



The Cornell Research Program
on *Self-Injury and Recovery*

Helpful questions to assess sharing about self-injury practices online

- How often do you visit the Internet to get or share health information?
- Have you ever made friends over the Internet?
- Have you ever visited a Web site to find out about or to talk about self-injury?
- Are there places you regularly go to find out about or to talk about self-injury?
- How often do you visit this/these site(s)?
- What do you like to do most while there?
- Do you like to post messages (or videos) or do you like to just see what is happening?
- What type of site(s) do you visit?
- Can you tell me the name of the sites you like the best?
- How close do you consider your Internet friends to be?
- Have you ever met with friends you made online?
- How comfortable do you feel hearing stories from others who self-injure?
- Have you shared your own story? How did this feel?
- What do you like most about having friends that you only really know through the Internet?
- How honest are you when you share information on the Web? (Do you minimize or tend to embellish?)
- Do you tend to remain anonymous, or do you share your name and contact information?
- Do you have Internet friends with whom you talk about self-injury?
- Do you ever take their advice?
- Can you provide examples of advice you got from an Internet friend that you used?

Adapted from: Whitlock, J., Lader, W., & Conterio, K. (2007). The internet and self-injury: What psychotherapists should know. *Journal of Clinical Psychology*, 63(11), 1135-1143.