

The Entrapment Scale–Short Form

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Entrapment and suicide risk: The development of the 4-item Entrapment Scale Short-Form (E-SF)



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	Not at all like me	A little bit like me	Moderately like me	Quite a bit like me	Extremely like me
1. I often have the feeling that I would just like to run away	1	2	3	4	5
2. I feel powerless to change things	1	2	3	4	5
3. I feel trapped inside myself	1	2	3	4	5
4. I feel I'm in a deep hole I can't get out of	1	2	3	4	5