research?

- This research allows us to investigate the ways that people think about their emotions, and some of the behaviours and beliefs that might accompany emotional experience.
- This is a sensitive topic, and some of the questions ask you about some potentially very private aspects of your life (for example, whether you have engaged in any behaviours that you know could or would cause you harm). This research has been approved by the School of Psychology Human Ethics Committee.

What does participation involve?

- If you agree to take part in this study, you will be asked to fill out a survey. This will take around 10 minutes.
- Some of the questions you will be asked may seem very personal. Examples of such questions include self-harming behaviours like abusing prescription medications. Some items will ask for your perception of experiences such as whether or not you have ever deliberately overdosed, or harmed yourself in other ways. Remember, participation is voluntary. You are free to withdraw from the research, without penalty, at any point before your data have been collected.
- Completing the mass testing booklet, which includes this survey, gives you a half hour IPRP credit.
- Because some of the questions in this study relate to potentially dangerous behaviours and distressing experiences, Dr. John McDowall will make contact with people with certain kinds of responses, inviting them to speak confidentially with him at an arranged time to discuss the implications of their responses. Please note, your scores will not be related to class grades or assessment.

Privacy and Confidentiality

- Your data are confidential, and will be analysed as part of the group data collected in IPRP. Surveys will be stored in Dr Marc Wilson's laboratory, and will be accessible by myself and Dr Marc Wilson.
- The anonymous electronic data may be made available to students in PSYC325 (Advanced Research methods) for analysis of the group responses as part of their course work. The anonymous electronic data will also be available to other competent professionals. There will be no way in which these other people, nor PSYC325 students, will be able to identify you from the data.

What happens to the information that you provide?

- Data from this study may be used for one or more of the following purposes:
 1. The overall findings may be submitted for publication in a scientific journal, or presented at scientific conferences.
 2. The overall findings may form part of a PhD thesis, Masters thesis, or Honours research project that will be submitted for assessment.
 3. The anonymous electronic data may be used by other competent researchers or PSYC 325 students.
 4. A summary of the results will be posted on the 4th floor noticeboard area of the Easterfield building in October 2009.

If you have any further questions about this study please contact Jessica Garisch or Dr. Marc Wilson using the contact details above.

Thank you for your time.

I have read the information sheet and I give consent to my data being used in this study.

Signature |

Student ID number |

Date |

Appendix D2: University student information sheet for longitudinal survey

VICTORIA UNIVERSITY OF WELLINGTON
Te Whare Wananga o te Upoko o te Ika a Maui



Information sheet

Jessica Garisch
PhD candidate
Jessica.garisch@vuw.ac.nz

Dr Marc Wilson
Senior Lecturer
marc.wilson@vuw.ac.nz
04 463 5225

Dr John McDowall
Senior Lecturer
john.mcdowall@vuw.ac.nz
04 463 5402

Some of the questions you will be asked are very personal, e.g. questions on self-harm (your perception of experiences such as whether or not you have ever deliberately overdosed, or harmed yourself in other ways). Remember, participation is voluntary and confidential.

What is the purpose of this research?

- This research allows us to investigate the ways that people think about their emotions, and some of the behaviours and beliefs that might accompany emotional experience.
- This is a sensitive topic, and some of the questions ask you about some potentially very private aspects of your life (for example, whether you have engaged in any behaviours that you know could or would cause you harm). This research has been approved by the School of Psychology Human Ethics Committee.

What does participation involve?

- If you agree to take part in this study, you will be asked to fill out a survey. This will take around 10 minutes.
- Remember, participation is voluntary. You are free to withdraw from the research, without penalty, at any point before your data have been collected.
- Completing the mass testing booklet, which includes this survey, gives you a half hour IPRP credit.
- Because some of the questions in this study relate to potentially dangerous behaviours and distressing experiences, Dr. John McDowall will make contact with people with certain kinds of responses, inviting them to speak confidentially with him at an arranged time to discuss the implications of their responses. Please note, your scores will not be related to class grades or assessment.

Privacy and Confidentiality

- Your data are confidential, and will be analysed as part of the group data collected in IPRP. Surveys will be stored in Dr Marc Wilson's laboratory, and will be accessible by myself and Dr Marc Wilson.
- The anonymous electronic data may be made available to students in PSYC325 (Advanced Research methods) for analysis of the group responses as part of their course work. The anonymous electronic data will also be available to other competent professionals. There will be no way in which these other people, nor PSYC325 students, will be able to identify you from the data.

What happens to the information that you provide?

- Data from this study may be used for one or more of the following purposes:
 1. The overall findings may be submitted for publication in a scientific journal, or presented at scientific conferences.
 2. The overall findings may form part of a PhD thesis, Masters thesis, or Honours research project that will be submitted for assessment.
 3. The anonymous electronic data may be used by other competent researchers or PSYC 325 students.

4. A summary of the results will be posted on the 4th floor noticeboard area of the Easterfield building in October 2009.

If you have any further questions about this study please contact Jessica Garisch or Dr. Marc Wilson using the contact details above.

Thank you for your time.

I have read the information sheet and I give consent to my data being used in this study.

Signature |

Student ID number |

Date |

Appendix D3: University student longitudinal survey, first round

This questionnaire asks about a number of different things that people sometimes do to hurt themselves. Please be sure to read each question carefully and respond honestly. Often, people who do these kinds of things to themselves keep it a secret, for a variety of reasons. However, honest responses to these questions will provide us with greater understanding and knowledge about these behaviours and the best way to help people.

Please answer yes to a question only if you did the behaviour intentionally, to hurt yourself. Do not respond yes if you did something accidentally (e.g., you tripped and banged your head on accident). Also, please be assured that your responses are completely confidential.

Please circle one response alternative for each question.	Never	Have thought of doing this to yourself	Once	More than once	Many times
1. Have you ever intentionally cut your wrist, arms, or other areas of your body?	1	2	3	4	5
2. Have you ever intentionally burned yourself with a cigarette, lighter or a match?	1	2	3	4	5
3. Have you ever intentionally carved words, pictures, designs or other marks onto your skin?	1	2	3	4	5
4. Have you ever intentionally severely scratched yourself, to the extent that scarring or bleeding occurred?	1	2	3	4	5
5. Have you ever intentionally punched yourself, to the extent that you caused a bruise to appear?	1	2	3	4	5
6. Have you ever intentionally prevented wounds from healing?	1	2	3	4	5
7. Have you ever intentionally overdosed on medication, drugs or chemicals with the intention of harming yourself?	1	2	3	4	5

The set of questions below asks about some of the feelings you might experience. Please read each statement, and use the 1 to 7 scale to indicate the extent to which you agree or disagree with each one	Strongly Disagree			Strongly Agree			
1. I am often confused about what emotion I am feeling.	1	2	3	4	5	6	7
2. It is difficult for me to find the right words for my feelings.	1	2	3	4	5	6	7
3. I have feelings that I cannot quite identify.	1	2	3	4	5	6	7
4. Being in touch with emotions is essential.	1	2	3	4	5	6	7
5. I find it hard to describe how I feel about people.	1	2	3	4	5	6	7
6. I do not know what is going on inside me.	1	2	3	4	5	6	7
7. It is difficult for me to reveal my innermost feelings, even to close friends.	1	2	3	4	5	6	7
8. I can feel close to someone, even in moments of silence.	1	2	3	4	5	6	7
9. I find examination of my feelings useful in solving personal problems.	1	2	3	4	5	6	7

Indicate, using the scale how, accurate each statement is of the way you typically think, feel or act. 1= Very seldom; 2= Seldom; 3= Sometimes; 4= Often; 5= Very often	Very seldom		Very often		
1. I expect good things to happen.	1	2	3	4	5
2. When I experience a positive emotion I know how to make it last.	1	2	3	4	5
3. I arrange events others enjoy.	1	2	3	4	5
4. I seek out activities that make me happy.	1	2	3	4	5
5. I present myself in a way that makes a good impression on others.	1	2	3	4	5
6. When I am in a positive mood, solving problems is easy for me.	1	2	3	4	5
7. By looking at their facial expressions, I recognise the emotions people are experiencing.	1	2	3	4	5
8. When I am in a positive mood, I am able to come up with new ideas.	1	2	3	4	5
9. I am aware of the non-verbal messages other people send.	1	2	3	4	5
10. When I feel a change in emotions, I tend to come up with new ideas.	1	2	3	4	5

11. I help other people feel better when they are down.	1	2	3	4	5
12. I can tell how people are feeling by listening to the tone of their voice.	1	2	3	4	5

Using the scale above, please indicate how frequently each of these statements applies to you.	None of the time				Most of the time			
1. I feel afraid for no reason at all.	1	2	3	4				
2. I get upset easily or feel panicky.	1	2	3	4				
3. I feel like I'm falling apart and going to pieces	1	2	3	4				
4. My mind is as clear as it used to be	1	2	3	4				
5. I find it easy to do the things I used to	1	2	3	4				
6. I feel that I am useful and needed	1	2	3	4				

Please circle one response alternative for each question.	Never	Rarely	Sometimes	Often	Very often
1. When I was growing up, people in my family hit me so hard that it left me with bruises and marks.	1	2	3	4	5
2. When I was growing up, someone tried to touch me in a sexual way or tried to make me touch them.	1	2	3	4	5

Directions: People differ in the ways they act and think in different situations. This is a test to measure some of the ways in which you act and think. Read each statement and place a check in the appropriate box on the right side of the page. Do not spend too much time on any statement. Answer quickly and honestly.		Rarely/ Never	Occasionally	Often	Almost always/ Always
		↓	↓	↓	↓
1.	I do things without thinking	1	2	3	4
2.	I concentrate easily	1	2	3	4
3.	I plan for job security	1	2	3	4
4.	I act "on impulse"	1	2	3	4
5.	I am restless at lectures or talks	1	2	3	4
6.	I plan for the future	1	2	3	4

Below is a set of statements dealing with your general feelings about yourself. Please read each statement, and use the 1 to 4 scale to indicate the extent to which you agree or disagree with each one	Strongly Disagree				Strongly Agree			
	↓				↓			
1. All in all, I am inclined to feel that I am a failure.	1	2	3	4				
2. I take a positive attitude toward myself.	1	2	3	4				

Use the scale on the right to describe how you feel right now (even if you have felt differently at other times).	Strongly disagree							Strongly agree							
1. I usually manage one way or another	1	2	3	4	5	6	7								
2. I am friends with myself	1	2	3	4	5	6	7								
3. My belief in myself gets me through hard times	1	2	3	4	5	6	7								

People have a variety of ways of relating to their thoughts and feelings. For each item below, rate how much each applies to you.	Rarely / no at all	Sometimes	Often	Almost always
1. It's easy for me to keep track of my thoughts and feelings	1	2	3	4
2. I am able to accept the thoughts and feelings I have	1	2	3	4
3. I am able to focus on the present moment	1	2	3	4

Have you ever taken illegal drugs (e.g. Cannabis, etc)	No <input type="checkbox"/>	Yes, once <input type="checkbox"/>	Yes, more than once <input type="checkbox"/>
Have you ever smoked a cigarette?	No <input type="checkbox"/>	Yes, once <input type="checkbox"/>	Yes, more than once <input type="checkbox"/>
Have you ever drunk alcohol to excess?	No <input type="checkbox"/>	Yes, once <input type="checkbox"/>	Yes, more than once <input type="checkbox"/>
Have you ever worried about issues around sexuality	No <input type="checkbox"/>	Yes, once <input type="checkbox"/>	Yes, more than once <input type="checkbox"/>

(e.g., being straight, gay, etc)?

Appendix D4: University student longitudinal survey, second round

Please indicate: 1. Your gender (circle what applies to you): Male Female 2. Age: _____

3. What do you consider to be your ethnicity (e.g., NZ European/Pakeha, Maori, etc)? _____

This questionnaire asks about a number of different things that people sometimes do to hurt themselves. Please be sure to read each question carefully and respond honestly. Often, people who do these kinds of things to themselves keep it a secret, for a variety of reasons. However, honest responses to these questions will provide us with greater understanding and knowledge about these behaviours and the best way to help people.

Please answer yes to a question only if you did the behaviour intentionally, to hurt yourself. Do not respond yes if you did something accidentally (e.g., you tripped and banged your head on accident). Also, please be assured that your responses are completely confidential.

If you were in PSYC 121 this year, please complete **Scale One** and skip Scale Two. If you were not enrolled in PSYC 121 this year please go to **Scale Two** (next page).

Scale One:

We are interested in whether or not people have engaged in any of the behaviours listed below since last completing this survey in mass testing PSYC 121. This was approximately four months ago. We are interested in whether you have engaged in any of these behaviours in the **past 4 months**. Please answer yes to a question only if you did the behaviour intentionally, to hurt yourself, sometime over the **past 4 months** (since PSYC 121 mass testing). Do not include behaviours that occurred more than four months ago.

If you did PSYC 121 this year: Please circle one response alternative for each question. Over the past 4 months...	Never	Have thought of doing this to yourself	Once	More than once	Many times
1. Have you intentionally cut your wrist, arms, or other areas of your body?	1	2	3	4	5
2. Have you intentionally burned yourself with a cigarette, lighter or a match?	1	2	3	4	5
3. Have you intentionally carved words, pictures, designs or other marks onto your skin?	1	2	3	4	5
4. Have you intentionally severely scratched yourself, to the extent that scarring or bleeding occurred?	1	2	3	4	5
5. Have you intentionally punched yourself, to the extent that you caused a bruise to appear?	1	2	3	4	5
6. Have you intentionally prevented wounds from healing?	1	2	3	4	5
7. Have you intentionally overdosed on medication, drugs or chemicals with the intention of harming yourself?	1	2	3	4	5

Scale Two:

If you <i>did not</i> do PSYC 121 this year: Please circle one response alternative for each question.	Never	Have thought of doing this to yourself	Once	More than once	Many times
1. Have you ever intentionally cut your wrist, arms, or other areas of your body?	1	2	3	4	5
2. Have you ever intentionally burned yourself with a cigarette, lighter or a match?	1	2	3	4	5
3. Have you ever intentionally carved words, pictures, designs or other marks onto your skin?	1	2	3	4	5
4. Have you ever intentionally severely scratched yourself, to the extent that scarring or bleeding occurred?	1	2	3	4	5
5. Have you ever intentionally punched yourself, to the extent that you caused a bruise to appear?	1	2	3	4	5
6. Have you ever intentionally prevented wounds from healing?	1	2	3	4	5
7. Have you ever intentionally overdosed on medication, drugs or chemicals with the intention of harming yourself?	1	2	3	4	5

The set of questions below asks about some of the feelings you might experience. Please read each statement, and use the 1 to 7 scale to indicate the extent to which you agree or disagree with each one	Strongly Disagree			Strongly Agree			
1. I am often confused about what emotion I am feeling.	1	2	3	4	5	6	7
2. It is difficult for me to find the right words for my feelings.	1	2	3	4	5	6	7
3. I have feelings that I cannot quite identify.	1	2	3	4	5	6	7
4. Being in touch with emotions is essential.	1	2	3	4	5	6	7
5. I find it hard to describe how I feel about people.	1	2	3	4	5	6	7
6. I do not know what is going on inside me.	1	2	3	4	5	6	7
7. It is difficult for me to reveal my innermost feelings, even to close friends.	1	2	3	4	5	6	7
8. I can feel close to someone, even in moments of silence.	1	2	3	4	5	6	7
9. I find examination of my feelings useful in solving personal problems.	1	2	3	4	5	6	7

Indicate, using the scale how, accurate each statement is of the way you typically think, feel or act. 1= Very seldom; 2= Seldom; 3= Sometimes; 4= Often; 5= Very often	Very seldom			Very often	
1. I expect good things to happen.	1	2	3	4	5
2. When I experience a positive emotion I know how to make it last.	1	2	3	4	5
3. I arrange events others enjoy.	1	2	3	4	5
4. I seek out activities that make me happy.	1	2	3	4	5
5. I present myself in a way that makes a good impression on others.	1	2	3	4	5
6. When I am in a positive mood, solving problems is easy for me.	1	2	3	4	5
7. By looking at their facial expressions, I recognise the emotions people are experiencing.	1	2	3	4	5
8. When I am in a positive mood, I am able to come up with new ideas.	1	2	3	4	5
9. I am aware of the non-verbal messages other people send.	1	2	3	4	5
10. When I feel a change in emotions, I tend to come up with new ideas.	1	2	3	4	5
11. I help other people feel better when they are down.	1	2	3	4	5
12. I can tell how people are feeling by listening to the tone of their voice.	1	2	3	4	5

Please circle one response alternative for each question.	Never	Rarely	Sometimes	Often	Very often
---	-------	--------	-----------	-------	------------

1. When I was growing up, people in my family hit me so hard that it left me with bruises and marks.	1	2	3	4	5
2. When I was growing up, someone tried to touch me in a sexual way or tried to make me touch them.	1	2	3	4	5

Using the scale above, please indicate how frequently each of these statements applies to you.	None of the time				Most of the time			
1. I feel afraid for no reason at all.	1	2	3	4	1	2	3	4
2. I get upset easily or feel panicky.	1	2	3	4	1	2	3	4
3. I feel like I'm falling apart and going to pieces	1	2	3	4	1	2	3	4
4. My mind is as clear as it used to be	1	2	3	4	1	2	3	4
5. I find it easy to do the things I used to	1	2	3	4	1	2	3	4
6. I feel that I am useful and needed	1	2	3	4	1	2	3	4

Directions: People differ in the ways they act and think in different situations. This is a test to measure some of the ways in which you act and think. Read each statement and place a check in the appropriate box on the right side of the page. Do not spend too much time on any statement. Answer quickly and honestly.		Rarely/ Never	Occasionally	Often	Almost always/ Always
		↓	↓	↓	↓
1.	I do things without thinking	1	2	3	4
2.	I concentrate easily	1	2	3	4
3.	I plan for job security	1	2	3	4
4.	I act "on impulse"	1	2	3	4
5.	I am restless at lectures or talks	1	2	3	4
6.	I plan for the future	1	2	3	4

Below is a set of statements dealing with your general feelings about yourself. Please read each statement, and use the 1 to 4 scale to indicate the extent to which you agree or disagree with each one	Strongly Disagree				Strongly Agree			
	↓				↓			
1. All in all, I am inclined to feel that I am a failure.	1	2	3	4	1	2	3	4
2. I take a positive attitude toward myself.	1	2	3	4	1	2	3	4

Use the scale on the right to describe how you feel right now (even if you have felt differently at other times).	Strongly disagree							Strongly agree
1. I usually manage one way or another	1	2	3	4	5	6	7	1
2. I am friends with myself	1	2	3	4	5	6	7	1
3. My belief in myself gets me through hard times	1	2	3	4	5	6	7	1

People have a variety of ways of relating to their thoughts and feelings. For each item below, rate how much each applies to you.	Rarely / no at all	Sometimes	Often	Almost always
1. It's easy for me to keep track of my thoughts and feelings	1	2	3	4
2. I am able to accept the thoughts and feelings I have	1	2	3	4
3. I am able to focus on the present moment	1	2	3	4

Have you ever taken illegal drugs (e.g. Cannabis, etc)	No <input type="checkbox"/>	Yes, once <input type="checkbox"/>	Yes, more than once <input type="checkbox"/>
Have you ever smoked a cigarette?	No <input type="checkbox"/>	Yes, once <input type="checkbox"/>	Yes, more than once <input type="checkbox"/>
Have you ever drunk alcohol to excess?	No <input type="checkbox"/>	Yes, once <input type="checkbox"/>	Yes, more than once <input type="checkbox"/>
Have you ever worried about issues around sexuality (e.g., being straight, gay, etc)?	No <input type="checkbox"/>	Yes, once <input type="checkbox"/>	Yes, more than once <input type="checkbox"/>

Appendix D5: University student longitudinal survey debriefing sheet

VICTORIA UNIVERSITY OF WELLINGTON
Te Whare Wananga o te Upoko o te Ika a Maui



Debriefing Sheet.

Thank you for participating in this research.

What this research was about

- In this survey you have completed questions about your emotional experience – for example, how easy you find it to identify the emotional experiences you have, and how you feel about them. You have also answered questions indicating whether or not, and how frequently, you might have done things that you knew could or would cause you harm.

Summary of previous research

- Published research has shown that people who self-harm are more likely to be depressed, anxious, have low self-esteem, and have a higher rate of substance abuse. Self-harm is also associated with lack of emotion regulation and awareness.
- Anecdotally, and in some research, it has been suggested that one reason people might behave in ways that could or would cause them harm is to help them master their emotions – for example, when they feel so overwhelmed by an emotional experience that experiencing a physical sensation seems like the only way to override those feelings. This research allows us to assess these relationships statistically.

Aim of this study

- This research aims to look at the relationship between certain experiences (e.g. emotional experience, victimisation experience, self-esteem) and self-harming behaviour by creating a model to see how these different variables fit together.

Seeking support

- If questions in this study have raised any issues (either with regard to yourself or friends/family) that you wish to discuss further, please do not hesitate to contact Dr John McDowall at the School of Psychology. Alternatively, please feel free to make use of the following services provided by the university:

Student Health Services
4 Wai-te-ata Rd
Kelburn Campus
(04) 463 5308

Counselling Services
2 Wai-te-ata Rd
Kelburn Campus
(04) 463 5310

- Because some of the questions in this study relate to potentially dangerous behaviours and distressing experiences, Dr. John McDowall will make contact with people with certain kinds of responses, inviting them to speak confidentially with him at an arranged time to discuss the implications of their responses. Please note, your scores will not be related to class grades or assessment. Though it is recommended, these people are under no obligation to meet with Dr. McDowall.

Learning of the results

- A summary of the results will be posted on the 4th floor noticeboard area of the Easterfield building in October 2009.

If you have any questions about this study please do not hesitate to contact Jessica Garisch or Dr. Marc Wilson using the email address below at the School of Psychology.

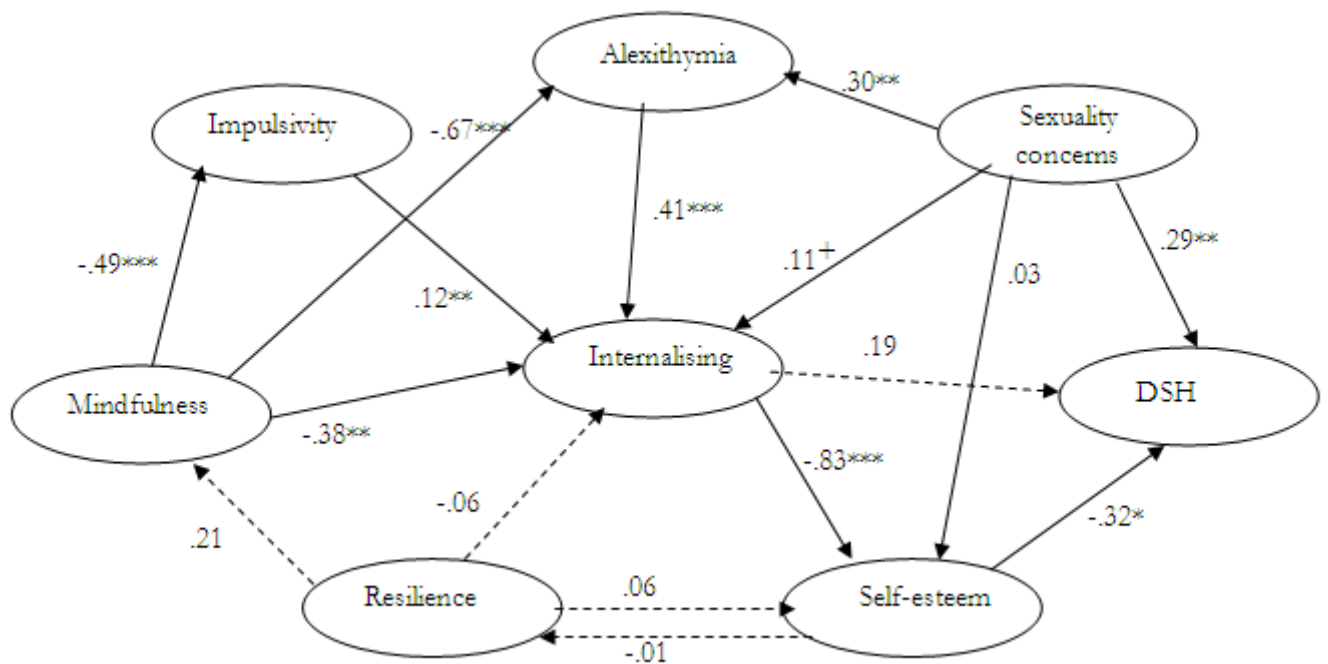
Thank you again for your time.

Jessica Garisch
PhD candidate
Jessica.garisch@vuw.ac.nz

Dr Marc Wilson
Senior Lecturer
marc.wilson@vuw.ac.nz
04 463 5225

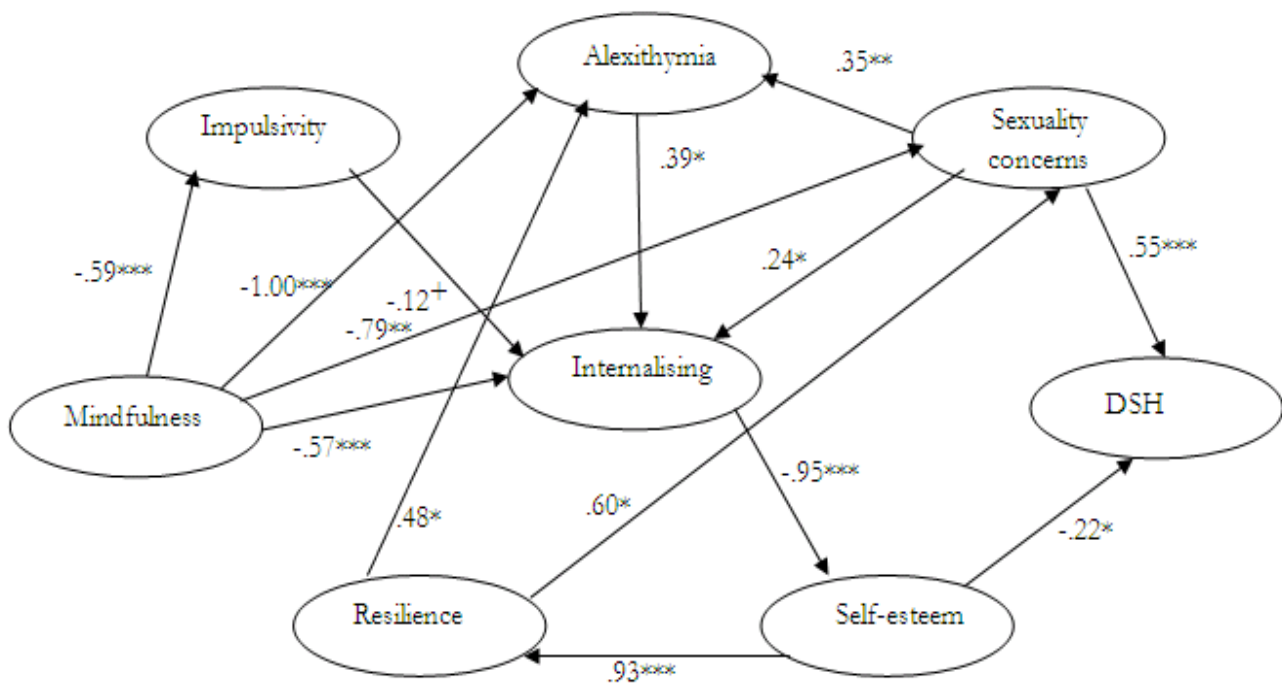
Dr John McDowall
Senior Lecturer
john.mcdowall@vuw.ac.nz
04 463 5402

Appendix D6.a: University sample: Test of proposed psychological model on T1 dataset



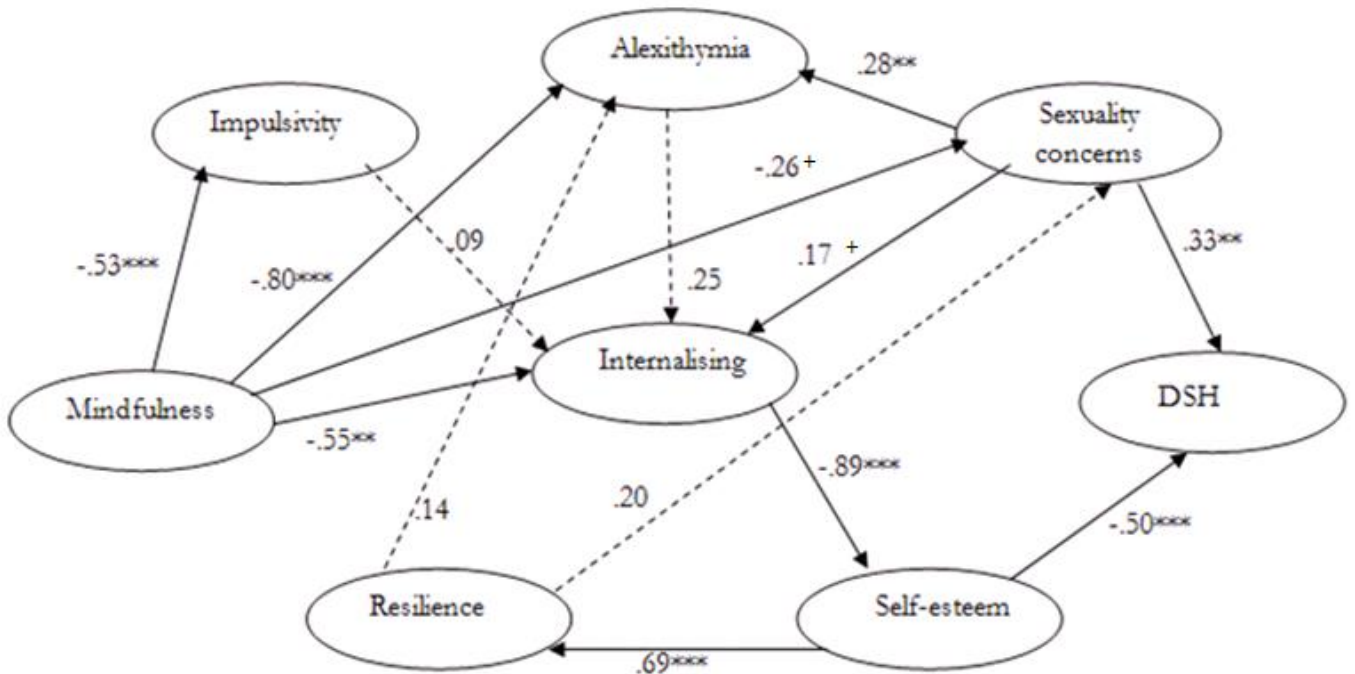
* $p < .05$, ** $p < .01$, *** $p < .001$, + $p < .10$, ----> non-significant path ($p > .10$)

Appendix D6.b: University student psychological model: test of revised model with T2 dataset



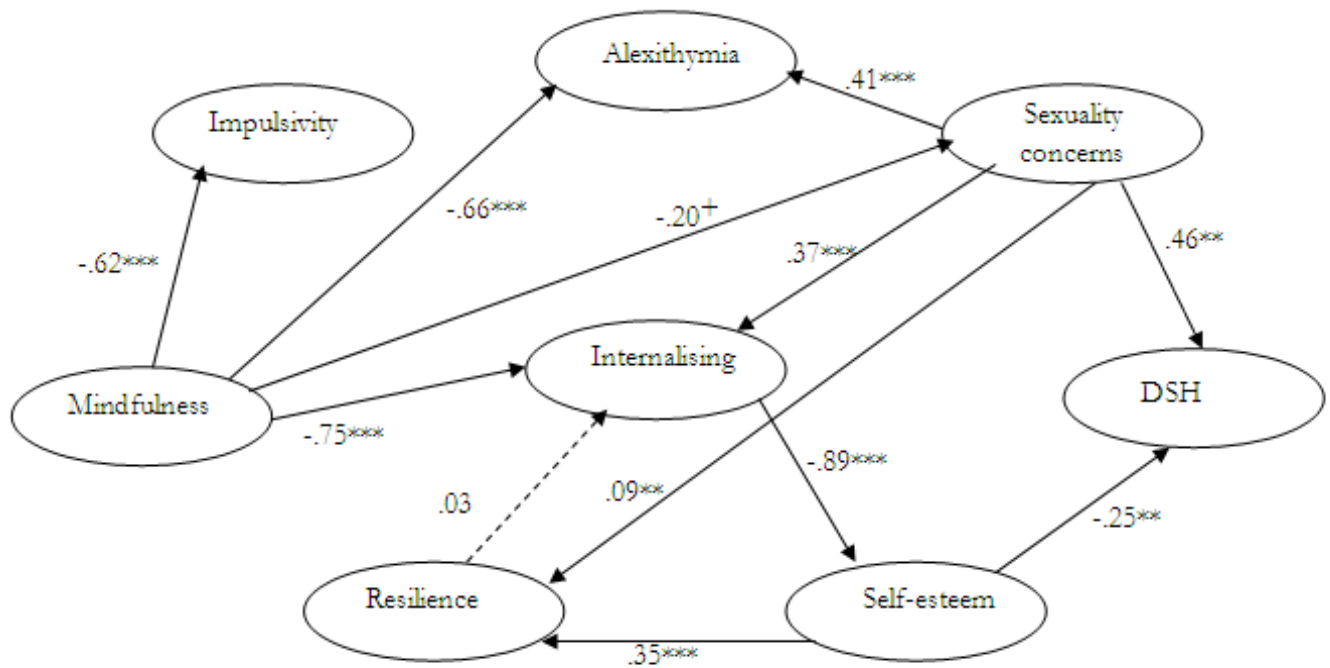
* $p < .05$, ** $p < .01$, *** $p < .001$, + $p < .10$

Appendix D6.c: University sample: Test of revised total psychological model on male T1 dataset



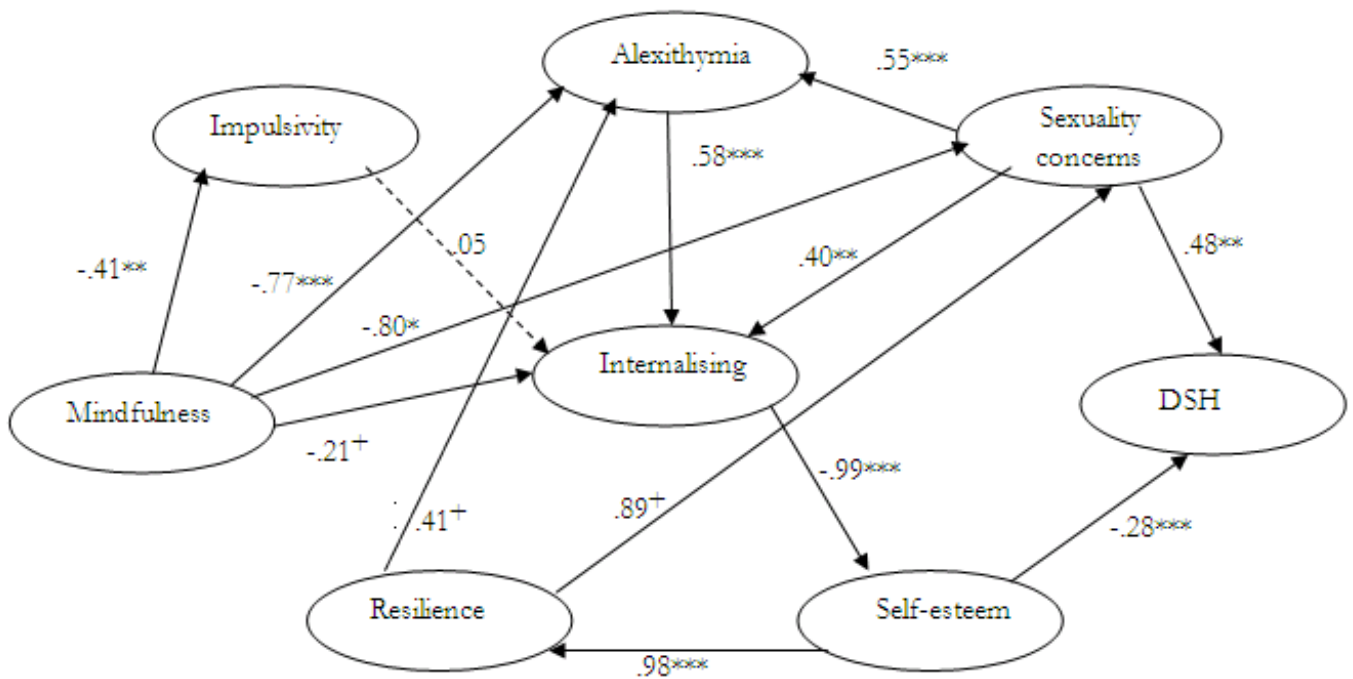
* $p < .05$, ** $p < .01$, *** $p < .001$, + $p < .10$, ----> non-significant path ($p > .10$)

Appendix D6.d: University student psychological model: test of male model on T2 male data



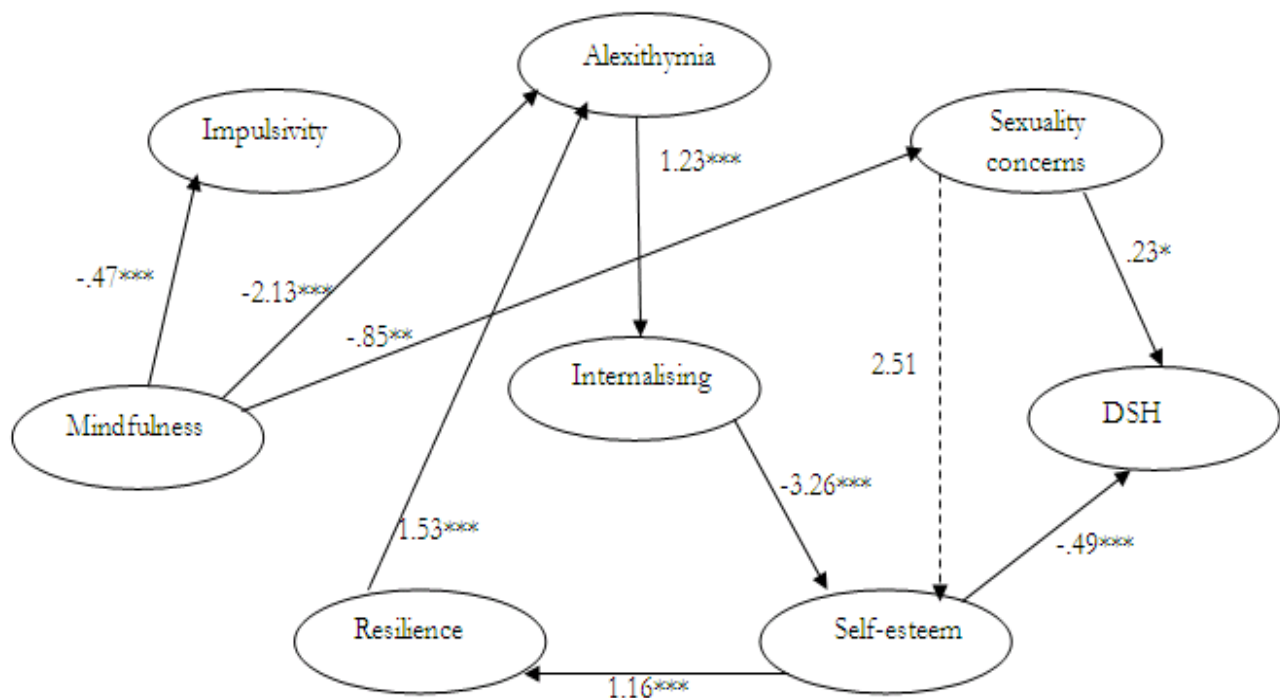
* $p < .05$, ** $p < .01$, *** $p < .001$, + $p < .10$, -- \rightarrow non-significant path ($p > .10$)

Appendix D6.e: University student psychological model: Test of revised model on female T1 data



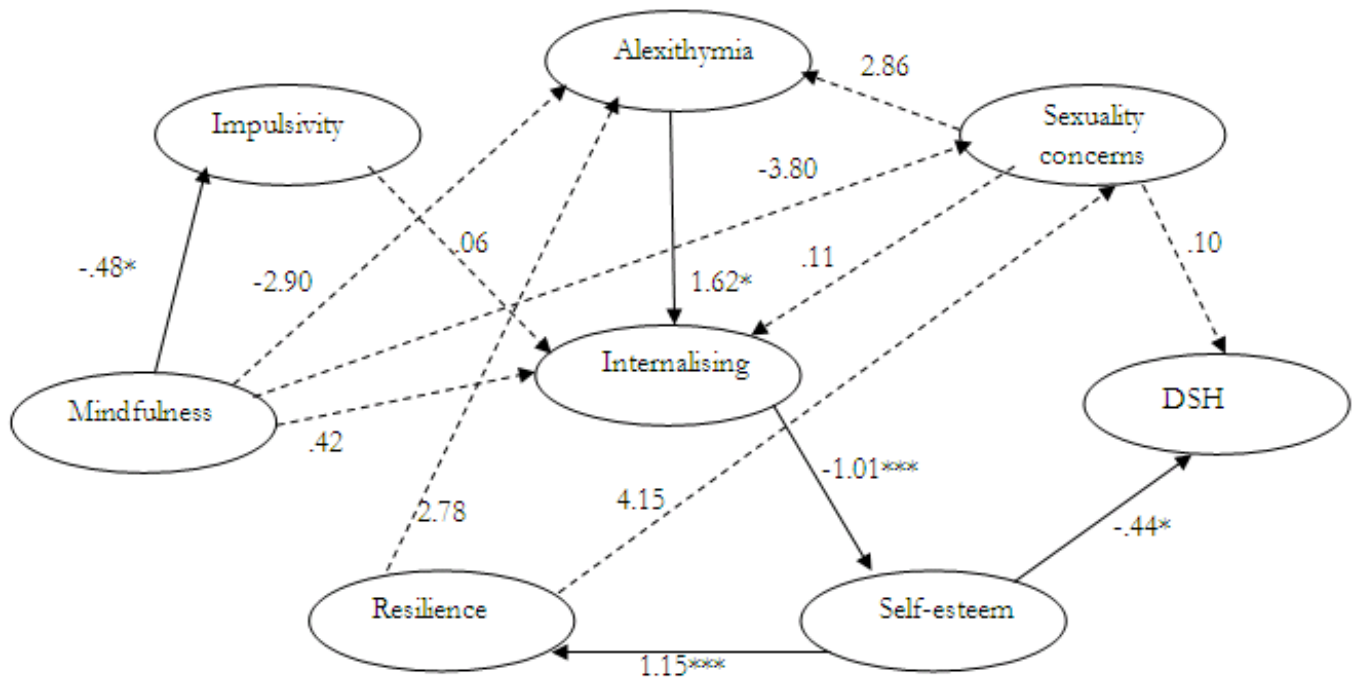
* $p < .05$, ** $p < .01$, *** $p < .001$, + $p < .08$, --- \rightarrow non-significant path

Appendix D6.f: University student psychological model: Test of female model using T2 data



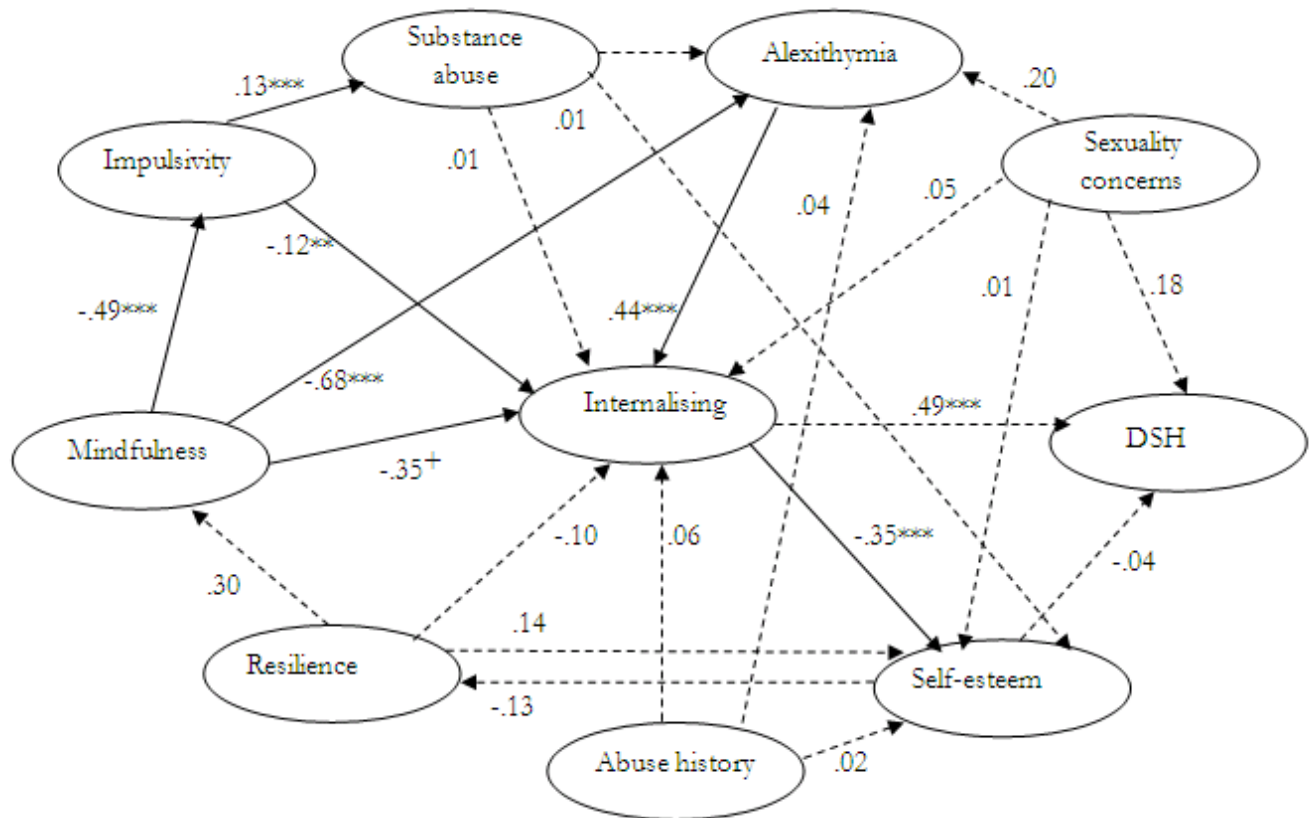
* $p < .05$, ** $p < .01$, *** $p < .001$, ---► non-significant path

Appendix D6.g: University student psychological model: Test of revised cross-sectional model on longitudinal dataset



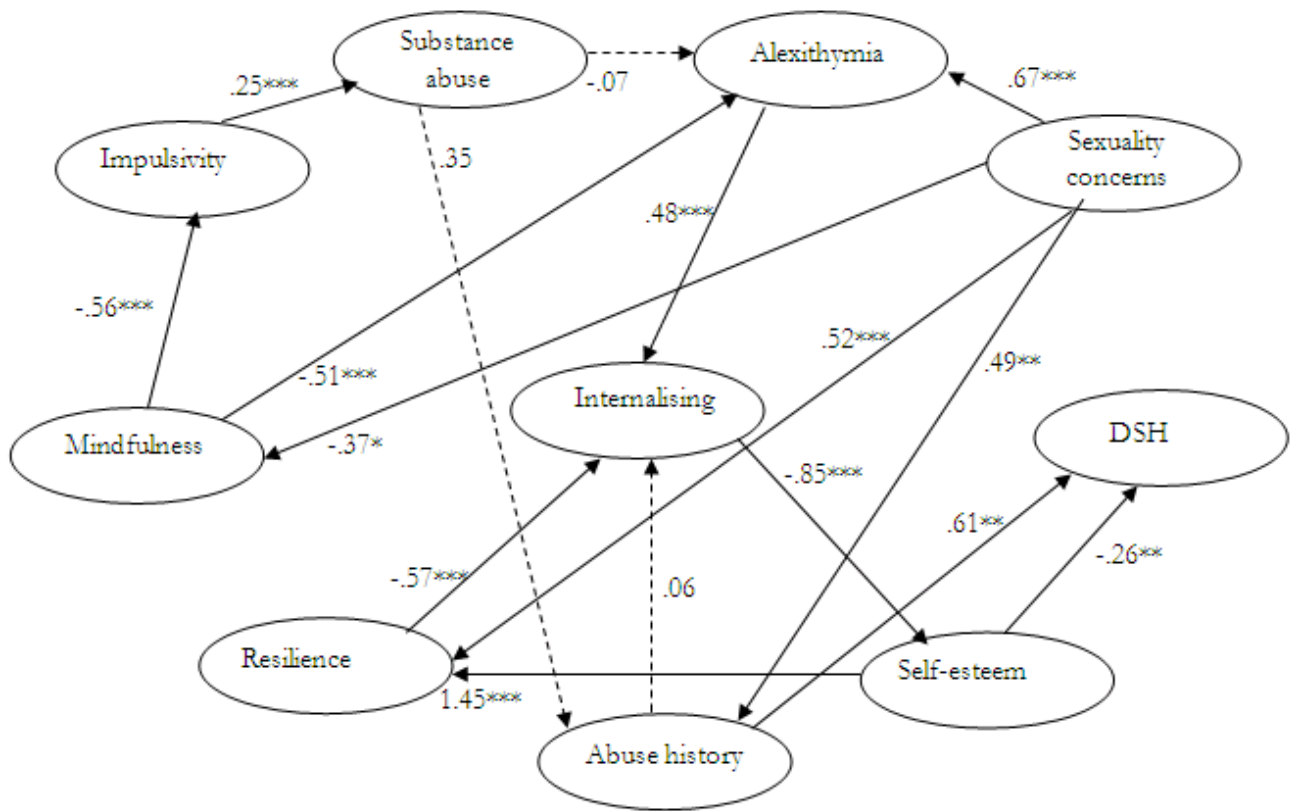
* $p < .05$, ** $p < .01$, *** $p < .001$, --- \rightarrow non-significant path

Appendix D6.h: University student psychosocial behavioural model: Test of proposed model.



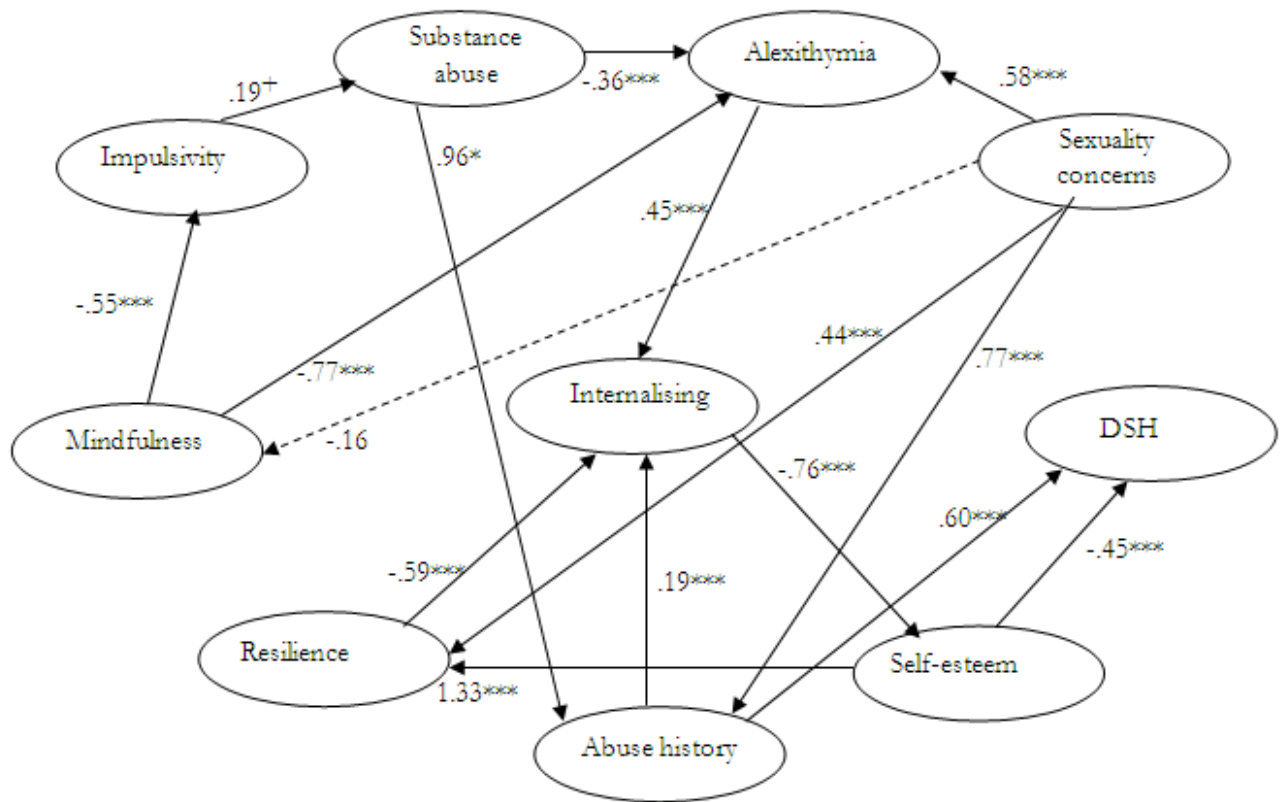
* $p < .05$, ** $p < .01$, *** $p < .001$, + $p < .10$, ----► non-significant paths ($p > .10$)

Appendix D6.i: University student psychosocial behavioural model: Test revised model using T2 dataset



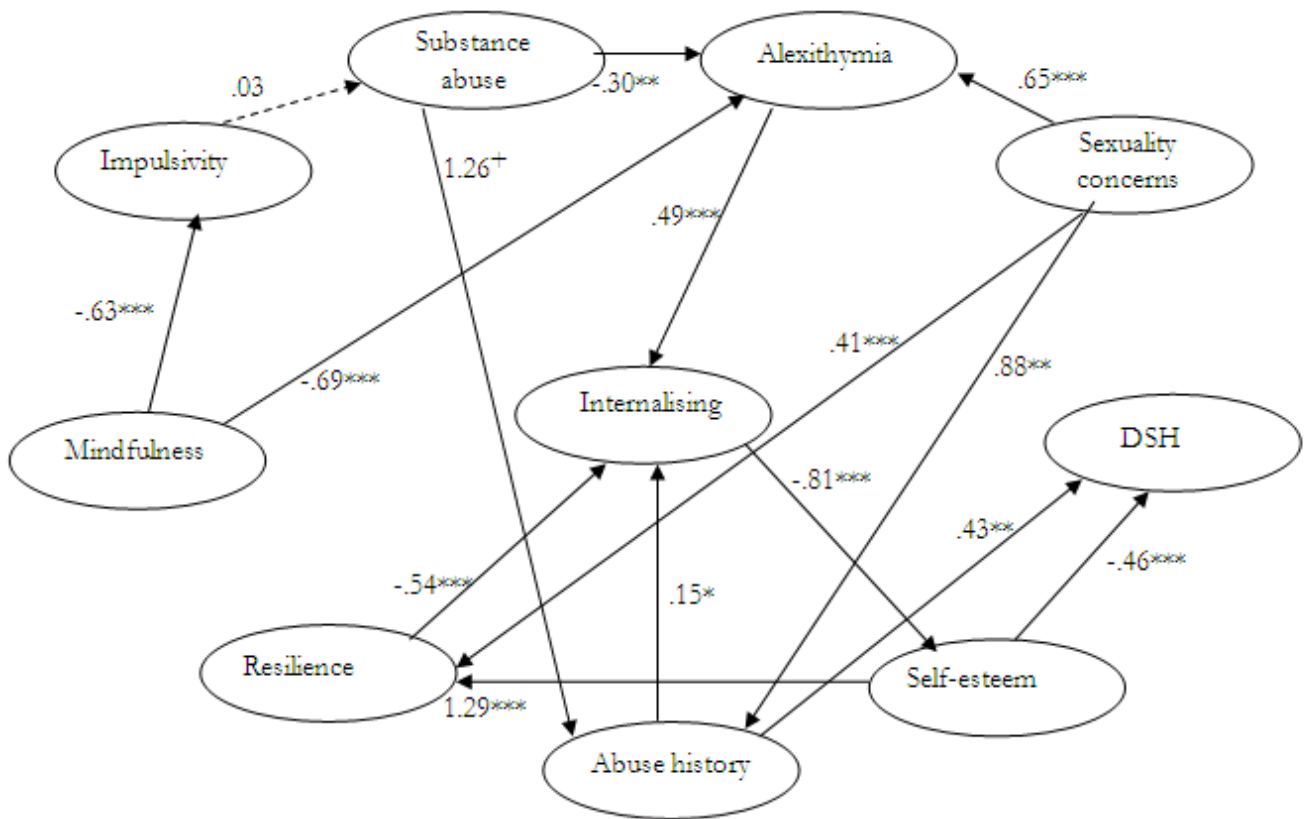
*p<.05, **p<.01, ***p<.001, ---► non-significant paths

Appendix D6.j: University student psychosocial behavioural model: Test revised model on male T1 data.



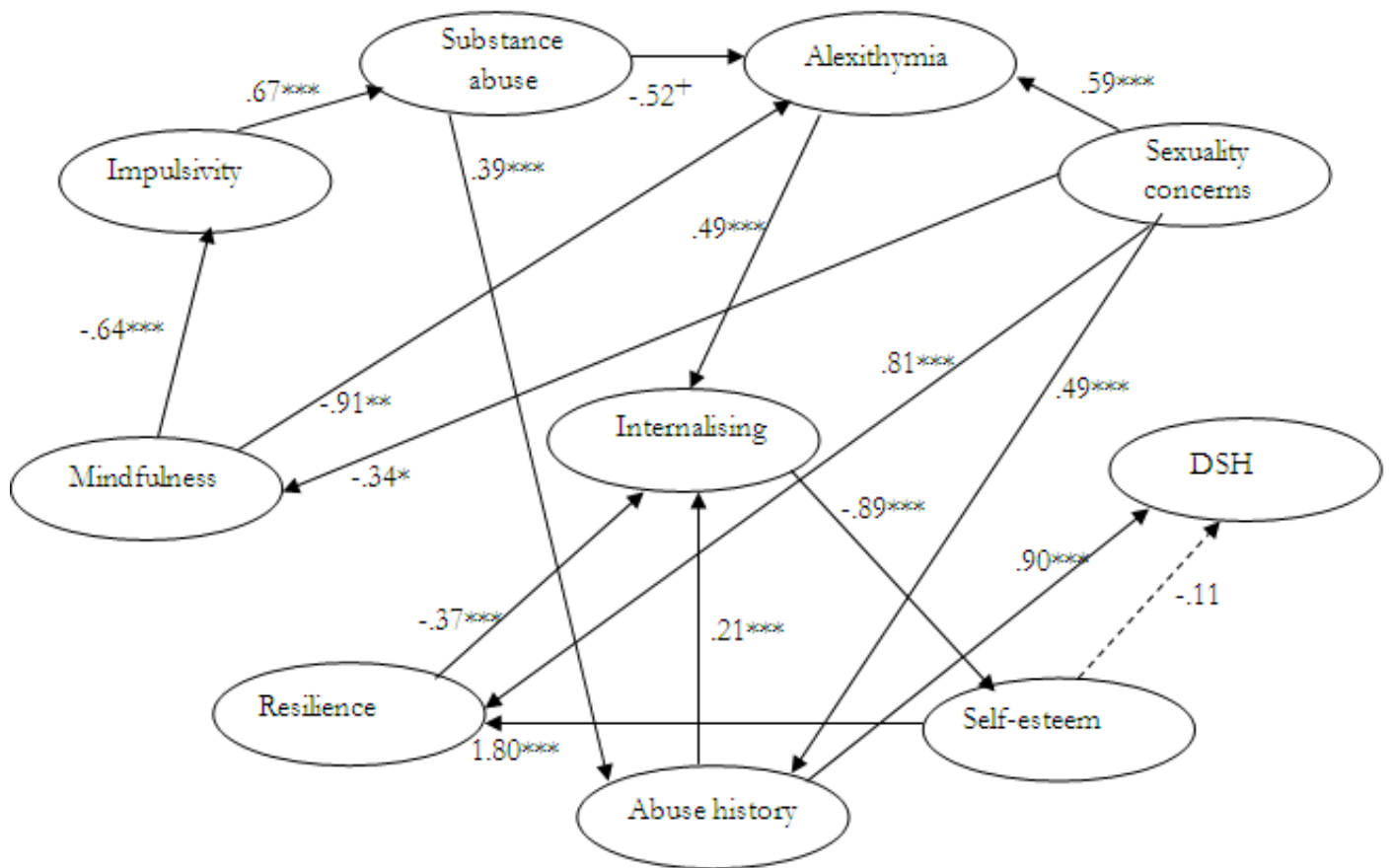
* $p < .05$, ** $p < .01$, *** $p < .001$, + $p < .10$, ---► non-significant paths ($p > .10$)

Appendix D6.k: University student psychosocial behavioural model: Test male model on T2 dataset



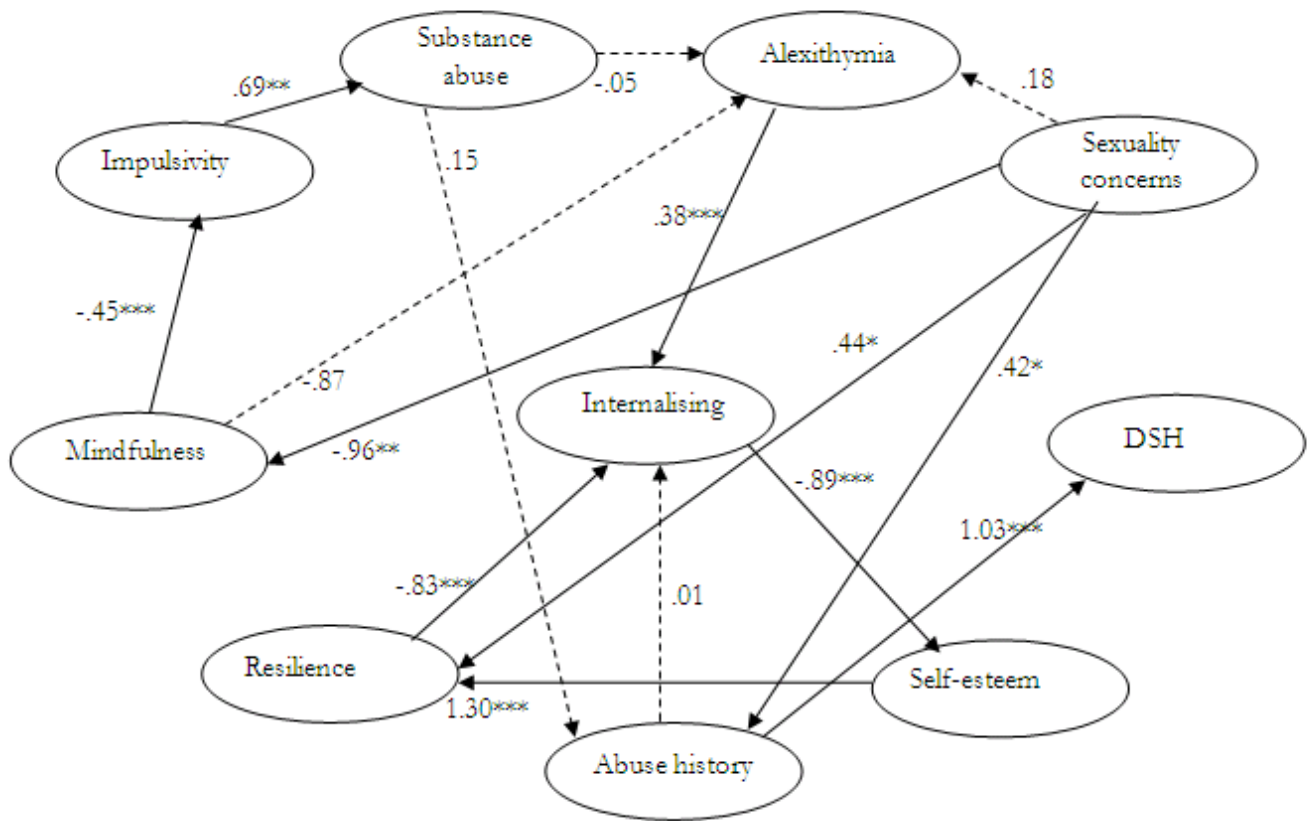
* $p < .05$, ** $p < .01$, *** $p < .001$, + $p < .10$, -----> non-significant path ($p > .10$)

Appendix D6.1: University student psychosocial behavioural model: Testing revised model on female T1 data



*p<.05, **p<.01, ***p<.001, + p<.10, ---► non-significant paths (p>.10)

Appendix D6.m: University student psychosocial behavioural model: Test of female model on T2 dataset.



*p<.05, **p<.01, ***p<.001, - - -> non-significant path

Appendix E1: University student information sheet for diary (Study 2.3)

VICTORIA UNIVERSITY OF WELLINGTON
Te Whare Wananga o te Upoko o te Ika a Maui



Information sheet

Jessica Garisch
PhD candidate
Jessica.garisch@vuw.ac.nz

Dr Marc Wilson
Senior Lecturer
marc.wilson@vuw.ac.nz
04 463 5225

Dr John McDowall
Senior Lecturer
john.mcdowall@vuw.ac.nz
04 463 6423

What is the purpose of this research?

- This research will allow us to investigate the ways that people think about their emotions, and some of the behaviours and beliefs that might accompany emotional experience.
- This is a sensitive topic, and some of the questions ask you about some potentially very private aspects of your life (for example, whether you have engaged in any behaviours that you know could or would cause you harm). This research has been approved by the School of Psychology Human Ethics Committee.

What does participation involve?

- If you agree to take part in this study, you will be asked to complete 6 online diary entries (one entry per week, running over 6 weeks). This will take up to an hour in total (each entry takes 10 minutes or less to complete).
- Some of the questions you will be asked may seem very personal. Examples of such questions include self-harming behaviours like cutting or burning the skin or drinking to excess. Remember, participation is voluntary. You are free to withdraw from the research, without penalty, at any point before your data have been collected.
- If you complete all six diary entries you will receive full IPRP credit (1 hour). If you complete 3, 4 or 5 entries you will receive a half hour IPRP credit. You will receive no IPRP credit if you complete less than 3 diary entries. You will be sent a weekly email for six weeks reminding you to complete your diary entry for the week.
- You will be given the chance to indicate whether or not you would like a summary of the research findings. Receiving a summary requires providing an email address, or a mailing address, but this personal information is not connected to your diary data in any way. You will be directed to a page before your first diary entry where you can fill in some contact details. Here you can also indicate whether you would like to be sent weekly emails reminding you to complete your diary. These contact details will be destroyed once the summary information has been sent to you.
- Because some of the questions in this study relate to potentially dangerous behaviours and distressing experiences, Dr. John McDowall will make contact with people with certain kinds of responses, inviting them to speak confidentially with him at an arranged time to discuss the implications of their responses. Please note, your scores will not be related to class grades or assessment.

Privacy and Confidentiality

- Your data are confidential, and will be analysed as part of the group data collected in IPRP.
- The electronic diary entries will be sent directly to Jessica Garisch's email, and printed copies will be stored in Dr Marc Wilson's laboratory, and will be accessible by Jessica Garisch and Dr Marc Wilson.
- The anonymous electronic data, with any potential identifying information removed (i.e. student ID number), will be available to other competent professionals and PSYC 325 students. There will be no way in which these other people, nor PSYC325 students, will be able to identify you from the data.

What happens to the information that you provide?

- Data from this study may be used for one or more of the following purposes:

1. The overall findings may be submitted for publication in a scientific journal, or presented at scientific conferences.
2. The overall findings may form part of a PhD thesis, Masters thesis, or Honours research project that will be submitted for assessment.
3. The anonymous electronic data may be used by other competent researchers or PSYC 325 students.

If you have any further questions about this study please contact Jessica Garisch or Dr. Marc Wilson using the contact details above.

Thank you for your time.

I have read the information sheet and I give consent to my data being used in this study
(please tick the box if you give consent):

Student I.D. number: _____

Appendix E2: Diary entry format, Study 2.3

Student I.D. number: _____

What is your gender? Male: _____ Female: _____

What is your age? _____

Emotional experiences are events or situations that arouse emotions and emotional thoughts.

Please describe what you consider to be your *most intense* emotional experience of the past week (i.e. what was it? was it positive, negative or neutral? how long did it last?)? How did you deal with this emotional experience?

Please rate your *most intense* emotional experience of the past week that you identified above using the emotions listed below. To what degree were you feeling these different emotions during this emotional experience?

	Not at all				Very Much
	↓				↓
Happiness	0	1	2	3	4
Nervous	0	1	2	3	4
Ashamed	0	1	2	3	4
Joyful	0	1	2	3	4
Enthusiastic	0	1	2	3	4
Guilty	0	1	2	3	4
Amused	0	1	2	3	4
Sad	0	1	2	3	4
Angry	0	1	2	3	4

Describe your emotional experience over the previous week. How have you been feeling emotionally?

Have you been having self-defeating thoughts (e.g. I am worthless) over the past week? Please describe below.

Please list some of the specific strategies you have used over the past week to hold onto positive emotions or appreciate positive emotions more:

Please list some of the specific strategies you have used over the past week to cheer yourself up when things are not going well and you are feeling down:

Have you taken party pills during the past week?	No <input type="checkbox"/> Yes, once <input type="checkbox"/> Yes, more than once <input type="checkbox"/>
Have you taken illegal drugs (e.g. Cannabis, etc) during the past week?	No <input type="checkbox"/> Yes, once <input type="checkbox"/> Yes, more than once <input type="checkbox"/>
Have you smoked a cigarette during the past week?	No <input type="checkbox"/> Yes, once <input type="checkbox"/> Yes, more than once <input type="checkbox"/>
Have you drunk alcohol to excess during the past week?	No <input type="checkbox"/> Yes, once <input type="checkbox"/> Yes, more than once <input type="checkbox"/>

Have you *ever* intentionally hurt yourself (e.g. purposely cut, burned or carved your skin, scratched yourself, bit yourself, rubbed your skin with sand paper, glass or abrasive commercial cleaners such as over cleaner, banged your head, punched yourself, or prevented wounds from healing)?

No Yes, once Yes, more than once

If yes, when was the last time you intentionally hurt yourself?

Within the last week or
 Within the last 2 weeks or
 Within the last month or
 Within the last year or
 Over a year ago

In the *past week*, have you intentionally hurt yourself? Please answer yes to a question only if you did the behaviour intentionally, to hurt yourself. Do not respond yes if you did something accidentally (e.g., you tripped and banged your head on accident). Also, please be assured that your responses are completely confidential.

Please circle one response alternative for each question.	I have thought of doing this intentionally	Yes, I have intentionally done this	No, I have not done this
---	--	-------------------------------------	--------------------------

1. Have you intentionally cut your wrist, arms, or other areas of your body?	Thought <input type="checkbox"/>	Yes <input type="checkbox"/>	No <input type="checkbox"/>
2. Have you intentionally burned yourself with a cigarette, lighter or a match?	Thought <input type="checkbox"/>	Yes <input type="checkbox"/>	No <input type="checkbox"/>
3. Have you intentionally carved words, pictures, designs or other marks onto your skin?	Thought <input type="checkbox"/>	Yes <input type="checkbox"/>	No <input type="checkbox"/>
4. Have you intentionally severely scratched yourself, to the extent that scarring or bleeding occurred?	Thought <input type="checkbox"/>	Yes <input type="checkbox"/>	No <input type="checkbox"/>
5. Have you intentionally bit yourself, to the extent that you broke the skin?	Thought <input type="checkbox"/>	Yes <input type="checkbox"/>	No <input type="checkbox"/>
6. Have you intentionally rubbed sandpaper on your body?	Thought <input type="checkbox"/>	Yes <input type="checkbox"/>	No <input type="checkbox"/>
7. Have you intentionally dripped acid onto your skin?	Thought <input type="checkbox"/>	Yes <input type="checkbox"/>	No <input type="checkbox"/>
8. Have you intentionally used bleach, comet, or oven cleaner to scrub your skin?	Thought <input type="checkbox"/>	Yes <input type="checkbox"/>	No <input type="checkbox"/>
9. Have you intentionally stuck sharp objects such as needles, pins, staples, etc. into your skin? (not including tattoos, ear piercing, needles used for drug use, or body piercing)	Thought <input type="checkbox"/>	Yes <input type="checkbox"/>	No <input type="checkbox"/>
10. Have you intentionally rubbed glass into your skin?	Thought <input type="checkbox"/>	Yes <input type="checkbox"/>	No <input type="checkbox"/>
11. Have you intentionally broken your own bones?	Thought <input type="checkbox"/>	Yes <input type="checkbox"/>	No <input type="checkbox"/>
12. Have you intentionally banged your head against something, to the extent that you caused a bruise to appear?	Thought <input type="checkbox"/>	Yes <input type="checkbox"/>	No <input type="checkbox"/>
13. Have you intentionally punched yourself, to the extent that you caused a bruise to appear?	Thought <input type="checkbox"/>	Yes <input type="checkbox"/>	No <input type="checkbox"/>
14. Have you intentionally prevented wounds from healing?	Thought <input type="checkbox"/>	Yes <input type="checkbox"/>	No <input type="checkbox"/>

<p>15. Have you done anything else to hurt yourself that was not asked in this questionnaire? If yes, how often did you hurt yourself in this way. What did you do to hurt yourself?</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p>Thought <input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/></p> <p>about doing it</p>
<p>16. Have you intentionally hurt yourself in any of the above-mentioned ways so that it led to hospitalization or injury severe enough to require medical treatment?</p>	<p>Yes <input type="checkbox"/> No <input type="checkbox"/></p>

If you did harm yourself in the past week, what was your reason/motive for doing so?

Thanks for filling in this entry.

Appendix E3: University student diary debriefing sheet, Study 2.3

VICTORIA UNIVERSITY OF WELLINGTON
Te Whare Wananga o te Upoko o te Ika a Maui



Debriefing Sheet.

Thank you for participating in this research.

What this research was about

- In this online diary you have completed questions about your emotional experience (e.g. identifying the characteristics of your most intense emotional experience of the past week). You have also answered questions indicating whether or not, and how frequently, you might have done things that you knew could or would cause you harm.
- Completing this diary lets us know how your emotional experience relates to your behaviours (e.g. alcohol consumption) and your social experiences (e.g. of being bullied).

Summary of previous research

- Published research has shown that people who self-harm are more likely to be depressed, and often experience highly emotional events before they engage in self-harming behaviours (e.g. arguments with close friends and family). Self-harm is also associated with lack of emotion regulation and awareness. Thus, research suggests that self-harm may be linked to emotional stress and reduced ability to cope with highly emotional experiences.
- This diary study allows us to assess these relationships statistically.

Aim of this study

- A primary aim of this research is to look at the relationship between emotional experience and self-harming behaviour.
- A further aim of this research is to look at the individual differences between people in terms of the strategies they use to 'handle' their emotional experience, and assess whether these individual differences are related to a vulnerability to self-harming behaviours.

Seeking support

- If questions in this study have raised any issues (either with regard to yourself or friends/family) that you wish to discuss further, please do not hesitate to contact Dr John McDowall at the School of Psychology. Alternatively, please feel free to make use of the following services provided by the university:

Student Health Services
4 Wai-te-ata Rd
Kelburn Campus
(04) 463 5308

Counselling Services
2 Wai-te-ata Rd
Kelburn Campus
(04) 463 5310

- Because some of the questions in this study relate to potentially dangerous behaviours and distressing experiences, Dr. John McDowall will make contact with people with certain kinds of responses, inviting them to speak confidentially with him at an arranged time to discuss the implications of their responses. Please note, your scores will not be related to class grades or assessment. Though it is recommended, these people are under no obligation to meet with Dr. McDowall.

Receiving a summary of the results

- Those of you who indicated that you would like a summary of the results when you first signed into the diary website will be sent this information at the end of the academic year. The summary will include all the data collected so far.
- If you did not indicate before your first entry that you would like a summary of the findings, but would now like to get this information, please email Jessica Garisch to let her know, and this information will be sent to you.
- In the meantime before a results summary is available, if you wish to have some information on some basic findings, or wish to discuss this research further, please do not hesitate to contact Jessica Garisch or Dr. Marc Wilson using the email address below at the School of Psychology

Thank you again for your time.

Jessica Garisch
PhD candidate
Jessica.garisch@vuw.ac.nz

Dr Marc Wilson
Senior Lecturer
marc.wilson@vuw.ac.nz

Dr John McDowall
Senior Lecturer
john.mcdowall@vuw.ac.nz

Appendix E4: University student diary contact information sheet

Contacts

For some people, some of the questions in this diary touch on very sensitive issues. If anything in this diary has raised any issues for you (either with regard to yourself or friends/family) that you wish to discuss further, please do not hesitate to contact me so that I can make suggestions for who might best be able to help you. Alternatively, you can contact any one of the following resources for help:

Alcohol and Drug Helpline
0800 787 797

<http://www.alcohol.co.nz><http://www.adanz.org.nz>

Quitline (Smoking)
0800 778 778

Citizens Advice Bureau
0800 FOR CAB
0800 367 222

<http://www.lowdown.org.nz>

Services provided by the university:

Student Health Services
4 Wai-te-ata Rd
Kelburn Campus
(04) 463 5308

Counselling Services
2 Wai-te-ata Rd
Kelburn Campus
(04) 463 5301

Other places where you can ask for help:

- Friends or family
- Church support services - you could talk with a pastor, priest or minister and some churches provide counselling and pastoral support.
- Your local Citizen's Advice Bureau can tell you about support services in your area
- Marae based community support services
- Cultural group based community support services
- Your Doctor

Appendix F1: Guidance Counsellor interview information sheet and consent forms, Study 3.1



Teen Life Study Interviews

Hello, I'm Jessica Garisch - a PhD student in the School of Psychology at Victoria University under the supervision of Dr. Marc Wilson. As you know, I'm researching the experiences and attitudes of teenagers in secondary schools in the Wellington region, and I'd like you to consider taking part in this project by participating in an interview.

What is the purpose of this research?

- The interviews will provide us with information about your opinions around sensitive topics, such as what your thoughts are around asking sensitive questions in research. Also, we would like to know how you have found participating in the Teen Life Study thus far.

What is involved if you agree to participate?

- Participation involves taking part in an interview with any other counsellors at your school involved in the Teen Life Study, lasting no more than 45 minutes. If you agree to participate, you will firstly need to sign and return the consent form at the bottom of this information sheet. The researcher will then contact you to organise a suitable interview time. The interview will take place at school (in your office, if this is agreeable to you), in a private and confidential setting. The interviews will be recorded on an audiotape, and then transcribed. Your responses will be recorded under an alias to maintain anonymity in research reports and publications.
- You don't have to participate if you don't want to, and you can decide to terminate the interview at any point.

Privacy and Confidentiality

- As part of the ethical approval under which this research is conducted your participation in these interviews will be kept confidential and your recorded responses will be transcribed under an alias. We do ask for basic demographic information (i.e. age and gender will be recorded). You will never be identified in any summary or reports of the research.

What happens to the information that you provide?

- When enough interview data has been collected, we will prepare reports based on an analysis of participants' responses. The overall findings, including extracts from the interviews, will be submitted for publication in scientific journals, or presented at scientific conferences. We will provide you with a summary of the results upon completion of the project.

- Jessica Garisch will use the results to complete a research report as part of her PhD study in psychology.

How can you contact me?

- If you have any further questions regarding this study please contact Jessica Garisch at Jessica.Garisch@vuw.ac.nz, or Dr. Marc Wilson: Ph. 463-5225 or by email at marc.wilson@vuw.ac.nz.

Counsellor consent form for participation in a Teen Life Study interview.

Please sign below if you would like to consent to participate in the Teen Life Study interviews. Remember, participation is entirely voluntary. We must receive this signed slip in order for you to be able to participate.

I (insert name) _____ have read the information sheet for the Teen Life Study interviews. I have been given the opportunity to ask any questions that I may have regarding the research, and have had these questions answered to my satisfaction. I understand what is required to participate.

Signature: _____

Date: _____

Appendix F2: Guidance counsellor semi-structured interview schedule

Topic 1: Initial reactions to being involved in research

- How do you usually feel about being approached to participate in research?
What are some of the things you immediately think about?
- What were your initial reactions to being asked to participate in this overall research project?
- What, in particular, have you found thought-provoking about this project?
- Have you experienced other thoughts or reactions as the research has progressed? What events have prompted these thoughts?

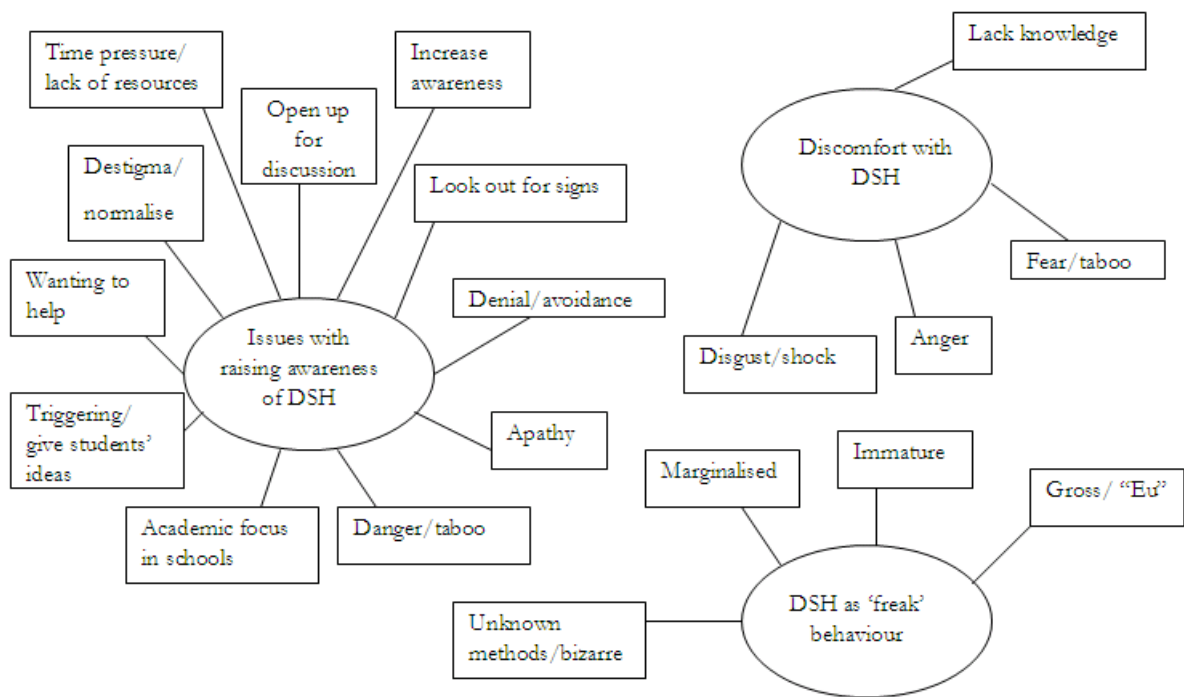
Topic 2: School context and feedback

- Have you received any feedback from students and/or staff about this research project? What has been the general tone of this feedback? What were your reactions to this feedback?
- Have you noticed any changes in behaviour among your students since becoming involved in this research project?

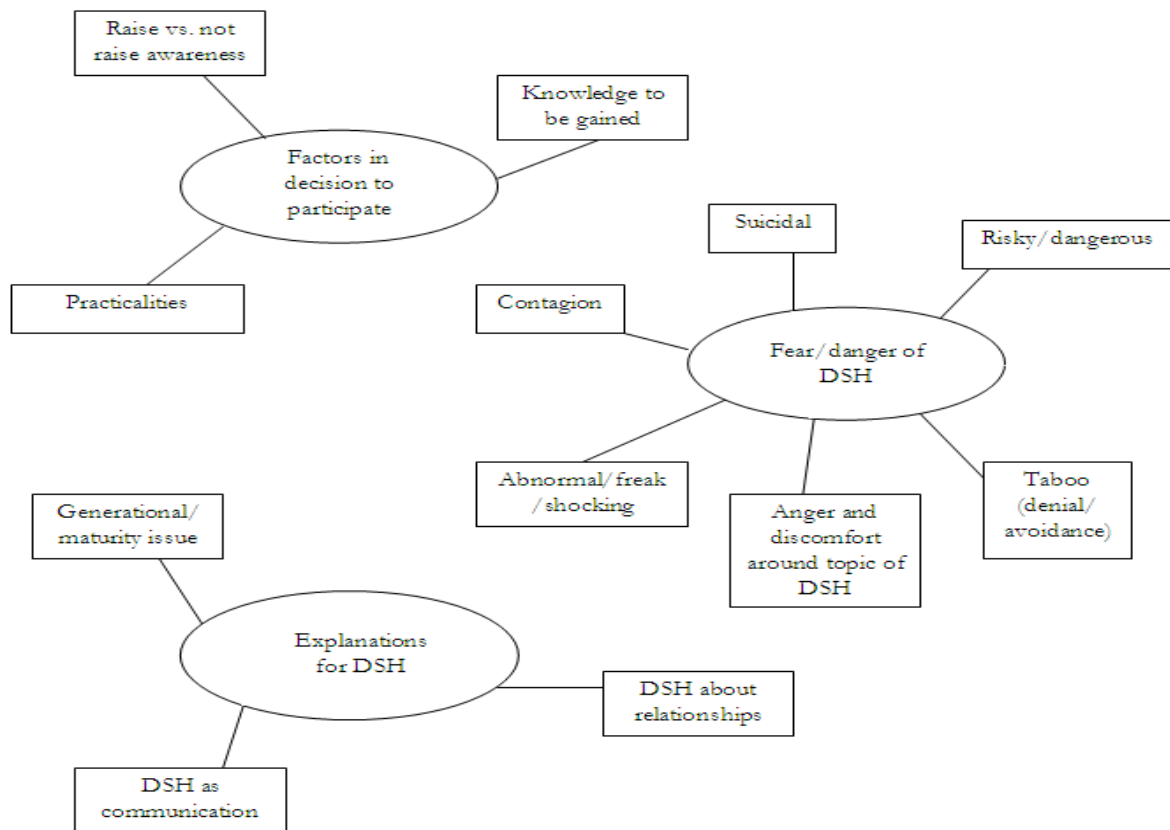
Topic 3: Expectations

- What issues do you think are particularly important when conducting research with young people?
- What would you hope to see come out of a research project such as the Teen Life Study? What do you think such research should aim for?
- If this study was done again, what kinds of things do you think it would be important to be aware of? Is there anything you would do differently?

Appendix F3: Initial Thematic map



Appendix F4: Revised Thematic Map



Appendix G1: University student information sheet (preliminary semantic study)

VICTORIA UNIVERSITY OF WELLINGTON
Te Whare Wananga o te Upoko o te Ika a Maui



Information sheet

Jessica Garisch
PhD candidate
Jessica.garisch@vuw.ac.nz

Dr Marc Wilson
Senior Lecturer
marc.wilson@vuw.ac.nz
04 463 5225

Dr John McDowall
Senior Lecturer
john.mcdowall@vuw.ac.nz
04 463 5402

What is the purpose of this research?

- The purpose of this research is to investigate the common words people use to describe opposite meanings (e.g. dark/light). This research has been approved by the School of Psychology Human Ethics Committee.

What does participation involve?

- If you agree to take part in this study, you will be asked to fill out a survey. This will take no more than 5 minutes.
- You are free to withdraw from the research, without penalty, at any point before your data have been collected.
- You will be given some chocolate as a thank-you for your time once you have completed the survey.

Privacy and Confidentiality

- This survey is anonymous. We ask for no information that could be used to identify you.
- Your anonymous data will be analysed as part of the group data collected once this study is complete. Surveys will be stored in Dr Marc Wilson's laboratory, and will be accessible by Jessica Garisch and Dr. Marc Wilson.

What happens to the information that you provide?

- Data from this study may be used for one or more of the following purposes:
 1. The overall findings may be submitted for publication in a scientific journal, or presented at scientific conferences.
 2. The overall findings may form part of a PhD thesis, Masters thesis, or Honours research project that will be submitted for assessment.
 3. The anonymous electronic data may be used by other competent researchers or PSYC 325 students.
 4. A summary of the results will be posted on the 4th floor noticeboard area of the Easterfield building in October 2008.

If you have any further questions about this study please contact Jessica Garisch or Dr. Marc Wilson using the contact details above.

Thank you for your time.

Appendix G2: University student survey (preliminary semantic study (Study 3.2a).

For each of the word pairs below (in italics), please tick the box if you think that they are opposites. If you do not think that the word given is a true opposite of the first word do not tick the box, instead please write an alternative opposite descriptor in the space provided.

- | | | | |
|--|-------------------------|--------------------------|----------|
| The opposite of <i>rash</i> is? | <i>cautious</i> | <input type="checkbox"/> | or _____ |
| The opposite of <i>cared for</i> is? | <i>rejected</i> | <input type="checkbox"/> | or _____ |
| The opposite of <i>happy</i> is? | <i>unhappy</i> | <input type="checkbox"/> | or _____ |
| The opposite of <i>dangerous</i> is? | <i>safe</i> | <input type="checkbox"/> | or _____ |
| The opposite of <i>manipulative</i> is? | <i>not manipulative</i> | <input type="checkbox"/> | or _____ |
| The opposite of <i>vengeful</i> is? | <i>forgiving</i> | <input type="checkbox"/> | or _____ |
| The opposite of <i>in control</i> is? | <i>out of control</i> | <input type="checkbox"/> | or _____ |
| The opposite of <i>pleasant</i> is? | <i>unpleasant</i> | <input type="checkbox"/> | or _____ |
| The opposite of <i>suicidal</i> is? | <i>nonsuicidal</i> | <input type="checkbox"/> | or _____ |
| The opposite of <i>compliant</i> is? | <i>defiant</i> | <input type="checkbox"/> | or _____ |
| The opposite of <i>ashamed</i> is? | <i>unashamed</i> | <input type="checkbox"/> | or _____ |
| The opposite of <i>sane</i> is? | <i>insane</i> | <input type="checkbox"/> | or _____ |
| The opposite of <i>normal</i> is? | <i>abnormal</i> | <input type="checkbox"/> | or _____ |
| The opposite of <i>sociable</i> is? | <i>unsociable</i> | <input type="checkbox"/> | or _____ |
| The opposite of <i>good</i> is? | <i>evil</i> | <input type="checkbox"/> | or _____ |
| The opposite of <i>self-loathing</i> is? | <i>values self</i> | <input type="checkbox"/> | or _____ |
| The opposite of <i>lawful</i> is? | <i>unlawful</i> | <input type="checkbox"/> | or _____ |
| The opposite of <i>attention-seeking</i> is? | <i>avoids attention</i> | <input type="checkbox"/> | or _____ |
| The opposite of <i>tense</i> is? | <i>relaxed</i> | <input type="checkbox"/> | or _____ |
| The opposite of <i>aggravating</i> is? | <i>soothing</i> | <input type="checkbox"/> | or _____ |
| The opposite of <i>isolated</i> is? | <i>connected</i> | <input type="checkbox"/> | or _____ |
| The opposite of <i>understood</i> is? | <i>misunderstood</i> | <input type="checkbox"/> | or _____ |
| The opposite of <i>cope well</i> is? | <i>cope poorly</i> | <input type="checkbox"/> | or _____ |
| The opposite of <i>emotional</i> is? | <i>rational</i> | <input type="checkbox"/> | or _____ |

- Is English your first language? Yes
- No If no, are you fluent in English? Yes
- No

Appendix G3: University student debriefing sheet for preliminary semantic study (Study 3.2a)

VICTORIA UNIVERSITY OF WELLINGTON
Te Whare Wananga o te Upoko o te Ika a Maui



Debriefing Sheet.

Thank you for participating in this research.

What this research was about

- In this survey you have completed questions about your perceptions of whether certain word pairings are polar opposites of each other.

Aim of this study

- The aim of this study was to determine the polar opposites for certain words.
- The findings of this study will be used in future research looking at the characteristics normally associated with particular groups of people (e.g. whether people consider the average man to be more happy than unhappy).

Learning of the results

- A summary of the results will be posted on the 4th floor noticeboard area of the Easterfield building in October 2008.

If you have any questions about this study please do not hesitate to contact Jessica Garisch or Dr. Marc Wilson using the email address below at the School of Psychology.

Thank you again for your time.

Jessica Garisch
PhD candidate
Jessica.garisch@vuw.ac.nz

Dr Marc Wilson
Senior Lecturer
marc.wilson@vuw.ac.nz
04 463 5225

Dr John McDowall
Senior Lecturer
john.mcdowall@vuw.ac.nz
04 463 5402



Teen Life Opinions and Experiences Survey

Hello, I'm Jessica Garisch - a PhD student in the School of Psychology at Victoria University under the supervision of Dr. Marc Wilson. With the assistance of your school and guidance counsellor, I'm researching the experiences and attitudes of teenagers in secondary schools in the Wellington region, and I'd like you to consider participating in this project by reading, completing and returning this survey.

What is the purpose of this research?

- This research allows us to investigate the ways that people think about and categorize different social groups. For example, we would like to know what effect external appearance (e.g. gender) has on peoples' perceptions of others.
- This research also investigates peoples' exposure to self-harming behaviour. This is a sensitive topic, and some of the questions ask you about some potentially very private aspects of your life (for example, whether you have engaged in any behaviours that you know could or would cause you harm). This research has been approved by the School of Psychology Human Ethics Committee.

What is involved if you agree to participate?

- Participation involves reading, completing, and returning this anonymous survey during this class/in your own time – this will take no longer than 25 minutes.
- You don't have to participate if you don't want to, and you can stop filling it in at any point.
- Some of the questions you will be asked may seem very personal. Examples of such questions include self-harming behaviours like abusing prescription medications. **Some items will ask for your perception of experiences such as whether or not you have ever deliberately harmed yourself. Remember, participation is voluntary.**
- Your school guidance counsellor (*insert name(s) here*) is available for you to talk to if this survey raises any concerns for you.

Privacy and Confidentiality

- As part of the ethical approval under which this research is conducted your survey and data will be kept for at least five years after publication, and anonymous data may be shared with other competent researchers working on similar projects.
- To protect your privacy, the survey is anonymous and we only ask for basic demographic information so no one can identify you from your data. Only those researchers at Victoria University directly related to the project will have access to the raw data that you provide us with. You will never be identified in any summary or report of the research. My supervisor (Dr. Wilson) and I will keep a copy of coded data (where your responses are converted to numbers for analysis).

What happens to the information that you provide?

- When enough information has been collected, we will prepare reports based on the group results. And the overall findings will be submitted for publication in scientific journals, or presented at scientific conferences. We will also give a summary of the results to your school – again, no-one can identify your responses because they will be added together with everyone else's.
- Jessica Garisch will use the results to complete a research report as part of her PhD study in psychology.

How can you contact me?

- If you have any further questions regarding this study please contact Jessica Garisch at Jessica.garisch@vuw.ac.nz, or Dr. Marc Wilson: Ph. 463-5225 or by email at marc.wilson@vuw.ac.nz.

Thank-you for your time.

Appendix H2: Secondary school student stereotypes and opinions survey

Please work through the questions on the following pages. Don't worry if you run out of time!

Please indicate: 1. Your gender (circle what applies to you): Male Female 2. Age: _____

3. What do you consider to be your ethnicity (e.g., NZ European/Pakeha, Maori, etc)? _____

On the next four pages of the survey we'd like you to rate each of 8 target persons on a list of 24 characteristics. Each characteristic has a label at either end, and we'd like you to circle the number for each characteristic that represents how you think of that target person.

TARGET ONE: Me/Yourself

Rash	1	2	3	4	5	6	7	Cautious
Not cared for	1	2	3	4	5	6	7	Cared for
Happy	1	2	3	4	5	6	7	Unhappy
Dangerous	1	2	3	4	5	6	7	Safe
Manipulative	1	2	3	4	5	6	7	Not manipulative
Vengeful	1	2	3	4	5	6	7	Forgiving
Out of control	1	2	3	4	5	6	7	In control
Pleasant	1	2	3	4	5	6	7	Unpleasant
Suicidal	1	2	3	4	5	6	7	Nonsuicidal
Defiant	1	2	3	4	5	6	7	Compliant
Unashamed	1	2	3	4	5	6	7	Ashamed
Insane	1	2	3	4	5	6	7	Sane
Sociable	1	2	3	4	5	6	7	Unsociable
Bad	1	2	3	4	5	6	7	Good
Self-Loathing	1	2	3	4	5	6	7	Values Self
Lawful	1	2	3	4	5	6	7	unlawful
Normal	1	2	3	4	5	6	7	Abnormal
Shy	1	2	3	4	5	6	7	Attention- seeking
Tense	1	2	3	4	5	6	7	Relaxed
Soothing	1	2	3	4	5	6	7	Aggravating
Connected	1	2	3	4	5	6	7	Isolated
Misunderstood	1	2	3	4	5	6	7	Understood
Copes poorly	1	2	3	4	5	6	7	Copes well
Emotional	1	2	3	4	5	6	7	Unemotional

TARGET TWO: The average man

Rash	1	2	3	4	5	6	7	Cautious
Not cared for	1	2	3	4	5	6	7	Cared for
Happy	1	2	3	4	5	6	7	Unhappy
Dangerous	1	2	3	4	5	6	7	Safe
Manipulative	1	2	3	4	5	6	7	Not manipulative
Vengeful	1	2	3	4	5	6	7	Forgiving
Out of control	1	2	3	4	5	6	7	In control
Pleasant	1	2	3	4	5	6	7	Unpleasant
Suicidal	1	2	3	4	5	6	7	Nonsuicidal
Defiant	1	2	3	4	5	6	7	Compliant
Unashamed	1	2	3	4	5	6	7	Ashamed
Insane	1	2	3	4	5	6	7	Sane
Sociable	1	2	3	4	5	6	7	Unsociable
Bad	1	2	3	4	5	6	7	Good
Self-Loathing	1	2	3	4	5	6	7	Values Self
Lawful	1	2	3	4	5	6	7	unlawful
Normal	1	2	3	4	5	6	7	Abnormal
Shy	1	2	3	4	5	6	7	Attention- seeking
Tense	1	2	3	4	5	6	7	Relaxed
Soothing	1	2	3	4	5	6	7	Aggravating
Connected	1	2	3	4	5	6	7	Isolated
Misunderstood	1	2	3	4	5	6	7	Understood
Copes poorly	1	2	3	4	5	6	7	Copes well
Emotional	1	2	3	4	5	6	7	Unemotional

TARGET THREE: The average woman

Rash	1	2	3	4	5	6	7	Cautious
Not cared for	1	2	3	4	5	6	7	Cared for
Happy	1	2	3	4	5	6	7	Unhappy
Dangerous	1	2	3	4	5	6	7	Safe
Manipulative	1	2	3	4	5	6	7	Not manipulative
Vengeful	1	2	3	4	5	6	7	Forgiving
Out of control	1	2	3	4	5	6	7	In control
Pleasant	1	2	3	4	5	6	7	Unpleasant
Suicidal	1	2	3	4	5	6	7	Nonsuicidal
Defiant	1	2	3	4	5	6	7	Compliant
Unashamed	1	2	3	4	5	6	7	Ashamed
Insane	1	2	3	4	5	6	7	Sane
Sociable	1	2	3	4	5	6	7	Unsociable
Bad	1	2	3	4	5	6	7	Good
Self-Loathing	1	2	3	4	5	6	7	Values Self
Lawful	1	2	3	4	5	6	7	unlawful
Normal	1	2	3	4	5	6	7	Abnormal
Shy	1	2	3	4	5	6	7	Attention- seeking
Tense	1	2	3	4	5	6	7	Relaxed
Soothing	1	2	3	4	5	6	7	Aggravating
Connected	1	2	3	4	5	6	7	Isolated
Misunderstood	1	2	3	4	5	6	7	Understood
Copes poorly	1	2	3	4	5	6	7	Copes well
Emotional	1	2	3	4	5	6	7	Unemotional

TARGET FOUR: The average teenager

Rash	1	2	3	4	5	6	7	Cautious
Not cared for	1	2	3	4	5	6	7	Cared for
Happy	1	2	3	4	5	6	7	Unhappy
Dangerous	1	2	3	4	5	6	7	Safe
Manipulative	1	2	3	4	5	6	7	Not manipulative
Vengeful	1	2	3	4	5	6	7	Forgiving
Out of control	1	2	3	4	5	6	7	In control
Pleasant	1	2	3	4	5	6	7	Unpleasant
Suicidal	1	2	3	4	5	6	7	Nonsuicidal
Defiant	1	2	3	4	5	6	7	Compliant
Unashamed	1	2	3	4	5	6	7	Ashamed
Insane	1	2	3	4	5	6	7	Sane
Sociable	1	2	3	4	5	6	7	Unsociable
Bad	1	2	3	4	5	6	7	Good
Self-Loathing	1	2	3	4	5	6	7	Values Self
Lawful	1	2	3	4	5	6	7	unlawful
Normal	1	2	3	4	5	6	7	Abnormal
Shy	1	2	3	4	5	6	7	Attention- seeking
Tense	1	2	3	4	5	6	7	Relaxed
Soothing	1	2	3	4	5	6	7	Aggravating
Connected	1	2	3	4	5	6	7	Isolated
Misunderstood	1	2	3	4	5	6	7	Understood
Copes poorly	1	2	3	4	5	6	7	Copes well
Emotional	1	2	3	4	5	6	7	Unemotional

TARGET FIVE: The average person who deliberately harms themselves (e.g. purposely cuts, burns, punches or bites themselves, or prevents wounds from healing)

Rash	1	2	3	4	5	6	7	Cautious
Not cared for	1	2	3	4	5	6	7	Cared for
Happy	1	2	3	4	5	6	7	Unhappy
Dangerous	1	2	3	4	5	6	7	Safe
Manipulative	1	2	3	4	5	6	7	Not manipulative
Vengeful	1	2	3	4	5	6	7	Forgiving
Out of control	1	2	3	4	5	6	7	In control
Pleasant	1	2	3	4	5	6	7	Unpleasant
Suicidal	1	2	3	4	5	6	7	Nonsuicidal
Defiant	1	2	3	4	5	6	7	Compliant
Unashamed	1	2	3	4	5	6	7	Ashamed
Insane	1	2	3	4	5	6	7	Sane
Sociable	1	2	3	4	5	6	7	Unsociable
Bad	1	2	3	4	5	6	7	Good
Self-Loathing	1	2	3	4	5	6	7	Values Self
Lawful	1	2	3	4	5	6	7	unlawful
Normal	1	2	3	4	5	6	7	Abnormal
Shy	1	2	3	4	5	6	7	Attention- seeking
Tense	1	2	3	4	5	6	7	Relaxed
Soothing	1	2	3	4	5	6	7	Aggravating
Connected	1	2	3	4	5	6	7	Isolated
Misunderstood	1	2	3	4	5	6	7	Understood
Copes poorly	1	2	3	4	5	6	7	Copes well
Emotional	1	2	3	4	5	6	7	Unemotional

TARGET SIX: The average 'punk'

Rash	1	2	3	4	5	6	7	Cautious
Not cared for	1	2	3	4	5	6	7	Cared for
Happy	1	2	3	4	5	6	7	Unhappy
Dangerous	1	2	3	4	5	6	7	Safe
Manipulative	1	2	3	4	5	6	7	Not manipulative
Vengeful	1	2	3	4	5	6	7	Forgiving
Out of control	1	2	3	4	5	6	7	In control
Pleasant	1	2	3	4	5	6	7	Unpleasant
Suicidal	1	2	3	4	5	6	7	Nonsuicidal
Defiant	1	2	3	4	5	6	7	Compliant
Unashamed	1	2	3	4	5	6	7	Ashamed
Insane	1	2	3	4	5	6	7	Sane
Sociable	1	2	3	4	5	6	7	Unsociable
Bad	1	2	3	4	5	6	7	Good
Self-Loathing	1	2	3	4	5	6	7	Values Self
Lawful	1	2	3	4	5	6	7	unlawful
Normal	1	2	3	4	5	6	7	Abnormal
Shy	1	2	3	4	5	6	7	Attention- seeking
Tense	1	2	3	4	5	6	7	Relaxed
Soothing	1	2	3	4	5	6	7	Aggravating
Connected	1	2	3	4	5	6	7	Isolated
Misunderstood	1	2	3	4	5	6	7	Understood
Copes poorly	1	2	3	4	5	6	7	Copes well
Emotional	1	2	3	4	5	6	7	Unemotional

TARGET SEVEN: The average Goth

TARGET EIGHT: The average 'Emo'

Rash	1	2	3	4	5	6	7	Cautious
Not cared for	1	2	3	4	5	6	7	Cared for
Happy	1	2	3	4	5	6	7	Unhappy
Dangerous	1	2	3	4	5	6	7	Safe
Manipulative	1	2	3	4	5	6	7	Not manipulative
Vengeful	1	2	3	4	5	6	7	Forgiving
Out of control	1	2	3	4	5	6	7	In control
Pleasant	1	2	3	4	5	6	7	Unpleasant
Suicidal	1	2	3	4	5	6	7	Nonsuicidal
Defiant	1	2	3	4	5	6	7	Compliant
Unashamed	1	2	3	4	5	6	7	Ashamed
Insane	1	2	3	4	5	6	7	Sane
Sociable	1	2	3	4	5	6	7	Unsociable
Bad	1	2	3	4	5	6	7	Good
Self-Loathing	1	2	3	4	5	6	7	Values Self
Lawful	1	2	3	4	5	6	7	unlawful
Normal	1	2	3	4	5	6	7	Abnormal
Shy	1	2	3	4	5	6	7	Attention- seeking
Tense	1	2	3	4	5	6	7	Relaxed
Soothing	1	2	3	4	5	6	7	Aggravating
Connected	1	2	3	4	5	6	7	Isolated
Misunderstood	1	2	3	4	5	6	7	Understood
Copes poorly	1	2	3	4	5	6	7	Copes well
Emotional	1	2	3	4	5	6	7	Unemotional

Rash	1	2	3	4	5	6	7	Cautious
Not cared for	1	2	3	4	5	6	7	Cared for
Happy	1	2	3	4	5	6	7	Unhappy
Dangerous	1	2	3	4	5	6	7	Safe
Manipulative	1	2	3	4	5	6	7	Not manipulative
Vengeful	1	2	3	4	5	6	7	Forgiving
Out of control	1	2	3	4	5	6	7	In control
Pleasant	1	2	3	4	5	6	7	Unpleasant
Suicidal	1	2	3	4	5	6	7	Nonsuicidal
Defiant	1	2	3	4	5	6	7	Compliant
Unashamed	1	2	3	4	5	6	7	Ashamed
Insane	1	2	3	4	5	6	7	Sane
Sociable	1	2	3	4	5	6	7	Unsociable
Bad	1	2	3	4	5	6	7	Good
Self-Loathing	1	2	3	4	5	6	7	Values Self
Lawful	1	2	3	4	5	6	7	unlawful
Normal	1	2	3	4	5	6	7	Abnormal
Shy	1	2	3	4	5	6	7	Attention- seeking
Tense	1	2	3	4	5	6	7	Relaxed
Soothing	1	2	3	4	5	6	7	Aggravating
Connected	1	2	3	4	5	6	7	Isolated
Misunderstood	1	2	3	4	5	6	7	Understood
Copes poorly	1	2	3	4	5	6	7	Copes well
Emotional	1	2	3	4	5	6	7	Unemotional

Deliberate self harm is the intentional act of harming one's own body. It is an act that is done to oneself, performed by oneself, physically violent, and purposeful. Such behaviours include cutting, burning the skin, punching oneself, and preventing wounds from healing.

1. Have you personally known anyone who deliberately self-harms? Yes No

2. If yes, who?

- myself
- family member _____
- friend

- work colleague
- an acquaintance

- client/student
- other _____

3. If someone came to you who was deliberately harming themselves, and they asked you for help, how willing would you be to help them? (use the rating scale below)

Very willing to help 1 2 3 4 5 6 7 Not willing to help at all

4. If someone came to you who was deliberately harming themselves, and they asked you for help, how able would you be to help them? (use the rating scale below)

Very able to help 1 2 3 4 5 6 7 Not able to help at all

This questionnaire asks about a number of different things that people sometimes do to hurt themselves. Please be sure to read each question carefully and respond honestly. Often, people who do these kinds of things to themselves keep it a secret, for a variety of reasons. However, honest responses to these questions will provide us with greater understanding and knowledge about these behaviours and the best way to help people.

Please answer yes to a question only if you did the behaviour intentionally, to hurt yourself. Do not respond yes if you did something accidentally (e.g., you tripped and banged your head on accident). Also, please be assured that your responses are anonymous.

Please circle one response alternative for each question.	Never	Have thought of doing this to yourself	Once	More than once	Many times
1. Have you ever intentionally cut your wrist, arms, or other areas of your body?	1	2	3	4	5
2. Have you ever intentionally burned yourself with a cigarette, lighter or a match?	1	2	3	4	5
3. Have you ever intentionally carved words, pictures, designs or other marks onto your skin?	1	2	3	4	5
4. Have you ever intentionally severely scratched yourself, to the extent that scarring or bleeding occurred?	1	2	3	4	5
5. Have you ever intentionally punched yourself, to the extent that you caused a bruise to appear?	1	2	3	4	5
6. Have you ever intentionally prevented wounds from healing?	1	2	3	4	5
7. Have you ever done anything else to hurt yourself that was not asked in this questionnaire? If yes, how often did you hurt yourself in this way, and what did you do to hurt yourself?	1	2	3	4	5

If you have indicated that you have harmed yourself intentionally in one of the above mentioned ways, how long ago was the last time you intentionally harmed yourself?

- Within the last week or
- Within the last month or
- Within the last year or
- Over a year ago

Appendix H3: Secondary school student debriefing sheet for stereotypes and opinions survey

VICTORIA UNIVERSITY OF WELLINGTON
Te Whare Wananga o te Upoko o te Ika a Maui



Debriefing Sheet.

Thank you for participating in this research.

What this research was about

In this survey you have completed questions about your perceptions of different groups of people by rating them on attributes. You have also answered questions on whether you have had contact with people who do things to deliberately harm themselves, and whether you would feel confident in helping someone who engages in these kinds of behaviours. In addition, you have answered questions indicating whether or not you might have done things that you knew could or would cause you harm.

Summary of previous research

- Anecdotally, and in some research, it has been suggested that one of the barriers to seeking help for self-harming behaviours may be the negative stigma attached to such behaviour.

Aim of this study

- This research aims to look at what characteristics people associate with individuals who perform self-harming behaviours and compare this to the characteristics associated with other groups of people (e.g. adolescents).
- Another aim is to see what effect personal experience (e.g. having known people who deliberately harm themselves) has on peoples' perceptions of individuals who engage in self-harming behaviours, and the effect of helping behaviour.

Seeking support

- At the end of this debriefing sheet is a list of services available to you in the community should you wish to seek support

Learning of the results

If you have any questions about this study, or would like a summary of the findings, please do not hesitate to contact Jessica Garisch or Dr. Marc Wilson using the email address below at the School of Psychology.

Thank you again for your time.

Jessica Garisch
PhD candidate
Jessica.garisch@vuw.ac.nz

Dr Marc Wilson
Senior Lecturer
marc.wilson@vuw.ac.nz
04 463 5225

Dr John McDowall
Senior Lecturer
john.mcdowall@vuw.ac.nz
04 463 5402

Below is a list of resources you can get in contact with should you wish to discuss any issues raised for you while completing this survey.

Adult Community Mental Health Teams (CMHT)
Provide a range of services for people 20 years and above who are experiencing mild to moderate mental health difficulties.
Wellington: (04) 8014859
Porirua: (04) 237 1303

Youth Specialty Service
(works with young people (13-20 years old) and whanau/friends who are experiencing emotional, behavioural or relationship difficulties).
Wellington and Porirua (04) 570 9393
Hutt Valley (04) 566 6999
<http://www.huttvalleydhs.org.nz/Article.aspx?ID=806>

Youth Law - Tino Rangatiratanga Taitamariki
(free legal advice line, if under 25 years can call collect from anywhere in NZ).
Just dial 010 then follow instructions, tell operator that Youthlaw accepts collect calls)
09 309 6967 <http://www.youthlaw.co.nz>

Evolve
(Free and confidential services for young people aged 10-25; includes doctor, nurse, counsellors and social workers; information; youth support workers; and a hang-out space).
(04) 801 9150
<http://www.evolveoneva.org.nz/>

Vibe
(free and confidential advice and support health service in the Hutt for young people aged 10-24)
Lower Hutt (04) 566 0525
Upper Hutt (04) 528 2054
<http://www.vibe.org.nz/>

Youthline
0800 376 633
<http://www.youthline.org.nz><http://www.urge.org.nz>
(includes online youth directory)

Citizens Advice Bureau
0800 FOR CAB
0800 367 222
<http://www.lowdown.org.nz>

Other Places where you can ask for help:

- Friends or family
- Your school guidance counsellor (*insert name here*).
- Church support services - you could talk with a pastor, priest or minister and some churches provide counselling and pastoral support.
- Marae based community support services
- Cultural group based community support services
- Your Doctor

Appendix I1: University student information sheet for stereotypes and opinions survey

VICTORIA UNIVERSITY OF WELLINGTON
Te Whare Wananga o te Upoko o te Ika a Maui



Information sheet

Jessica Garisch
PhD candidate

Jessica.garisch@vuw.ac.nz

04 463 5225

04 463 5402

Dr Marc Wilson
Senior Lecturer

marc.wilson@vuw.ac.nz

Dr John McDowall
Senior Lecturer

john.mcdowall@vuw.ac.nz

What is the purpose of this research?

- This research allows us to investigate the ways that people think about and categorize different social groups. For example, we would like to know what effect external appearance (e.g. gender) has on peoples' perceptions of others.
- This research also investigates peoples' exposure to self-harming behaviour. This is a sensitive topic, and some of the questions ask you about some potentially very private aspects of your life (for example, whether you have engaged in any behaviours that you know could or would cause you harm). This research has been approved by the School of Psychology Human Ethics Committee.

What does participation involve?

- If you agree to take part in this study, you will be asked to fill out a survey. This will take around 25 minutes.
- Some of the questions you will be asked may seem very personal. Examples of such questions include self-harming behaviours like cutting or burning oneself. **Some items will ask for your perception of experiences such as whether or not you have ever deliberately harmed yourself. Remember, participation is voluntary.** You are free to withdraw from the research, without penalty, at any point before your data have been collected.
- Completing this survey gives you a half hour IPRP credit.
- Please note, your scores will not be related to class grades or assessment.

Privacy and Confidentiality

- Your data are confidential, and will be analysed as part of the group data collected in IPRP. Surveys will be stored in Dr Marc Wilson's laboratory, and will be accessible by Jessica Garisch and Dr. Marc Wilson.
- The anonymous electronic data may be made available to students in PSYC325 (Advanced Research methods) for analysis of the group responses as part of their course work. The anonymous electronic data will also be available to other competent professionals. There will be no way in which these other people, nor PSYC325 students, will be able to identify you from the data.

What happens to the information that you provide?

- Data from this study may be used for one or more of the following purposes:
 1. The overall findings may be submitted for publication in a scientific journal, or presented at scientific conferences.
 2. The overall findings may form part of a PhD thesis, Masters thesis, or Honours research project that will be submitted for assessment.
 3. The anonymous electronic data may be used by other competent researchers or PSYC 325 students.
 4. A summary of the results will be posted on the 4th floor noticeboard area of the Easterfield building in October 2009.If you have any further questions about this study please contact Jessica Garisch or Dr. Marc Wilson using the contact details above.

If you have any further questions about this study please contact Jessica Garisch or Dr. Marc Wilson using the contact details above. Thank you for your time.

I have read the information sheet and I give consent for my data being used in this study.

Signature:

Student ID number :

Date:

Appendix I2: University student stereotypes and opinions survey

Please indicate: 1. Your gender (circle what applies to you): Male Female 2. Age: _____

3. What do you consider to be your ethnicity (e.g., NZ European/Pakeha, Maori, etc)? _____

On the next four pages of the survey we'd like you to rate each of 8 target persons on a list of 24 characteristics. Each characteristic has a label at either end, and we'd like you to circle the number for each characteristic that represents how you think of that target person.

TARGET ONE: Me/Yourself

Rash	1 2 3 4 5 6 7	Cautious
Not cared for	1 2 3 4 5 6 7	Cared for
Happy	1 2 3 4 5 6 7	Unhappy
Dangerous	1 2 3 4 5 6 7	Safe
Manipulative	1 2 3 4 5 6 7	Not manipulative
Vengeful	1 2 3 4 5 6 7	Forgiving
Out of control	1 2 3 4 5 6 7	In control
Pleasant	1 2 3 4 5 6 7	Unpleasant
Suicidal	1 2 3 4 5 6 7	Nonsuicidal
Defiant	1 2 3 4 5 6 7	Compliant
Unashamed	1 2 3 4 5 6 7	Ashamed
Insane	1 2 3 4 5 6 7	Sane
Sociable	1 2 3 4 5 6 7	Unsociable
Bad	1 2 3 4 5 6 7	Good
Self-Loathing	1 2 3 4 5 6 7	Values Self
Lawful	1 2 3 4 5 6 7	unlawful
Normal	1 2 3 4 5 6 7	Abnormal
Shy	1 2 3 4 5 6 7	Attention- seeking
Tense	1 2 3 4 5 6 7	Relaxed
Soothing	1 2 3 4 5 6 7	Aggravating
Connected	1 2 3 4 5 6 7	Isolated
Misunderstood	1 2 3 4 5 6 7	Understood
Copes poorly	1 2 3 4 5 6 7	Copes well
Emotional	1 2 3 4 5 6 7	Unemotional

TARGET TWO: The average man

Rash	1 2 3 4 5 6 7	Cautious
Not cared for	1 2 3 4 5 6 7	Cared for
Happy	1 2 3 4 5 6 7	Unhappy
Dangerous	1 2 3 4 5 6 7	Safe
Manipulative	1 2 3 4 5 6 7	Not manipulative
Vengeful	1 2 3 4 5 6 7	Forgiving
Out of control	1 2 3 4 5 6 7	In control
Pleasant	1 2 3 4 5 6 7	Unpleasant
Suicidal	1 2 3 4 5 6 7	Nonsuicidal
Defiant	1 2 3 4 5 6 7	Compliant
Unashamed	1 2 3 4 5 6 7	Ashamed
Insane	1 2 3 4 5 6 7	Sane
Sociable	1 2 3 4 5 6 7	Unsociable
Bad	1 2 3 4 5 6 7	Good
Self-Loathing	1 2 3 4 5 6 7	Values Self
Lawful	1 2 3 4 5 6 7	unlawful
Normal	1 2 3 4 5 6 7	Abnormal
Shy	1 2 3 4 5 6 7	Attention- seeking
Tense	1 2 3 4 5 6 7	Relaxed
Soothing	1 2 3 4 5 6 7	Aggravating
Connected	1 2 3 4 5 6 7	Isolated
Misunderstood	1 2 3 4 5 6 7	Understood
Copes poorly	1 2 3 4 5 6 7	Copes well
Emotional	1 2 3 4 5 6 7	Unemotional

TARGET THREE: The average woman

Rash	1	2	3	4	5	6	7	Cautious
Not cared for	1	2	3	4	5	6	7	Cared for
Happy	1	2	3	4	5	6	7	Unhappy
Dangerous	1	2	3	4	5	6	7	Safe
Manipulative	1	2	3	4	5	6	7	Not manipulative
Vengeful	1	2	3	4	5	6	7	Forgiving
Out of control	1	2	3	4	5	6	7	In control
Pleasant	1	2	3	4	5	6	7	Unpleasant
Suicidal	1	2	3	4	5	6	7	Nonsuicidal
Defiant	1	2	3	4	5	6	7	Compliant
Unashamed	1	2	3	4	5	6	7	Ashamed
Insane	1	2	3	4	5	6	7	Sane
Sociable	1	2	3	4	5	6	7	Unsociable
Bad	1	2	3	4	5	6	7	Good
Self-Loathing	1	2	3	4	5	6	7	Values Self
Lawful	1	2	3	4	5	6	7	unlawful
Normal	1	2	3	4	5	6	7	Abnormal
Shy	1	2	3	4	5	6	7	Attention- seeking
Tense	1	2	3	4	5	6	7	Relaxed
Soothing	1	2	3	4	5	6	7	Aggravating
Connected	1	2	3	4	5	6	7	Isolated
Misunderstood	1	2	3	4	5	6	7	Understood
Copes poorly	1	2	3	4	5	6	7	Copes well
Emotional	1	2	3	4	5	6	7	Unemotional

TARGET FOUR: The average teenager

Rash	1	2	3	4	5	6	7	Cautious
Not cared for	1	2	3	4	5	6	7	Cared for
Happy	1	2	3	4	5	6	7	Unhappy
Dangerous	1	2	3	4	5	6	7	Safe
Manipulative	1	2	3	4	5	6	7	Not manipulative
Vengeful	1	2	3	4	5	6	7	Forgiving
Out of control	1	2	3	4	5	6	7	In control
Pleasant	1	2	3	4	5	6	7	Unpleasant
Suicidal	1	2	3	4	5	6	7	Nonsuicidal
Defiant	1	2	3	4	5	6	7	Compliant
Unashamed	1	2	3	4	5	6	7	Ashamed
Insane	1	2	3	4	5	6	7	Sane
Sociable	1	2	3	4	5	6	7	Unsociable
Bad	1	2	3	4	5	6	7	Good
Self-Loathing	1	2	3	4	5	6	7	Values Self
Lawful	1	2	3	4	5	6	7	unlawful
Normal	1	2	3	4	5	6	7	Abnormal
Shy	1	2	3	4	5	6	7	Attention- seeking
Tense	1	2	3	4	5	6	7	Relaxed
Soothing	1	2	3	4	5	6	7	Aggravating
Connected	1	2	3	4	5	6	7	Isolated
Misunderstood	1	2	3	4	5	6	7	Understood
Copes poorly	1	2	3	4	5	6	7	Copes well
Emotional	1	2	3	4	5	6	7	Unemotional

TARGET FIVE: The average person who deliberately harms themselves (e.g. purposely cuts, burns, punches or bites themselves, or prevents wounds from healing)

Rash	1	2	3	4	5	6	7	Cautious
Not cared for	1	2	3	4	5	6	7	Cared for
Happy	1	2	3	4	5	6	7	Unhappy
Dangerous	1	2	3	4	5	6	7	Safe
Manipulative	1	2	3	4	5	6	7	Not manipulative
Vengeful	1	2	3	4	5	6	7	Forgiving
Out of control	1	2	3	4	5	6	7	In control
Pleasant	1	2	3	4	5	6	7	Unpleasant
Suicidal	1	2	3	4	5	6	7	Nonsuicidal
Defiant	1	2	3	4	5	6	7	Compliant
Unashamed	1	2	3	4	5	6	7	Ashamed
Insane	1	2	3	4	5	6	7	Sane
Sociable	1	2	3	4	5	6	7	Unsociable
Bad	1	2	3	4	5	6	7	Good
Self-Loathing	1	2	3	4	5	6	7	Values Self
Lawful	1	2	3	4	5	6	7	unlawful
Normal	1	2	3	4	5	6	7	Abnormal
Shy	1	2	3	4	5	6	7	Attention- seeking
Tense	1	2	3	4	5	6	7	Relaxed
Soothing	1	2	3	4	5	6	7	Aggravating
Connected	1	2	3	4	5	6	7	Isolated
Misunderstood	1	2	3	4	5	6	7	Understood
Copes poorly	1	2	3	4	5	6	7	Copes well
Emotional	1	2	3	4	5	6	7	Unemotional

TARGET SIX: The average 'punk'

Rash	1	2	3	4	5	6	7	Cautious
Not cared for	1	2	3	4	5	6	7	Cared for
Happy	1	2	3	4	5	6	7	Unhappy
Dangerous	1	2	3	4	5	6	7	Safe
Manipulative	1	2	3	4	5	6	7	Not manipulative
Vengeful	1	2	3	4	5	6	7	Forgiving
Out of control	1	2	3	4	5	6	7	In control
Pleasant	1	2	3	4	5	6	7	Unpleasant
Suicidal	1	2	3	4	5	6	7	Nonsuicidal
Defiant	1	2	3	4	5	6	7	Compliant
Unashamed	1	2	3	4	5	6	7	Ashamed
Insane	1	2	3	4	5	6	7	Sane
Sociable	1	2	3	4	5	6	7	Unsociable
Bad	1	2	3	4	5	6	7	Good
Self-Loathing	1	2	3	4	5	6	7	Values Self
Lawful	1	2	3	4	5	6	7	unlawful
Normal	1	2	3	4	5	6	7	Abnormal
Shy	1	2	3	4	5	6	7	Attention- seeking
Tense	1	2	3	4	5	6	7	Relaxed
Soothing	1	2	3	4	5	6	7	Aggravating
Connected	1	2	3	4	5	6	7	Isolated
Misunderstood	1	2	3	4	5	6	7	Understood
Copes poorly	1	2	3	4	5	6	7	Copes well
Emotional	1	2	3	4	5	6	7	Unemotional

TARGET SEVEN: The average Goth

TARGET EIGHT: The average 'Emo'

Rash	1 2 3 4 5 6 7	Cautious
Not cared for	1 2 3 4 5 6 7	Cared for
Happy	1 2 3 4 5 6 7	Unhappy
Dangerous	1 2 3 4 5 6 7	Safe
Manipulative	1 2 3 4 5 6 7	Not manipulative
Vengeful	1 2 3 4 5 6 7	Forgiving
Out of control	1 2 3 4 5 6 7	In control
Pleasant	1 2 3 4 5 6 7	Unpleasant
Suicidal	1 2 3 4 5 6 7	Nonsuicidal
Defiant	1 2 3 4 5 6 7	Compliant
Unashamed	1 2 3 4 5 6 7	Ashamed
Insane	1 2 3 4 5 6 7	Sane
Sociable	1 2 3 4 5 6 7	Unsociable
Bad	1 2 3 4 5 6 7	Good
Self-Loathing	1 2 3 4 5 6 7	Values Self
Lawful	1 2 3 4 5 6 7	unlawful
Normal	1 2 3 4 5 6 7	Abnormal
Shy	1 2 3 4 5 6 7	Attention- seeking
Tense	1 2 3 4 5 6 7	Relaxed
Soothing	1 2 3 4 5 6 7	Aggravating
Connected	1 2 3 4 5 6 7	Isolated
Misunderstood	1 2 3 4 5 6 7	Understood
Copes poorly	1 2 3 4 5 6 7	Copes well
Emotional	1 2 3 4 5 6 7	Unemotional

Rash	1 2 3 4 5 6 7	Cautious
Not cared for	1 2 3 4 5 6 7	Cared for
Happy	1 2 3 4 5 6 7	Unhappy
Dangerous	1 2 3 4 5 6 7	Safe
Manipulative	1 2 3 4 5 6 7	Not manipulative
Vengeful	1 2 3 4 5 6 7	Forgiving
Out of control	1 2 3 4 5 6 7	In control
Pleasant	1 2 3 4 5 6 7	Unpleasant
Suicidal	1 2 3 4 5 6 7	Nonsuicidal
Defiant	1 2 3 4 5 6 7	Compliant
Unashamed	1 2 3 4 5 6 7	Ashamed
Insane	1 2 3 4 5 6 7	Sane
Sociable	1 2 3 4 5 6 7	Unsociable
Bad	1 2 3 4 5 6 7	Good
Self-Loathing	1 2 3 4 5 6 7	Values Self
Lawful	1 2 3 4 5 6 7	unlawful
Normal	1 2 3 4 5 6 7	Abnormal
Shy	1 2 3 4 5 6 7	Attention- seeking
Tense	1 2 3 4 5 6 7	Relaxed
Soothing	1 2 3 4 5 6 7	Aggravating
Connected	1 2 3 4 5 6 7	Isolated
Misunderstood	1 2 3 4 5 6 7	Understood
Copes poorly	1 2 3 4 5 6 7	Copes well
Emotional	1 2 3 4 5 6 7	Unemotional

Deliberate self harm is the intentional act of harming one's own body. It is an act that is done to oneself, performed by oneself, physically violent, and purposeful. Such behaviours include cutting, burning the skin, punching oneself, and preventing wounds from healing.

1. Have you personally known anyone who deliberately self-harms? Yes No

2. If yes, who?

- | | | |
|---|---------------------------------------|--------------------------------------|
| <input type="radio"/> myself | <input type="radio"/> work colleague | <input type="radio"/> client/student |
| <input type="radio"/> family member _____ | <input type="radio"/> an acquaintance | <input type="radio"/> other _____ |

friend

3. If someone came to you who was deliberately harming themselves, and they asked you for help, how willing would you be to help them? (use the rating scale below)

Very willing to help 1 2 3 4 5 6 7 Not willing to help at all

4. If someone came to you who was deliberately harming themselves, and they asked you for help, how able would you be to help them? (use the rating scale below)

Very able to help 1 2 3 4 5 6 7 Not able to help at all

This questionnaire asks about a number of different things that people sometimes do to hurt themselves. Please be sure to read each question carefully and respond honestly. Often, people who do these kinds of things to themselves keep it a secret, for a variety of reasons. However, honest responses to these questions will provide us with greater understanding and knowledge about these behaviours and the best way to help people.

Please answer yes to a question only if you did the behaviour intentionally, to hurt yourself. Do not respond yes if you did something accidentally (e.g., you tripped and banged your head on accident). Also, please be assured that your responses are completely confidential.

Please circle one response alternative for each question.	Never	Have thought of doing this to yourself	Once	More than once	Many times
1. Have you ever intentionally cut your wrist, arms, or other areas of your body?	1	2	3	4	5
2. Have you ever intentionally burned yourself with a cigarette, lighter or a match?	1	2	3	4	5
3. Have you ever intentionally carved words, pictures, designs or other marks onto your skin?	1	2	3	4	5
4. Have you ever intentionally severely scratched yourself, to the extent that scarring or bleeding occurred?	1	2	3	4	5
5. Have you ever intentionally punched yourself, to the extent that you caused a bruise to appear?	1	2	3	4	5
6. Have you ever intentionally prevented wounds from healing?	1	2	3	4	5
7. Have you ever done anything else to hurt yourself that was not asked in this questionnaire? If yes, how often did you hurt yourself in this way, and what did you do to hurt yourself?	1	2	3	4	5

If you have indicated that you have harmed yourself intentionally in one of the above mentioned ways, how long ago was the last time you intentionally harmed yourself?

- Within the last week or
- Within the last month or
- Within the last year or
- Over a year ago

Appendix I3: University student debriefing sheet for stereotypes and opinions survey

VICTORIA UNIVERSITY OF WELLINGTON
Te Whare Wananga o te Upoko o te Ika a Maui



Debriefing Sheet.

Thank you for participating in this research.

What this research was about

In this survey you have completed questions about your perceptions of different groups of people by rating them on attributes. You have also answered questions on whether you have had contact with people who do things to deliberately harm themselves, and whether you would feel confident in helping someone who engages in these kinds of behaviours. In addition, you have answered questions indicating whether or not you might have done things that you knew could or would cause you harm.

Summary of previous research

- Anecdotally, and in some research, it has been suggested that one of the barriers to seeking help for self-harming behaviours may be the negative stigma attached to such behaviour.

Aim of this study

- This research aims to look at what characteristics people associate with individuals who perform self-harming behaviours and compare this to the characteristics associated with other groups of people (e.g. adolescents).
- Another aim is to see what effect personal experience (e.g. having known people who deliberately harm themselves) has on peoples' perceptions of individuals who engage in self-harming behaviours, and the effect on helping behaviour.

Seeking support

- If questions in this study have raised any issues (either with regard to yourself or friends/family) that you wish to discuss further, please do not hesitate to contact Dr John McDowall at the School of Psychology. Alternatively, please feel free to make use of the following services provided by the university:

Student Health Services
4 Wai-te-ata Rd
Kelburn Campus
(04) 463 5308

Counselling Services
2 Wai-te-ata Rd
Kelburn Campus
(04) 463 5310

- At the end of this debriefing sheet is a list of further services available to you in the community should you wish to seek support

Learning of the results

- A summary of the results will be posted on the 4th floor noticeboard area of the Easterfield building in October 2009.

If you have any questions about this study please do not hesitate to contact Jessica Garisch or Dr. Marc Wilson using the email address below at the School of Psychology.

Thank you again for your time.

Jessica Garisch
PhD candidate
Jessica.garisch@vuw.ac.nz

Dr Marc Wilson
Senior Lecturer
marc.wilson@vuw.ac.nz
04 463 5225

Dr John McDowall
Senior Lecturer
john.mcdowall@vuw.ac.nz
04 463 5402

Below is a list of resources you can get in contact with should you wish to discuss any issues raised for you while completing this survey.

Adult Community Mental Health Teams (CMHT)

Provide a range of services for people 20 years and above who are experiencing mild to moderate mental health difficulties.

Wellington: (04) 8014859

Porirua: (04) 237 1303

Dr. John McDowall

Senior Lecturer

john.mcdowall@vuw.ac.nz

04 4635402

Youth Specialty Service

(works with young people (13-20 years old) and whanau/friends who are experiencing emotional, behavioural or relationship difficulties).

Wellington and Porirua (04) 570 9393

Hutt Valley (04) 566 6999

<http://www.huttvalleydhub.org.nz/Article.aspx?ID=806>

Youth Law - Tino Rangatiratanga Taitamariki

(free legal advice line, if under 25 years can call collect from anywhere in NZ).

Just dial 010 then follow instructions, tell operator that Youthlaw accepts collect calls)

09 309 6967 <http://www.youthlaw.co.nz>

Evolve

(Free and confidential services for young people aged 10-25; includes doctor, nurse, counsellors and social workers; information; youth support workers; and a hang-out space).

(04) 801 9150

<http://www.evolveoneva.org.nz/>

Youthline

0800 376 633

<http://www.youthline.org.nz><http://www.urge.org.nz>

(includes online youth directory)

Vibe

(free and confidential advice and support health service in the Hutt for young people aged 10-24)

Lower Hutt (04) 566 0525

Upper Hutt (04) 528 2054

<http://www.vibe.org.nz/>

Citizens Advice Bureau

0800 FOR CAB

0800 367 222

<http://www.lowdown.org.nz>

Other places where you can ask for help:

- Friends or family
- Church support services - you could talk with a pastor, priest or minister and some churches provide counselling and pastoral support.
- Marae based community support services
- Cultural group based community support services
- Your Doctor

Appendix J1: Teacher information sheet for stereotypes and opinions survey



Teachers' and school staffs' survey

Hello, I'm Jessica Garisch - a PhD student in the School of Psychology at Victoria University under the supervision of Dr. Marc Wilson. I'm researching the experiences and attitudes of teachers and other personnel in secondary schools in the Wellington region, and I'd like you to consider participating in this project by reading, completing and returning this survey

What is the purpose of this research?

- This research allows us to investigate the ways that people think about and categorize different social groups. For example, we would like to know what effect external appearance (e.g. gender) has on peoples' perceptions of others.
- This research also investigates peoples' exposure to self-harming behaviour. This is a sensitive topic, and some of the questions ask you about some potentially very private aspects of your life (for example, whether you have engaged in any behaviours that you know could or would cause you harm). This research has been approved by the School of Psychology Human Ethics Committee.

What does participation involve?

- Participation involves filling in a survey and returning it to a secure drop-in box at your school. It will take no more than 20 minutes to complete.
- Participation is voluntary and anonymous.
- Some of the questions you will be asked may seem very personal. Examples of such questions include self-harming behaviours like cutting or burning oneself. **Some items will ask for your perception of experiences such as whether or not you have ever deliberately harmed yourself. Remember, participation is voluntary.**
- Your school guidance counsellor (*insert name(s) here*) is available for you to talk to if this survey raises any concerns for you.

Privacy and Confidentiality

- As part of the ethical approval under which this research is conducted your survey and data will be kept for at least five years after publication, and anonymous data may be shared with other competent researchers working on similar projects.
- To protect your privacy, the survey is anonymous and we only ask for basic demographic information so no one can identify you from your data. Only those researchers at Victoria University directly related to the project will have access to the raw data that you provide us with. You will never be identified in any summary or report of the research. My supervisor (Dr. Wilson) and I will keep a copy of coded data (where your responses are converted to numbers for analysis).

What happens to the information that you provide?

- When enough information has been collected, we will prepare reports based on the group results. And the overall findings will be submitted for publication in scientific journals, or presented at scientific conferences. We will also give a summary of the results to your school – again, no-one can identify your responses because they will be added together with everyone else's.
- Jessica Garisch will use the results to complete a research report as part of her PhD study in psychology.

How can you contact me?

- If you have any further questions regarding this study please contact Jessica Garisch at Jessica.garisch@vuw.ac.nz, or Dr. Marc Wilson: Ph. 463-5225 or by email at marc.wilson@vuw.ac.nz.

Thank-you for your time.

Appendix J2: Teacher stereotypes and opinions survey

Please indicate: 1. Your gender (circle what applies to you): Male Female 2. Age: _____

3. What do you consider to be your ethnicity (e.g., NZ European/Pakeha, Maori, etc)? _____

4. For how many years have you been teaching? _____

5. What subject area(s) do you teach? _____

6. What year level(s) do you teach? _____

On the next four pages of the survey we'd like you to rate each of 8 target persons on a list of 24 characteristics. Each characteristic has a label at either end, and we'd like you to circle the number for each characteristics that represents how you think of that target person.

TARGET ONE: Me/Yourself

TARGET TWO: The average man

Rash	1 2 3 4 5 6 7	Cautious	Rash	1 2 3 4 5 6 7	Cautious
Not cared for	1 2 3 4 5 6 7	Cared for	Not cared for	1 2 3 4 5 6 7	Cared for
Happy	1 2 3 4 5 6 7	Unhappy	Happy	1 2 3 4 5 6 7	Unhappy
Dangerous	1 2 3 4 5 6 7	Safe	Dangerous	1 2 3 4 5 6 7	Safe
Manipulative	1 2 3 4 5 6 7	Not manipulative	Manipulative	1 2 3 4 5 6 7	Not manipulative
Vengeful	1 2 3 4 5 6 7	Forgiving	Vengeful	1 2 3 4 5 6 7	Forgiving
Out of control	1 2 3 4 5 6 7	In control	Out of control	1 2 3 4 5 6 7	In control
Pleasant	1 2 3 4 5 6 7	Unpleasant	Pleasant	1 2 3 4 5 6 7	Unpleasant
Suicidal	1 2 3 4 5 6 7	Nonsuicidal	Suicidal	1 2 3 4 5 6 7	Nonsuicidal
Defiant	1 2 3 4 5 6 7	Compliant	Defiant	1 2 3 4 5 6 7	Compliant
Unashamed	1 2 3 4 5 6 7	Ashamed	Unashamed	1 2 3 4 5 6 7	Ashamed
Insane	1 2 3 4 5 6 7	Sane	Insane	1 2 3 4 5 6 7	Sane
Sociable	1 2 3 4 5 6 7	Unsociable	Sociable	1 2 3 4 5 6 7	Unsociable
Bad	1 2 3 4 5 6 7	Good	Bad	1 2 3 4 5 6 7	Good
Self-Loathing	1 2 3 4 5 6 7	Values Self	Self-Loathing	1 2 3 4 5 6 7	Values Self
Lawful	1 2 3 4 5 6 7	unlawful	Lawful	1 2 3 4 5 6 7	unlawful
Normal	1 2 3 4 5 6 7	Abnormal	Normal	1 2 3 4 5 6 7	Abnormal
Shy	1 2 3 4 5 6 7	Attention-seeking	Shy	1 2 3 4 5 6 7	Attention-seeking
Tense	1 2 3 4 5 6 7	Relaxed	Tense	1 2 3 4 5 6 7	Relaxed
Soothing	1 2 3 4 5 6 7	Aggravating	Soothing	1 2 3 4 5 6 7	Aggravating
Connected	1 2 3 4 5 6 7	Isolated	Connected	1 2 3 4 5 6 7	Isolated
Misunderstood	1 2 3 4 5 6 7	Understood	Misunderstood	1 2 3 4 5 6 7	Understood
Copes poorly	1 2 3 4 5 6 7	Copes well	Copes poorly	1 2 3 4 5 6 7	Copes well

Emotional 1 2 3 4 5 6 7 Unemotional

Emotional 1 2 3 4 5 6 7 Unemotional

TARGET THREE: The average woman

TARGET FOUR: The average teenager

Rash	1 2 3 4 5 6 7	Cautious
Not cared for	1 2 3 4 5 6 7	Cared for
Happy	1 2 3 4 5 6 7	Unhappy
Dangerous	1 2 3 4 5 6 7	Safe
Manipulative	1 2 3 4 5 6 7	Not manipulative
Vengeful	1 2 3 4 5 6 7	Forgiving
Out of control	1 2 3 4 5 6 7	In control
Pleasant	1 2 3 4 5 6 7	Unpleasant
Suicidal	1 2 3 4 5 6 7	Nonsuicidal
Defiant	1 2 3 4 5 6 7	Compliant
Unashamed	1 2 3 4 5 6 7	Ashamed
Insane	1 2 3 4 5 6 7	Sane
Sociable	1 2 3 4 5 6 7	Unsociable
Bad	1 2 3 4 5 6 7	Good
Self-Loathing	1 2 3 4 5 6 7	Values Self
Lawful	1 2 3 4 5 6 7	unlawful
Normal	1 2 3 4 5 6 7	Abnormal
Shy	1 2 3 4 5 6 7	Attention-seeking
Tense	1 2 3 4 5 6 7	Relaxed
Soothing	1 2 3 4 5 6 7	Aggravating
Connected	1 2 3 4 5 6 7	Isolated
Misunderstood	1 2 3 4 5 6 7	Understood
Copes poorly	1 2 3 4 5 6 7	Copes well
Emotional	1 2 3 4 5 6 7	Unemotional

Rash	1 2 3 4 5 6 7	Cautious
Not cared for	1 2 3 4 5 6 7	Cared for
Happy	1 2 3 4 5 6 7	Unhappy
Dangerous	1 2 3 4 5 6 7	Safe
Manipulative	1 2 3 4 5 6 7	Not manipulative
Vengeful	1 2 3 4 5 6 7	Forgiving
Out of control	1 2 3 4 5 6 7	In control
Pleasant	1 2 3 4 5 6 7	Unpleasant
Suicidal	1 2 3 4 5 6 7	Nonsuicidal
Defiant	1 2 3 4 5 6 7	Compliant
Unashamed	1 2 3 4 5 6 7	Ashamed
Insane	1 2 3 4 5 6 7	Sane
Sociable	1 2 3 4 5 6 7	Unsociable
Bad	1 2 3 4 5 6 7	Good
Self-Loathing	1 2 3 4 5 6 7	Values Self
Lawful	1 2 3 4 5 6 7	unlawful
Normal	1 2 3 4 5 6 7	Abnormal
Shy	1 2 3 4 5 6 7	Attention-seeking
Tense	1 2 3 4 5 6 7	Relaxed
Soothing	1 2 3 4 5 6 7	Aggravating
Connected	1 2 3 4 5 6 7	Isolated
Misunderstood	1 2 3 4 5 6 7	Understood
Copes poorly	1 2 3 4 5 6 7	Copes well
Emotional	1 2 3 4 5 6 7	Unemotional

TARGET FIVE: The average person who deliberately harms themselves (e.g. purposely cuts, burns, punches or bites themselves, or prevents wounds from healing)

Rash	1	2	3	4	5	6	7	Cautious
Not cared for	1	2	3	4	5	6	7	Cared for
Happy	1	2	3	4	5	6	7	Unhappy
Dangerous	1	2	3	4	5	6	7	Safe
Manipulative	1	2	3	4	5	6	7	Not manipulative
Vengeful	1	2	3	4	5	6	7	Forgiving
Out of control	1	2	3	4	5	6	7	In control
Pleasant	1	2	3	4	5	6	7	Unpleasant
Suicidal	1	2	3	4	5	6	7	Nonsuicidal
Defiant	1	2	3	4	5	6	7	Compliant
Unashamed	1	2	3	4	5	6	7	Ashamed
Insane	1	2	3	4	5	6	7	Sane
Sociable	1	2	3	4	5	6	7	Unsociable
Bad	1	2	3	4	5	6	7	Good
Self-Loathing	1	2	3	4	5	6	7	Values Self
Lawful	1	2	3	4	5	6	7	unlawful
Normal	1	2	3	4	5	6	7	Abnormal
Shy	1	2	3	4	5	6	7	Attention- seeking
Tense	1	2	3	4	5	6	7	Relaxed
Soothing	1	2	3	4	5	6	7	Aggravating
Connected	1	2	3	4	5	6	7	Isolated
Misunderstood	1	2	3	4	5	6	7	Understood
Copes poorly	1	2	3	4	5	6	7	Copes well
Emotional	1	2	3	4	5	6	7	Unemotional

TARGET SIX: The average 'punk'

Rash	1	2	3	4	5	6	7	Cautious
Not cared for	1	2	3	4	5	6	7	Cared for
Happy	1	2	3	4	5	6	7	Unhappy
Dangerous	1	2	3	4	5	6	7	Safe
Manipulative	1	2	3	4	5	6	7	Not manipulative
Vengeful	1	2	3	4	5	6	7	Forgiving
Out of control	1	2	3	4	5	6	7	In control
Pleasant	1	2	3	4	5	6	7	Unpleasant
Suicidal	1	2	3	4	5	6	7	Nonsuicidal
Defiant	1	2	3	4	5	6	7	Compliant
Unashamed	1	2	3	4	5	6	7	Ashamed
Insane	1	2	3	4	5	6	7	Sane
Sociable	1	2	3	4	5	6	7	Unsociable
Bad	1	2	3	4	5	6	7	Good
Self-Loathing	1	2	3	4	5	6	7	Values Self
Lawful	1	2	3	4	5	6	7	unlawful
Normal	1	2	3	4	5	6	7	Abnormal
Shy	1	2	3	4	5	6	7	Attention- seeking
Tense	1	2	3	4	5	6	7	Relaxed
Soothing	1	2	3	4	5	6	7	Aggravating
Connected	1	2	3	4	5	6	7	Isolated
Misunderstood	1	2	3	4	5	6	7	Understood
Copes poorly	1	2	3	4	5	6	7	Copes well
Emotional	1	2	3	4	5	6	7	Unemotional

TARGET SEVEN: The average Goth

Rash	1	2	3	4	5	6	7	Cautious
Not cared for	1	2	3	4	5	6	7	Cared for
Happy	1	2	3	4	5	6	7	Unhappy
Dangerous	1	2	3	4	5	6	7	Safe
Manipulative	1	2	3	4	5	6	7	Not manipulative
Vengeful	1	2	3	4	5	6	7	Forgiving
Out of control	1	2	3	4	5	6	7	In control
Pleasant	1	2	3	4	5	6	7	Unpleasant
Suicidal	1	2	3	4	5	6	7	Nonsuicidal
Defiant	1	2	3	4	5	6	7	Compliant
Unashamed	1	2	3	4	5	6	7	Ashamed
Insane	1	2	3	4	5	6	7	Sane
Sociable	1	2	3	4	5	6	7	Unsociable
Bad	1	2	3	4	5	6	7	Good
Self-Loathing	1	2	3	4	5	6	7	Values Self
Lawful	1	2	3	4	5	6	7	unlawful
Normal	1	2	3	4	5	6	7	Abnormal
Shy	1	2	3	4	5	6	7	Attention- seeking
Tense	1	2	3	4	5	6	7	Relaxed
Soothing	1	2	3	4	5	6	7	Aggravating
Connected	1	2	3	4	5	6	7	Isolated
Misunderstood	1	2	3	4	5	6	7	Understood
Copes poorly	1	2	3	4	5	6	7	Copes well
Emotional	1	2	3	4	5	6	7	Unemotional

TARGET EIGHT: The average 'Emo'

Rash	1	2	3	4	5	6	7	Cautious
Not cared for	1	2	3	4	5	6	7	Cared for
Happy	1	2	3	4	5	6	7	Unhappy
Dangerous	1	2	3	4	5	6	7	Safe
Manipulative	1	2	3	4	5	6	7	Not manipulative
Vengeful	1	2	3	4	5	6	7	Forgiving
Out of control	1	2	3	4	5	6	7	In control
Pleasant	1	2	3	4	5	6	7	Unpleasant
Suicidal	1	2	3	4	5	6	7	Nonsuicidal
Defiant	1	2	3	4	5	6	7	Compliant
Unashamed	1	2	3	4	5	6	7	Ashamed
Insane	1	2	3	4	5	6	7	Sane
Sociable	1	2	3	4	5	6	7	Unsociable
Bad	1	2	3	4	5	6	7	Good
Self-Loathing	1	2	3	4	5	6	7	Values Self
Lawful	1	2	3	4	5	6	7	unlawful
Normal	1	2	3	4	5	6	7	Abnormal
Shy	1	2	3	4	5	6	7	Attention- seeking
Tense	1	2	3	4	5	6	7	Relaxed
Soothing	1	2	3	4	5	6	7	Aggravating
Connected	1	2	3	4	5	6	7	Isolated
Misunderstood	1	2	3	4	5	6	7	Understood
Copes poorly	1	2	3	4	5	6	7	Copes well
Emotional	1	2	3	4	5	6	7	Unemotional

Deliberate self harm is the intentional act of harming one's own body. It is and act that is done to oneself, performed by oneself, physically violent, and purposeful. Such behaviours include cutting, burning the skin, punching oneself, and preventing wounds from healing.

1. I would feel comfortable if a student spoke to me about deliberate self-harm.
Strongly agree Agree Neutral Disagree Strongly disagree
2. I would feel confident that I would know how to respond if a student in my class and/or school or under my care appeared to be performing acts of deliberate self-harm.
Strongly agree Agree Neutral Disagree Strongly disagree
3. I feel knowledgeable about the area of deliberate self-harm.
Strongly agree Agree Neutral Disagree Strongly disagree
4. I believe I would know how to identify deliberate self-harming behaviours.
Strongly agree Agree Neutral Disagree Strongly disagree
5. I find the idea of a student cutting or burning their skin horrifying.
Strongly agree Agree Neutral Disagree Strongly disagree
6. Have you personally known anyone who deliberately self-harms? Yes No
7. If yes, who?

<input type="radio"/> myself	<input type="radio"/> work colleague	<input type="radio"/> client/student
<input type="radio"/> family member _____	<input type="radio"/> an acquaintance	<input type="radio"/> other _____
<input type="radio"/> friend		
8. Why do you think a high school student would deliberately self-harm?

9. As a high school teacher /professional, is there anything you want us, as researchers in this area, to know about your experiences with self-harming behaviour?

This questionnaire asks about a number of different things that people sometimes do to hurt themselves. Please be sure to read each question carefully and respond honestly. Often, people who do these kinds of things to themselves keep it a secret, for a variety of reasons. However, honest responses to these questions will provide us with greater understanding and knowledge about these behaviours and the best way to help people.

Please answer yes to a question only if you did the behaviour intentionally, to hurt yourself. Do not respond yes if you did something accidentally (e.g., you tripped and banged your head on accident). Also, please be assured that your responses are completely confidential.

Please circle one response alternative for each question.	Never	Have thought of doing this to yourself	Once	More than once	Many times
1. Have you ever intentionally cut your wrist, arms, or other areas of your body?	1	2	3	4	5
2. Have you ever intentionally burned yourself with a cigarette, lighter or a match?	1	2	3	4	5
3. Have you ever intentionally carved words, pictures, designs or other marks onto your skin?	1	2	3	4	5
4. Have you ever intentionally severely scratched yourself, to the extent that scarring or bleeding occurred?	1	2	3	4	5
5. Have you ever intentionally punched yourself, to the extent that you caused a bruise to appear?	1	2	3	4	5
6. Have you ever intentionally prevented wounds from healing?	1	2	3	4	5
7. Have you ever done anything else to hurt yourself that was not asked in this questionnaire? If yes, how often did you hurt yourself in this way, and what did you do to hurt yourself?	1	2	3	4	5

If you have indicated that you have harmed yourself intentionally in one of the above mentioned ways, how long ago was the last time you intentionally harmed yourself?

- Within the last week or
- Within the last month or
- Within the last year or
- Over a year ago

Appendix J3: Teacher debriefing sheet for the stereotypes and opinions survey

VICTORIA UNIVERSITY OF WELLINGTON
Te Whare Wananga o te Upoko o te Ika a Maui



Debriefing Sheet.

Thank you for participating in this research.

What this research was about

In this survey you have completed questions about your perceptions of different groups of people by rating them on attributes. You have also answered questions on whether you have had contact with people who do things to deliberately harm themselves, and whether you would feel confident in helping someone who engages in these kinds of behaviours. In addition, you have answered questions indicating whether or not you might have done things that you knew could or would cause you harm.

Summary of previous research

- Anecdotally, and in some research, it has been suggested that one of the barriers to seeking help for self-harming behaviours may be the negative stigma attached to such behaviour.

Aim of this study

- This research aims to look at what characteristics school staff associate with individuals who perform self-harming behaviours and compare this to the characteristics they associated with other groups of people (e.g. adolescents).
- Another aim is to see what effect personal experience (e.g. having known people who deliberately harm themselves) has on school staffs' perceptions of individuals who engage in self-harming behaviours, and the effect on helping behaviour.

Seeking support

- At the end of this debriefing sheet is a list of further services available to you in the community should you wish to seek support (either for yourself or another person).

If you have any questions about this study please do not hesitate to contact Jessica Garisch or Dr. Marc Wilson using the email address below at the School of Psychology.

Thank you again for your time.

Jessica Garisch
PhD candidate
Jessica.garisch@vuw.ac.nz

Dr Marc Wilson
Senior Lecturer
marc.wilson@vuw.ac.nz
04 463 5225

Dr John McDowall
Senior Lecturer
john.mcdowall@vuw.ac.nz
04 463 5402

Below is a list of resources you can get in contact with should you wish to discuss any issues raised for you while completing this survey.

Adult Community Mental Health Teams (CMHT)

Provide a range of services for people 20 years and above who are experiencing mild to moderate mental health difficulties.

Wellington: (04) 8014859

Porirua: (04) 237 1303

Youth Specialty Service

(works with young people (13-20 years old) and whanau/friends who are experiencing emotional, behavioural or relationship difficulties).

Wellington and Porirua (04) 570 9393

Hutt Valley (04) 566 6999

<http://www.huttvalleydhub.org.nz/Article.aspx?ID=806>

Youth Law - Tino Rangatiratanga Taitamariki

(free legal advice line, if under 25 years can call collect from anywhere in NZ).

Just dial 010 then follow instructions, tell operator that Youthlaw accepts collect calls)

09 309 6967 <http://www.youthlaw.co.nz>

Evolve

(Free and confidential services for young people aged 10-25; includes doctor, nurse, counsellors and social workers; information; youth support workers; and a hang-out space).

(04) 801 9150

<http://www.evolveoneva.org.nz/>

Vibe

(free and confidential advice and support health service in the Hutt for young people aged 10-24)

Lower Hutt (04) 566 0525

Upper Hutt (04) 528 2054

<http://www.vibe.org.nz/>

Youthline

0800 376 633

<http://www.youthline.org.nz><http://www.urge.org.nz>

(includes online youth directory)

Citizens Advice Bureau

0800 FOR CAB

0800 367 222

<http://www.lowdown.org.nz>

Other places where you can ask for help:

- Friends or family
- Your school guidance counsellor (*insert name here*).
- Church support services - you could talk with a pastor, priest or minister and some churches provide counselling and pastoral support.
- Marae based community support services
- Cultural group based community support services
- Your Doctor