

INQ

(Van Orden et al., 2008)

The following questions ask you to think about yourself and other people. Please respond to each question by using your own current beliefs and experiences, NOT what you think is true in general, or what might be true for other people. Please base your responses on how you've been feeling recently. Use the rating scale to find the number that best matches how you feel and circle that number. There are no right or wrong answers: we are interested in what *you* think and feel.

1	2	3	4	5	6	7
Not at all true for me			Somewhat true for me			Very true for me

- _____ 1. These days the people in my life would be better off if I were gone.
- _____ 2. These days I think I give back to society.
- _____ 3. These days the people in my life would be happier without me.
- _____ 4. These days I think I have failed the people in my life.
- _____ 5. These days I think people in my life would miss me if I went away.
- _____ 6. These days I think I am a burden on society.
- _____ 7. These days I think I am an asset to the people in my life.
- _____ 8. These days I think my ideas, skills, or energy make a difference.
- _____ 9. These days I think my death would be a relief to the people in my life.
- _____ 10. These days I think I contribute to the well-being of the people in my life.
- _____ 11. These days I feel like a burden on the people in my life.
- _____ 12. These days I think the people in my life wish they could be rid of me.
- _____ 13. These days I think I contribute to my community.
- _____ 14. These days I think I make things worse for the people in my life.
- _____ 15. These days I think I matter to the people in my life.
- _____ 16. These days, other people care about me.
- _____ 17. These days, I feel like I belong.
- _____ 18. These days, I rarely interact with people who care about me.

1
Not at all
true for me

2

3

4
Somewhat
true for me

5

6

7
Very
true for me

_____ 19. These days, I am fortunate to have many caring and supportive friends.

_____ 20. These days, I feel disconnected from other people.

_____ 21. These days, I often feel like an outsider in social gatherings.

_____ 22. These days, I feel that there are people I can turn to in times of need.

_____ 23. These days, I feel unwelcome in most social situations.

_____ 24. These days, I am close to other people.

_____ 25. These days, I have at least one satisfying interaction every day.