



Farsi Translation of Four Additional Items for the Addictive Features Section of the Ottawa Self-injury Inventory Version 3.1

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Dear Editor,

Self-harm (non-suicidal self-injury) is a major global health issue,¹ especially among adolescents² and psychiatric patients.³ The association of self-harm and the risk of suicide is extensively documented.¹ Interest in self-harm by both clinicians and researchers is now well-established.⁴ This growing interest has been accompanied by the development of several psychometric instruments to examine the prevalence, frequency, and psychological functions of self-harm.^{5,6} One such scale is the Ottawa Self-Injury Inventory (OSI-3.1).^{7,8} The OSI 3.1 is a 26-item self-report questionnaire aimed at measuring the occurrence, frequency (eight items), types (eighteen items), and functions (seven items) of self-harm.

Recent research has examined the psychometric properties of the Persian version of the OSI-3.1⁹ among a sample of 310 hospitalised patients who had been referred to Nekoei-Hedayati Hospital, Qom City, Iran, with non-suicidal self-injury. The results showed that the Persian version of the OSI 3.1 had satisfactory reliability (Cronbach's alpha 0.71) and validity (content validity index [CVI] 0.75; content validity ratio [CVR] 0.79) in this sample. Moreover, it was also found that 52% of the sample reported at least one addictive characteristic. These findings are of importance to a better understanding of research and practice of self-harm in at least three potentially significant ways. First, these findings provide a supplementary examination of self-harm within a specific cultural context (i.e., a sample of Muslims, self-harming inpatients, in Iran). Second, these findings (Cronbach's alpha, CVI, and CVR) provide evidence of the satisfactory psychometric properties and suitability of

a Farsi translation of the OSI 3.1 for national and cross-cultural research. The original English version of the OSI 3.1 has now been translated into several languages: Albanian, Chinese (Mandarin), French, German, Hebrew, Hungarian, Russian, Serbian, Turkish, and Urdu.¹⁰ Third, the finding of 52% of the sample reporting at least one addictive characteristic provides further evidence of the potential role of addiction to self-harm.⁹

This point concerning the addictive nature of self-harm is of specific relevance here as recently, the OSI 3.1 Addictive Features section has been extended with the inclusion of four new additional items that have been designed to examine better the addictive nature of self-harm.¹¹ These four items have now been translated into German, Hungarian, Turkish, and Russian.¹⁰ The present aim was to report a Farsi translation of these four additional items to facilitate research on this extended version of the OSI 3.1 for use among Farsi speakers.

The four additional items for the Addictive Features section of the OSI 3.1 were translated and back-translated¹² by two experienced translators familiar with the OSI 3.1, both native Farsi speakers and fluent English speakers. No matters of concern were identified during the translation process. **Tables 1** and **2** contain the English version of the four additional items for the Addictive Features section of the OSI 3.1 and the Farsi translation, respectively.

Given that previous research already demonstrated the satisfactory psychometric properties of the Farsi version translation of the OSI 3.1, future research is now required to evaluate the Farsi version of the extended Addictive Features section. If found to be reliable and valid, the present translation of this extended tool should



Table 1. English and Farsi versions of the four additional items for the Addictive Features section of the Ottawa Self-injury Inventory Version 3.1.

| Statements | Never a reason | | | Always a reason | |
|--|----------------|---|---|-----------------|---|
| 8. Self-harming behaviours seem to stabilise your mood | 0 | 1 | 2 | 3 | 4 |
| 9. When ceasing self-harm behaviour, you feel strong emotion(s) such as tense, anxious, morose, guilty, irate, temperamental, agitated, or irritable | 0 | 1 | 2 | 3 | 4 |
| 10. There is the urge to self-harm and the self-inflicted pain creates a "high" | 0 | 1 | 2 | 3 | 4 |
| 11. You lose control of the behaviour | 0 | 1 | 2 | 3 | 4 |

Table 2. Farsi versions of the four additional items for the Addictive Features section of the Ottawa Self-injury Inventory Version 3.1.

| همیشه با دلیل | | همیشه بدون دلیل | | | عبارات |
|---------------|---|-----------------|---|---|---|
| 4 | 3 | 2 | 1 | 0 | 8 اقدام به خودآسیب زنی خلق و خوی شما را متعادل می کند. |
| 4 | 3 | 2 | 1 | 0 | 9 هنگامی که خودآسیب زنی را متوقف می کنید، احساسات شدیدی مانند تنش، اضطراب، سردرگمی، گناه، خشم، بد خلقی، بی قراری و زودرنجی را تجربه می کنید |
| 4 | 3 | 2 | 1 | 0 | 10 میل به انجام خودآسیب زنی و درد ناشی از آن، در شما احساس "سرخوشی" بیشتری ایجاد می کند |
| 4 | 3 | 2 | 1 | 0 | 11 نمی توانید رفتار خودآسیب زنی خود را کنترل کنید. |

help facilitate further research on self-harm among Farsi speakers, especially those who exhibit an addiction to self-harm.

Authors' Contribution

Conceptualization: Christopher Alan Lewis, Sarah Davis.

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Investigation: Christopher Alan Lewis, Sarah Davis, Mehdi Sharifi, Manijeh Firoozi.

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Competing Interests

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Ethical Approval

Not applicable.

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