Chinese Simplified version of Self-Harm Assessment
自伤风险评估

Thoughts of Suicide 自杀念头	
When you self-harm, do you ever think about purposefully ending your life? 当您自残时，您是否曾想过有意结束自己的生命？	
How often do these thoughts come up for you? 这些想法多久会出现在您的脑海中？	

Onset and Frequency 起始和频率	
When was the first time you self-harmed? 您第一次自残是什么时候？	
When was the most recent time? 最近一次是什么时候？	
How many times per week or per month do you self-harm? 您每周或每月自残几次？	

Do you self-harm more, or more severely, than when you first started? 与最初相比，您自残的频率是否更高，或方式是否更严重？	

Means 方法	
How do you typically self-harm? 您通常如何自残？	