

## Interpersonal Needs Questionnaire

The Interpersonal Needs Questionnaire (INQ) was developed by our laboratory to measure beliefs about the extent to which individuals feel connected to others (i.e., belongingness) and the extent to which they feel like a burden on the people in their lives (i.e., perceived burdensomeness). The original version of the INQ used 25 items: ten items measure belongingness (e.g., “These days other people care about me”) and 15 items measure perceived burdensomeness (e.g., “These days I feel like a burden on the people in my life”). The version below includes all items. Below, a listing of the subset of items used in the JCCP (2008) paper is included. Also on this website is a recent dissertation examining an alternative measurement model for the INQ.

To complete the INQ, participants indicate the degree to which each item is true for them recently (on a 7-point Likert scale). Scores are coded such that higher numbers reflect higher levels of thwarted belongingness and perceived burdensomeness. Items were rationally derived from the hypotheses of the Interpersonal Theory (Joiner, 2005).

items used in the JCCP paper:

perceived burdensomeness items (7)

These days the people in my life would be better off if I were gone.

These days the people in my life would be happier without me.

These days I think I have failed the people in my life.

These days I feel like a burden on the people in my life.

These days I think the people in my life wish they could be rid of me.

These days I think I make things worse for the people in my life.

These days I think I contribute to the well-being of the people in my life.

thwarted belongingness items (5)

These days, other people care about me.

These days, I feel disconnected from other people.

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

These days, I am close to other people.

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

ACSS:

1. things that scare most people don't scare me

3. can tolerate more pain than most people

4. described as fearless

5. pain of dying is frightening

5. not afraid to die

## 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.

- | 1                         | 2 | 3 | 4                       | 5 | 6 | 7                   |
|---------------------------|---|---|-------------------------|---|---|---------------------|
| Not at all<br>true for me |   |   | Somewhat<br>true for me |   |   | Very True<br>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.
  - \_\_\_\_\_ 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.

