

## Interview with a person who harms themselves

Name interviewee: .....

Address: .....  
.....  
.....

Telephone number: .....

Date interview: .....

Name interviewer: .....

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This interview stems from the Maastricht interview.  
And is revised with Sharon Lefevre (2000),Mike Smith, Louise Pembroke and Phil Thomas

Personal data:

Date of birth ..... Age .....

Sex: M / F

Education: (tick highest) No formal , GCSE , Advanced , Bachelors , Masters, PhD

Profession: .....

Ethnicity: .....

(How do you describe your ethnic group?)

Marital/relationship Status .....

Work Status: .....

Children:

How many; how old .....

Living situation .....

Since .....

### **Self-harm is not exceptional**

**Recent research showed that between 4 and 9% of the women have at one stage in their life, harmed themselves. The percentage of men is not clearly known.**

**Self-Harm is a surviving strategy and expresses the wish to continue to live in a situation of hopelessness and powerlessness. Also as experts by experience comment, therapy that does not use your experience and does not see self-harm as means of communicating the inexpressible is unsatisfactory.**

This interview is about self-harm. Self-harm involves all kind of emotions and is often hard to understand for others. The subject is taboo. Self-harm is commonly associated with the diagnosis of borderline personality disorder and is not seen in relation to the life history, and especially trauma and situations that make you feel powerless. In this interview we want to ask you questions about your experience of self-harm. I will ask you questions about your living situation at the time you started self-harm, whether there are triggers to self-harm in the present. Whether you hear voices etc. I want to understand your experiences in relation to your life. I hope the questions I ask you will stimulate you to think about your experiences, because we may cover things that you have never thought of yourself. We have noticed that learning to talk about your experiences is an important step in the process of gaining more control over your own live: to learn from your own experiences.

Talking about self-harm is talking about emotions. This might make you feel restless. Do not worry about it. It is a normal reaction. Nearly everyone who talks about things that are difficult to cope with responds this way. It is temporary. In our experience the more you talk about it, the more familiar it becomes and the intense emotions then diminish. However if you want to contact me within the first 24 hours, my telephone number is.....

## 1 NATURE OF THE EXPERIENCE

1.11 What name do you use for what you do to yourself? Self-harm? Hurting yourself? Punishing yourself? Do you use different names in different circumstances?

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.....  
.....  
.....

1.2. How often have you harmed yourself in the past 6 months? And before that?

.....  
.....

1.3 If you harm yourself do you choose the moment and the place, for example, in a familiar setting like at home when you are on your own? Or do you do the opposite? Somewhere were no one knows you? If so, could you explain why?

.....  
.....

1.4 If you harm yourself, what do you do and in which part of your body?

Cutting? Yes/no, with

.....

Burning? Yes/no, with

.....

Hitting your body or beating yourself? Yes/no, with

.....

Self activated vomiting yes/no, with

.....

Eating until vomiting Yes/no, by

.....

Poisoning including with medication? Yes/no, name

.....

Biting yourself? Yes/no

.....

Could you describe why you chose this form of self-harm and this part of your body?

.....  
.....

1.5 Self-harm can also be less positive actions for instance this could include denying yourself certain necessities like:

- |  |  |
|--|--|
| <input type="checkbox"/> Food                                    | <input type="checkbox"/> Enjoying yourself |
| <input type="checkbox"/> Drinks                                  | <input type="checkbox"/> Social activities |
| <input type="checkbox"/> Warmth                                  | <input type="checkbox"/> Hobby             |
| <input type="checkbox"/> Sleep or rest                           | <input type="checkbox"/> Friendships       |
| <input type="checkbox"/> A nice clean bath                       | <input type="checkbox"/> Medication        |
| <input type="checkbox"/> Not using the toilet if you are in need | <input type="checkbox"/> Others            |

1.5.1 Many people consider eating distress (binging, vomiting, dieting, starving) to be a form of self-harm. Do you ever harm yourself using food in this way? If so, how?

.....  
.....  
.....

1.6 Some people tell of feelings they have before, during and after they self harm. A list appears next . Place a circle around those that apply to you and add others that you have that are not listed. And then record them in the table for before during and after.

Tense  
Frightened  
Panicking  
Out of control  
Controlled  
Compulsive  
Elated  
Ecstatic  
Angry  
Sexual  
Depressed  
Unhappy  
Suicidal  
Powerful  
Liberated  
Desperate  
Conscious  
Unconscious  
Detached  
Out of my body  
As if its someone elses body  
Restored  
Fixed  
.....

Itching  
Burning sensation  
Rewardingly painful  
Cathartic tension released  
Empty  
Anaesthasised  
Puts things in perspective  
Numb  
Punished  
Stupid  
In control  
Alive  
Lets me know Im still alive  
Desperate  
Muggy  
Unclear  
I forget  
Taken over by the pain  
Whole  
Fulfilled  
Complete  
Finished  
Others please list  
.....  
.....

1.7 Looking at the ones you have circled or written please write down your feelings before, during and after you self harm. Again feel free to add more.

Before	During	After

1.8 Or is self-harm something that suddenly happens, so that you have to do it the minute you feel the need? If so, could you tell a bit more about this?

.....  
 .....  
 .....

1.9 When you harm yourself, how does it feel? Is it a power that takes you over? If yes, is there any way you have found to deny this compulsion or to control it? If no, why not?

.....  
 .....  
 .....

1.9.1 There are people that hear voices who command them to harm themselves, or who feel as if they hear voices at the point of their self harm

Do you hear voices?                      Yes / No

1.9.2 If yes, do the voices tell you, or command you to harm yourself?

Yes / No

1.9.3 Or, alternatively, do you harm yourself as a way of coping or bargaining with voices?

.....  
 .....

1.9.4. If so, could you say a bit more about this (i.e. how harming yourself helps you cope with the voices)?

.....  
.....  
.....

**We shall be asking you more questions about your voices later in this interview.**

## 2. Triggers

2.1 Have you ever thought if there are certain situations that might trigger you to self-harm? For example:

- |   |  |
|---|--|
| <input type="checkbox"/> Being on your own at home  | <input type="checkbox"/> travelling                    |
| <input type="checkbox"/> severe tension at home     | <input type="checkbox"/> birthdays of certain people   |
| <input type="checkbox"/> visits of certain people   | <input type="checkbox"/> holidays                      |
| <input type="checkbox"/> being on your own at night | <input type="checkbox"/> different                     |
| <input type="checkbox"/> being with people          | <input type="checkbox"/> not having access to solitude |

.....

Have you any idea why you harm yourself in these situations?

If yes, could you tell me more about it?

.....  
.....  
.....

2.2 In the list below do you recognise certain emotions you feel before you harm yourself?

- |                                       |   |
|---------------------------------------|---|
| <input type="checkbox"/> Loneliness   | <input type="checkbox"/> feeling happy    |
| <input type="checkbox"/> Restlessness | <input type="checkbox"/> feeling empty    |
| <input type="checkbox"/> Euphoria     | <input type="checkbox"/> calm             |
| <input type="checkbox"/> Anger        | <input type="checkbox"/> fear or terror   |
| <input type="checkbox"/> Guilt        | <input type="checkbox"/> shame            |
| <input type="checkbox"/> Self-hate    | <input type="checkbox"/> loss of control  |
| <input type="checkbox"/> Frustration  | <input type="checkbox"/> Worthless        |
| <input type="checkbox"/> Powerless    | <input type="checkbox"/> feeling suicidal |
| <input type="checkbox"/> other        |   |

2.3 In the list below do you recognise certain you feel after you harmed yourself?

- |                                       |   |
|---------------------------------------|---|
| <input type="checkbox"/> Power        | <input type="checkbox"/> loneliness       |
| <input type="checkbox"/> Satisfaction | <input type="checkbox"/> guilt            |
| <input type="checkbox"/> Fulfilment   | <input type="checkbox"/> self contempt    |
| <input type="checkbox"/> Indifference | <input type="checkbox"/> emptiness        |
| <input type="checkbox"/> At peace     | <input type="checkbox"/> self hate        |
| <input type="checkbox"/> Revitalised  | <input type="checkbox"/> misery           |
| <input type="checkbox"/> Happy        | <input type="checkbox"/> feeling negative |
| <input type="checkbox"/> Worthless    | <input type="checkbox"/> other            |

- 2.4 When you balance the above feelings do you think self harm for you today, is mostly
- Positive
  - Negative
  - About as much positive as negative
  - Neither

Could you explain why you conclude this way.?

.....  
.....  
.....  
.....

- 2.5 Have you ever thought about another way to accomplish the same effect?  
If so could you please describe it?

.....  
.....  
.....  
.....

**3 History of self-harm**

Self-Harm often is a reaction to certain circumstance. Some people begin to harm themselves as a reaction to trauma or to a life event; others when they feel threatened or powerless like when they are admitted to a psychiatric hospital. Do you think that your self-harm is related to certain trauma or a life-threatening situation?

.....  
.....

3.2 People who helped us with the development of this interview described certain circumstances related to both the start of self harming but also to how it has developed. We have made a list of them. Let us follow the list systematically. Do you experience one of the circumstances and did you begin to harm yourself after this event or did it influence the self-harm once you had established it ?

<b>Circumstances/situation</b>	<b>Self harm</b>	<b>At what age</b>
<b>Death/illness</b>		
Someone your feel emotionally related to has become very ill (family members; friends.)		
Someone very close to you has died		
Death of a beloved animal		
You have been involved in a serious accident		
You have been admitted to a hospital		
You have disease that influence your daily life		
<b>Changes in life</b>		
To life on your own for the first time		
The start of the changing of a stud/education		
Moving		
Divorce or breaking up an intimate relationship		
Divorce with the loss of your children		
Pension/losing your job		
The last child leaves the household		
<b>Threatening circumstances</b>		
Serious tensions at home or within your relationship		
Abuse as a child or within your relationship		
(Unwanted) pregnancy/abortion		
Witnessing a suicide		
Problems in a religious community or with a satanic church		
Any other form of challenge (séances, initiation rituals.etc, drugs?)		

Comments:

.....  
 .....

3.3 Do you feel there is a relation between self-harm and some one you know? If so, could you please describe it? How do you feel about that person?

.....  
.....  
.....

**4 Your relationship with your self-harm**

With people you have more than a casual contact you develop a relationship, even though that contact might be negative and you might feel powerless, there is a relationship. However a relationship involves two parties; there is an interaction. Some people are unaware of their influence in a relationship. When the relationship is experienced as negative and associated with the feeling of powerlessness, people do not consider their own influence in this, or the weakness of the other party. The following questions are meant to establish whether you have some influence over your self harm and if you feel you have not, to find out whether you do have some control that perhaps you are unaware of, for example postponing self-harm till you are alone.

4.1 Do you have any influence on your self-harm for example the method or the time? If yes, could you describe it?

.....  
.....  
.....

4.2 Are you able to set limits to self-harm? If yes, under which circumstances? Could you please give an example?

.....  
.....  
.....

4.3 How do you become aware that you need to self-harm? For example, is it a feeling that builds up gradually that you can recognise? Or does it come on suddenly, like an impulse over which you have no control?

.....  
.....  
.....

4.3.1 If a feeling that builds up gradually, how do you identify it? What's the earliest sign? What happens? Can you give details?

.....  
.....  
.....

4.4 Are you able to postpone the time that you self-harm? If you postpone it, can you also put it off altogether sometimes? If yes, what happens?

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.....  
.....

4.5 Have your beliefs and understanding about self-harm changed over time? If yes, do you know what brought about the change? Did anything change in your life?

.....  
.....  
.....

.....  
 .....  
 4.6 If your self harm is about communication what do you want to express with your self-harm?

.....  
 .....  
 .....

**5 Coping**

We just talked about your relationship with self-harm. I would like to know what you do when you feel the need to harm yourself? If you hear voices could you also think about whether you use the same coping for the voices?

(If the interviewee says yes to the mentioned coping, please ask how often it is used, if it is successful and what the effect is on the self-harm. If a successful strategy is not used any more ask why not?).

5.1 What do you do when you feel the need to harm yourself?

***Cognitive strategies***

nr	Strategy:	Yes/no	If yes, does it work?	How often?	And with the voices
1	Ignore it				
2	Think about it first				
3	Distract the thought				
4	Postpone the harm				
5	Set limits to the damage				

***Behavioural strategies***

nr.	Strategy	yes/no	If yes, does it work?	How often?	And with the voices?
7	Do something else				
8	Telephone someone				
9	Go to someone or some place				
10	Look for distraction (reading, TV.)				
11	Write something down (dairy)				
12	Perform certain rituals				

***Physiological strategies***

nr	Strategy	Yes/no	If yes, does it work?	How often?	And with the voices/
13	Relaxation exercises (f.e. yoga)				
14	Medication				

15	Alcohol or drugs				
16	Food				

**Harm minimisation strategies**

nr	Strategy	Yes/no	If yes, does it work?	How often?	And with the voices/
17	Limiting the amount of damage				
18	Avoiding structures like nerves, arteries				
19	Planning harm reduction with others				
20	Attend to your own first aid afterwards				

5.21 Do you ever make a compromise, or negotiate, with yourself (or your voices, if appropriate) in order to minimise the amount of harm you cause yourself?

.....  
 .....  
 .....

If so, how, with what effect (please give more details)?

.....  
 .....  
 .....

**Summary of coping**

22 Which method do you use most? Do you use it regularly? Do you have a systematic approach? If not, why not?

.....  
 .....

23 What is the effect of the coping strategy?

.....  
 .....

**Comment [PT1]:** Do you mean 'How effective is your coping strategy'?

19 When you notice that you are in a certain mood in which you want to harm yourself, do you look for a solution to the situation (like an alternative, distraction) or do you let it go as it is? If yes, why?

.....  
 .....

24 If you experience a build up towards self-harm, do you find that there is a certain point at which you can control the urge to harm yourself? If so, how, what do you do?

.....  
 .....

.....

25 If you experience a build up towards self-harm, do you make any preparations when you realise that you have to harm yourself? If so, what form do they take (e.g. finding somewhere quiet and private, cleaning sharps, preparing to tidy up afterwards)?

.....

.....

.....

26 Have there been other things in the past that have helped you? If yes, why don't you do this anymore?

.....

.....

## 6 Belief systems

Self-harm is explained and understood in different ways by experts of experience, academics and therapists. Let us go through this list and let me know which is closest to your experience.

### Medical theories:

1 [ ] *Psychiatric illness:*

Self-harm is the symptom of an illness. It is often present in people with a personality disorder, mostly borderline.

2 [ ] *Biological theory:*

There is a biological cause for self-harm; mostly it is caused by dopamine, opiate or serotonin systems (evidence has linked self harm to various chemicals including caffeine, heroin, amphetamine and alcohol). There is a genetic predisposition towards the development of self-harm.

### Psychological theories:

3 [ ] *self-harm is a reaction to a history of deprivation and neglect.*

Self-harm is common in prisons and institutions. It is also seen in monkeys raised in isolation.

4 [ ] *a reaction to a history of physical abuse*

- It is associated with maternal deprivation

- It is associated with physical abuse and excessive punishment

5 [ ] *a reaction to trauma like sexual abuse*

Over 80% of adolescents in a psychiatric service who reported sexual abuse may cut themselves.

### Expert by experience theories:

6 [ ] *it is a way of communicating mental distress*

It is a form of language, dealing with things too painful to be dealt with through verbal means.

7 [ ] *the need to get rid of filth.*

Used by people who experience feelings of guilt after sexual activity.

8 [ ] *It is like if you try to take the handle in your own hands again in a very rigorous manner.* Dutch survivor.

Comment [PT2]: What does this mean? It's not at all clear.

9 [ ] A way of coping with or surviving extreme distress. ‘...very private, a form of intrapersonal communication, and the only choice at that moment in time.’

6.2 Let us try to put things in order. What is your explanation for your self-harm?

- Is it an illness that might or might not be cured?
- Is it learned behaviour that is not changeable?
- Is it a form of communication? ?
- Does relate to your own life history and traumas that happened to you?
- An expression of worthlessness?
- A way to survive?
- Some other explanation?

.....

.....

.....

6.3 If you look at these theories do you think they are related to you? If yes, could you explain why?

.....

.....

.....

6.4 If it is related to a trauma in the past. Do you feel that this trauma is history for you or is it still something that influences you life to day? If yes, could you please explain in what way?

.....

.....

.....

**7 Medical History**

7.1 When did you first come into contact with professional health care because of self-harm? Who with? Which other services and therapist did you see later?

Year conta	Clinical/ambulatory	Kind of therapist	How long	Reason for treatment

**Comment [PT3]:** In UK it might be better to specify inpatient or outpatient.

7.2 With which therapist did you talk about your self-harm?

.....

.....

.....

**Comment [PT4]:** Should this be ‘first talk’?

7.3 How did he/she respond?

.....  
.....

7.4 Did they give you a diagnosis? Which one? Are you satisfied with the diagnosis?

.....  
.....

7.5 What do you feel you need help for?

.....  
.....  
.....  
.....

Comment [PT5]: Should this be 'with now'?

7.6 What do you want to achieve? Do you want to make changes? Do you want others to change, or do you want to change yourself?

.....  
.....  
.....

7.7 People who self-harm find that professional staff in casualty, mental health services and primary care respond in very different ways to the fact that you self-harm.

7.7.1 Overall, how would you describe your experiences of professional interventions?  
General Practitioner?

.....  
.....  
.....

A&E?

.....  
.....  
.....

Mental Health Services?

.....  
.....  
.....

7.7.2 How have services responded to your self-harm? (Indicate roughly whether 'always', 'usually', 'sometimes' or 'never' for each of the following)

	Primary Care (GP)	A&E	Mental Health Services
Sympathetically			

Neutrally			
With hostility			
Offered choice of treatment			
Helped to stay in control			
Used 'no-harm' contracts			
Have refused you Treatment (e.g. LA)			

7.7.3 Have you ever been forced to have treatment you did not want? (e.g. have you been forced to see a psychiatrist when you didn't want to, or have you been detained in hospital by a psychiatrist against your wishes, or given treatment such as drugs or ECT against your wishes?) Please give details

.....  
.....  
.....

7.7.4 How did you feel about this? What effect did it have on you?

.....  
.....  
.....

## 8 Social network

Contacts with other people are an important part of daily life. Could you indicate people with whom you have a personal attachment and who are important to you? People, for example, to whom you would send a postcard when on holiday. If you do not want to, you do not have to mention names. Friend is enough

Nr.	Name	Knows I harm myself	I talk with about self-harm	Knows I hear voices
1				
2				
3				
4				
5				
6				
7				
8				

9				
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**9 Questions related to childhood**

The following questions are about your childhood. Childhood is different for everybody; some people have happy memories; others want to forget it. How do you feel about your childhood?

9.1 Was it stressful or unhappy? Or was it a happy time? (Ask more questions till you get an impression)

.....  
 .....  
 .....

9.2 Did you feel safe at home? In the street? At school, or at your work? If not, why not? Has it always been like that? (Try to develop a chronological account)

.....  
 .....  
 .....

9.3 As a child were you ever physically abused? At school? At home? In the street?

.....  
 .....  
 .....

9.4 Were you ever punished in a strange way? (Locked up in toilet, tied)

.....  
 .....

9.5 Have you ever had the feeling that you were unwanted, or that you never did anything right? If yes, who gave you that feeling?

.....  
 .....  
 .....

9.6 Have you ever **witnessed** physical abuse from a family member/friend?

.....  
 .....  
 .....

**Comment [PT6]:** Is 'witnessed' the right word here. It implies asking the person have they ever seen another person being abused by a family member. Is this what you really intend to ask? Or are you asking the person if they have ever experienced sexual abuse from a family member? This needs clarifying.

9.7 Have you ever **witnessed** sexual abuse from a family member/friend?

.....  
 .....

**Comment [PT7]:** Is 'witnessed' the right word here. It implies asking the person have they ever seen another person being abused by a family member. Is this what you really intend to ask? Or are you asking the person if they have ever experienced sexual abuse from a family member? This needs clarifying.

9.8 Has anyone ever touched you in a sexual way that you did not want to be touched? Has anyone ever sexually abused you in any way? If yes, could you say a bit about it? Does anyone know? Have you ever talked about it? Do you have memories about it?

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.....  
.....  
.....  
.....  
.....

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Do you think we have covered everything or have we have missed anything out?

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.....  
.....  
.....  
.....

**Interviewer's notes**

## B Interview with a person who hears voices

*If the interviewee hears voices, the voices might or might not have the same influence as self-harm. Therefore some of the questions are asked again:*

### B.1 Nature of the experience

B.1.1 You mentioned you hear voices. How many voices do you hear?

.....

B.1.2 Do you think other people can hear the voices?

.....  
.....  
.....

B.1.3 When you hear voices do you think it is somebody else or do you think they come from you? Could you explain why?

.....  
.....  
.....

### B.2 Characteristics of the voices

Some people say that their voices have clear personalities or characteristics. Are your voices like that? Do they have a name, or have you given them a name? Do your voices have an age? Are they male, female a child or sexless? At what tone do they speak? Is the content negative or positive? How often do you hear them? Daily (and how often), weekly, monthly or infrequent?

**Comment [PT8]:** Is 'identities' a better expression here?

**Comment [PT9]:** Is 'What sort of things do they say to you' or 'What is their attitude towards you like' better here?

Nr.	Name	Age	Sex	Content/tone	Frequency
1					
2					
3					
4					
5					

**Comment [PT10]:** Need to expand the number of voices

B.2.1 Taking all the characteristics together, do any of the voices remind you of people you know? If yes, whom?

.....  
.....  
.....

### B.3 History of the voices

B.3.1 I want you to remember the first time you began to hear voices. How old were you at that time? For each voice, at what age did they start? We follow the list of circumstances that we used with self-harm, maybe you now remember something that you had not thought of the first time.

<b>Circumstances/situation</b>	<b>Voices</b>	<b>Age</b>
<b>Death/illness</b>		
Someone you were close to became very ill (family members; friends.)		
Someone very close to you died		
Death of a beloved animal		
Following a serious accident		
Following admission to hospital		
Becoming seriously ill		
<b>Changes in life</b>		
To live on your own for the first time		
Starting University		
Moving house		
Divorce or ending an intimate relationship		
Divorce with the loss of your children		
Losing your job or retiring		
The last child leaves the household		
<b>Threatening circumstance</b>		
	<b>Voices</b>	<b>Age</b>
Serious tensions at home or within your relationship		
Abuse as a child or within your relationship		
(Unwanted) pregnancy/abortion		
Witnessing a suicide		
Problems in a religious community or with a satanic church		
Any other form of challenge (séances, initiation rituals.etc, drugs?)		
Witnessing a serious accident		
Being the victim of a crime		

Comments:

.....  
 .....

B.3.3 Do you think there is a connection between the voices and someone you know? If yeas, what kind of relation do you have with that person? How do you feel about that person?

.....  
 .....  
 .....

**B. 4 Triggers**

B.4.1 Have you ever noticed that the voices arise in certain situations, locations or particular times?

.....  
 .....

B.4.1 Have you noticed whether the voices are present when you feel certain emotions?

Let us check the list. Do they occur when you experience emotions such as:

- |   |  |
|---|--|
| <input type="checkbox"/> insecurity               | <input type="checkbox"/> loneliness                    |
| <input type="checkbox"/> fear                     | <input type="checkbox"/> grief                         |
| <input type="checkbox"/> doubt                    | <input type="checkbox"/> jealousy                      |
| <input type="checkbox"/> in love                  | <input type="checkbox"/> happiness                     |
| <input type="checkbox"/> anger or aggression      | <input type="checkbox"/> sadness/depression            |
| <input type="checkbox"/> your own sexual feelings | <input type="checkbox"/> the sexual feelings of others |
| <input type="checkbox"/> other .....              |  |

**B.5 What do the voices say?**

B.5.1 Do you hear friendly, positive voices? What do they say? Please give an example of the exact words they use. Indicate which voices say these things.

.....  
.....  
.....

B.5.2 Do you hear unfriendly, negative voices? What do they say? Please give an example of the exact words they use. Indicate which voices say these things.

.....  
.....  
.....

B.5.3 Do the voices talk about specific objects/persons? Can you describe them? What do the voices say? Do these subjects concern you as well? Indicate which voices say these things.

.....  
.....  
.....

**B.6 How do you explain the origin of the voices?**

B.6.1 As a voice hearer you have probably wanted to find an explanation for why you hear voices. Which explanation do you have for the origin of the voices? Let us follow the list. Voices are:

- a good guide
- a ghost or belonging to someone from the past?
- part of your subconscious
- emotions from others
- extraordinary perceptions (telepathy, medium, clairvoyant)
- God
- Gods, ghosts or angels
- evil spirit or the devil
- entities (a spiritual person or power that you cannot see but is there; you feel or hear a presence)
- other.....

**B.7 What impact do the voices have on your way of life?**

We would like to know what kind of impact the voices have. What do they do exactly?

- 1  offer a solution to a problem
- 2  offer advice and help you
- 3  describe what you think or do
- 4  command you what to think/do  
or command about the people you are dealing with
- 5  take over your thinking so you cannot distinguish your own from the voice's.
- 6  swear at you or are critical of you
- 7  forbid you to do things
- 8  strengthen the feelings you have
- 9  interrupt things that you enjoy doing
- 10  interfere when you are talking to someone else
- 11  command you to do things
- 12  blackmail you
- 13  make you feel happy
- 14  make you afraid

B.7.2 How does the influence of the voices affect your daily life?

.....  
.....  
.....

B.7.3 Do the voice have influence on your social contacts/ your work/ your hobby?

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.....  
.....

B.7.4 Do you experience the voices as:

- predominantly positive
- predominantly negative
- predominantly neutral
- positive as well as negative

**B.8 Relation with the voices**

Voices are similar to self-harm, in that whether you like it or not you have a relation with them. What kind of relation do you have with the voices?

B.8.1 Are you able to influence the voices in any way? Could you give an example?

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B.8.2 Do the voices order you to harm your self? Are you able to refuse the order? If yes, what happens?

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B.8.3 Are you able to hold a conversation with the voices? What kind of answers do they give?

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 .....  
 .....

B.8.4 Do the voices ever blackmail you? What do they say?

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 .....  
 .....

B.8.5 Do you think the voices are always right? What makes you think that?

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 .....  
 .....

B.8.6 Who is the boss, you or the voice? Was that always the case? Has this relationship ever changed?

.....  
 .....  
 .....

**B.9 Coping**

B.9.1 What do you do when you hear the voices?

**Cognitive strategies**

Nr	Strategy:	Yes/no	If yes, does it work?	How often?
1	Tell them to go away			
2	Ignore them			
3	Concentrate on them			
4	Distract yourself			
5	Postpone the voices			
6	Set limits to the damage			

**Comment [PT11]:** Would it be better to replace 'the damage' with 'what they ask you to do'?

**Behaviour strategies**

Nr.	Strategy	yes/no	If yes, does it work?	How often?
7	Do something else			
8	Telephone someone			
9	Go and talk to someone			
10	Look for distraction (reading, TV.)			
11	Write something down (dairy)			
12	Perform certain rituals			

**Physiological strategies**

Nr	Strategy	Yes/no	If yes, does it work?	How often?
13	Relaxation exercises (i.e. yoga)			
14	Medication			
15	Alcohol or drugs			
16	Food			

**Summary of coping**

17 Which methods do you use mostly? How often do you use them? Do you use them systematically? If not, why not?

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18 What is the effect of the strategies you use most?

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 .....

**Comment [PT12]:** Should this be 'How effective are'?

19 When you know the voices will be present in certain situations, do you consider different ways of coping with the situation i.e. looking for an alternative, avoiding the situation, or not allowing yourself to be influenced?

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 .....

20 Did you in the past, try other things that seemed to help? Why don't you use this strategy anymore?

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 .....

**10 Medical History**

10.1 When did you first come into contact with professional health care because of the voices? Who with? Which other services and therapist did you see later?

Year contact	Clinical/ambulatory	Kind of therapist	How long	Reason of treatment

10.2 With which the therapist did you talk about your voices?  
 .....  
 .....  
 .....

10.3 How did he/she respond?  
 .....  
 .....

10.4 About what do you feel you need help for in relation to the voices?  
 .....  
 .....  
 .....  
 .....

10.5 What do you want to achieve? Do you want changes? Do you want changes in others or do you want to change yourself?  
 .....  
 .....  
 .....  
 .....

**11 Social network**

Contacts with other people are an important part of daily life. Could you mention people with whom you have a personal attachment and that are important to you? People for example whom you would send a postcard to when you are on holidays. If you do not want it you do not have to mention the full name. Friend is enough

Nr.	Name	Knows I hear voices	I talk with about voices
1			
2			
3			
4			
5			
6			
7			
8			
9			

Do you feel we talked about all the subjects, or are there things forgotten?

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**Interviewer's notes**

