

## The HIRE Model: A Tool for the Informal Assessment of Nonsuicidal Self-Injury

Domain	Specific Foci	Some Sample Screening Questions
"H" = History	Frequency and methods	<ul style="list-style-type: none"> <li>• "Tell me about the experience of cutting. What is it like for you?"</li> <li>• "What kinds of wounds does it leave on your skin?"</li> <li>• "Where on your body do you cut yourself?"</li> <li>• "What do you use?"</li> <li>• "How often do you cut yourself?"</li> <li>• "What others ways of hurting yourself, besides cutting, have you used this year?"</li> </ul>
"I" = Interest in change	Motivation to reduce self-injury; negative outcomes	<ul style="list-style-type: none"> <li>• "What would you like to be different about your use of cutting?"</li> <li>• "How has cutting affected your relationships?"</li> <li>• "What do you perceive as the down sides of cutting?"</li> <li>• "Tell me about a time when you were able to reduce your use of cutting."</li> </ul>
"R" = Reasons behind behavior	Interpersonal and/or intrapersonal functions of self-injury	<ul style="list-style-type: none"> <li>• "What feelings do you notice before you cut?"</li> <li>• "What thoughts go through your mind before cutting?"</li> <li>• "Where do you engage in cutting?"</li> <li>• "Are you always alone when you cut?"</li> <li>• "Who else knows about your cutting?"</li> </ul>
"E" = Exposure to risk	Severity; addictive features; sense of control; suicidal ideation	<ul style="list-style-type: none"> <li>• "Have you ever harmed yourself so badly that you could have used medical attention, such as stitches?"</li> <li>• "Have you ever injured yourself more than you expected?" "Have you ever used alcohol or drugs while cutting?"</li> <li>• "Have you ever had an out-of-body experience while cutting?" "Have you ever used cutting as a way to avoid thoughts about suicide?"</li> </ul>

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