

## INQ

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.

		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	1	2	3	4	5	6	7	
2.	These days, the people in my life would be happier without me	1	2	3	4	5	6	7	
3.	These days, I think I am a burden on society	1	2	3	4	5	6	7	
4.	These days, I think my death would be a relief to the people in my life	1	2	3	4	5	6	7	
5.	These days, I think the people in my life wish they could be rid of me	1	2	3	4	5	6	7	
6.	These days, I think I make things worse for the people in my life	1	2	3	4	5	6	7	
7.	These days, other people care about me	1	2	3	4	5	6	7	
8.	These days, I feel like I belong	1	2	3	4	5	6	7	
9.	These days, I rarely interact with people who care about me	1	2	3	4	5	6	7	
10.	These days, I am fortunate to have many caring and supportive friends	1	2	3	4	5	6	7	
11.	These days, I feel disconnected from other people	1	2	3	4	5	6	7	
12.	These days, I often feel like an outsider in social gatherings	1	2	3	4	5	6	7	
13.	These days, I feel that there are people I can turn to in times of need	1	2	3	4	5	6	7	
14.	These days, I am close to other people	1	2	3	4	5	6	7	
15.	These days, I have at least one satisfying interaction every day	1	2	3	4	5	6	7	

Note: Items 7, 8, 10, 13, 14, and 15 are reverse coded.

Van Orden, K. A., Cukrowicz, K. C., Witte, T. K., & Joiner, T. E. (2012). Thwarted belongingness and perceived burdensomeness: Construct validity and psychometric properties of the Interpersonal Needs Questionnaire. *Psychological Assessment, 24*(1), 197-215.