

## Columbia Suicide Severity Rating Scale (C-SSRS) Full Lifetime & Recent

<b>SUICIDAL IDEATION</b>															
<p><i>Ask questions 1 and 2. If both are negative, proceed to “Suicidal Behavior” section. If the answer to question 2 is “yes”, ask questions 3, 4 and 5. If the answer to question 1 and/or 2 is “yes”, complete “Intensity of Ideation” section below.</i></p>		<b>Lifetime: Time He/She/They Felt Most Suicidal</b>	<b>Past 1 month</b>												
<p><b>1. Wish to be Dead</b> Person endorses thoughts about a wish to be dead or not alive anymore or wish to fall asleep and not wake up. <i>Have you wished you were dead or wished you could go to sleep and not wake up?</i></p> <p>If yes, describe:</p>		<table style="width: 100%; border: none;"> <tr> <td style="padding: 0 10px;"><b>Yes</b></td> <td style="padding: 0 10px;"><b>No</b></td> <td style="padding: 0 10px;"><b>Yes</b></td> <td style="padding: 0 10px;"><b>No</b></td> </tr> <tr> <td style="text-align: center;"><input type="checkbox"/></td> <td style="text-align: center;"><input type="checkbox"/></td> <td style="text-align: center;"><input type="checkbox"/></td> <td style="text-align: center;"><input type="checkbox"/></td> </tr> </table>	<b>Yes</b>	<b>No</b>	<b>Yes</b>	<b>No</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<table style="width: 100%; border: none;"> <tr> <td style="padding: 0 10px;"><b>Yes</b></td> <td style="padding: 0 10px;"><b>No</b></td> </tr> <tr> <td style="text-align: center;"><input type="checkbox"/></td> <td style="text-align: center;"><input type="checkbox"/></td> </tr> </table>	<b>Yes</b>	<b>No</b>	<input type="checkbox"/>	<input type="checkbox"/>
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<p><b>2. Non-Specific Active Suicidal Thoughts</b> General non-specific thoughts of wanting to end one’s life/die by suicide (e.g., <i>“I’ve thought about killing myself”</i>) without thoughts of ways to kill oneself/associated methods, intent, or plan during the assessment period. <i>Have you actually had any thoughts of killing yourself?</i></p> <p>If yes, describe:</p>		<table style="width: 100%; border: none;"> <tr> <td style="padding: 0 10px;"><b>Yes</b></td> <td style="padding: 0 10px;"><b>No</b></td> <td style="padding: 0 10px;"><b>Yes</b></td> <td style="padding: 0 10px;"><b>No</b></td> </tr> <tr> <td style="text-align: center;"><input type="checkbox"/></td> <td style="text-align: center;"><input type="checkbox"/></td> <td style="text-align: center;"><input type="checkbox"/></td> <td style="text-align: center;"><input type="checkbox"/></td> </tr> </table>	<b>Yes</b>	<b>No</b>	<b>Yes</b>	<b>No</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<table style="width: 100%; border: none;"> <tr> <td style="padding: 0 10px;"><b>Yes</b></td> <td style="padding: 0 10px;"><b>No</b></td> </tr> <tr> <td style="text-align: center;"><input type="checkbox"/></td> <td style="text-align: center;"><input type="checkbox"/></td> </tr> </table>	<b>Yes</b>	<b>No</b>	<input type="checkbox"/>	<input type="checkbox"/>
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<p><b>3. Active Suicidal Ideation with Any Methods (Not Plan) without Intent to Act</b> Person endorses thoughts of suicide and has thought of at least one method during the assessment period. This is different than a specific plan with time, place or method details worked out (e.g., thought of method to kill self but not a specific plan). Includes person who would say, <i>“I thought about taking an overdose but I never made a specific plan as to when, where or how I would actually do it...and I would never go through with it.”</i> <i>Have you been thinking about how you might do this?</i></p> <p>If yes, describe:</p>		<table style="width: 100%; border: none;"> <tr> <td style="padding: 0 10px;"><b>Yes</b></td> <td style="padding: 0 10px;"><b>No</b></td> <td style="padding: 0 10px;"><b>Yes</b></td> <td style="padding: 0 10px;"><b>No</b></td> </tr> <tr> <td style="text-align: center;"><input type="checkbox"/></td> <td style="text-align: center;"><input type="checkbox"/></td> <td style="text-align: center;"><input type="checkbox"/></td> <td style="text-align: center;"><input type="checkbox"/></td> </tr> </table>	<b>Yes</b>	<b>No</b>	<b>Yes</b>	<b>No</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<table style="width: 100%; border: none;"> <tr> <td style="padding: 0 10px;"><b>Yes</b></td> <td style="padding: 0 10px;"><b>No</b></td> </tr> <tr> <td style="text-align: center;"><input type="checkbox"/></td> <td style="text-align: center;"><input type="checkbox"/></td> </tr> </table>	<b>Yes</b>	<b>No</b>	<input type="checkbox"/>	<input type="checkbox"/>
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<p><b>4. Active Suicidal Ideation with Some Intent to Act, without Specific Plan</b> Active suicidal thoughts of killing oneself and person reports having some intent to act on such thoughts, as opposed to <i>“I have the thoughts but I definitely will not do anything about them.”</i> <i>Have you had these thoughts and had some intention of acting on them?</i></p> <p>If yes, describe:</p>		<table style="width: 100%; border: none;"> <tr> <td style="padding: 0 10px;"><b>Yes</b></td> <td style="padding: 0 10px;"><b>No</b></td> <td style="padding: 0 10px;"><b>Yes</b></td> <td style="padding: 0 10px;"><b>No</b></td> </tr> <tr> <td style="text-align: center;"><input type="checkbox"/></td> <td style="text-align: center;"><input type="checkbox"/></td> <td style="text-align: center;"><input type="checkbox"/></td> <td style="text-align: center;"><input type="checkbox"/></td> </tr> </table>	<b>Yes</b>	<b>No</b>	<b>Yes</b>	<b>No</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<table style="width: 100%; border: none;"> <tr> <td style="padding: 0 10px;"><b>Yes</b></td> <td style="padding: 0 10px;"><b>No</b></td> </tr> <tr> <td style="text-align: center;"><input type="checkbox"/></td> <td style="text-align: center;"><input type="checkbox"/></td> </tr> </table>	<b>Yes</b>	<b>No</b>	<input type="checkbox"/>	<input type="checkbox"/>
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<p><b>5. Active Suicidal Ideation with Specific Plan and Intent</b> Thoughts of killing oneself with details of plan fully or partially worked out and person has some intent to carry it out. <i>Have you started to work out or worked out the details of how to kill yourself? Did you intend to carry out this plan?</i></p> <p>If yes, describe:</p>		<table style="width: 100%; border: none;"> <tr> <td style="padding: 0 10px;"><b>Yes</b></td> <td style="padding: 0 10px;"><b>No</b></td> <td style="padding: 0 10px;"><b>Yes</b></td> <td style="padding: 0 10px;"><b>No</b></td> </tr> <tr> <td style="text-align: center;"><input type="checkbox"/></td> <td style="text-align: center;"><input type="checkbox"/></td> <td style="text-align: center;"><input type="checkbox"/></td> <td style="text-align: center;"><input type="checkbox"/></td> </tr> </table>	<b>Yes</b>	<b>No</b>	<b>Yes</b>	<b>No</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<table style="width: 100%; border: none;"> <tr> <td style="padding: 0 10px;"><b>Yes</b></td> <td style="padding: 0 10px;"><b>No</b></td> </tr> <tr> <td style="text-align: center;"><input type="checkbox"/></td> <td style="text-align: center;"><input type="checkbox"/></td> </tr> </table>	<b>Yes</b>	<b>No</b>	<input type="checkbox"/>	<input type="checkbox"/>
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<b>INTENSITY OF IDEATION</b>															
<p><i>The following features should be rated with respect to the most severe type of ideation (i.e., 1-5 from above, with 1 being the least severe and 5 being the most severe). Ask about time he/she/they were feeling the most suicidal.</i></p> <p><u>Lifetime - Most Severe Ideation:</u>      _____  <span style="margin-left: 100px;">Type # (1-5)</span>      <span style="margin-left: 100px;">Description of Ideation</span></p> <p><u>Recent - Most Severe Ideation:</u>      _____  <span style="margin-left: 100px;">Type # (1-5)</span>      <span style="margin-left: 100px;">Description of Ideation</span></p>		<b>Most Severe</b>	<b>Most Severe</b>												
<p><b>Frequency</b> <i>How many times have you had these thoughts?</i> (1) Less than once a week (2) Once a week (3) 2-5 times in week (4) Daily or almost daily (5) Many times each day</p>		_____	_____												
<p><b>Duration</b> <i>When you have the thoughts how long do they last?</i> (1) Fleeting - few seconds or minutes (2) Less than 1 hour/some of the time (3) 1-4 hours/a lot of time (4) 4-8 hours/most of day (5) More than 8 hours/persistent or continuous</p>		_____	_____												
<p><b>Controllability</b> <i>Could/can you stop thinking about killing yourself or wanting to die if you want to?</i> (1) Easily able to control thoughts (2) Can control thoughts with little difficulty (3) Can control thoughts with some difficulty (4) Can control thoughts with a lot of difficulty (5) Unable to control thoughts (0) Does not attempt to control thoughts</p>		_____	_____												
<p><b>Deterrents</b> <i>Are there things - anyone or anything (e.g., family, religion, pain of death) - that stopped you from wanting to die or acting on thoughts of suicide?</i> (1) Deterrents definitely stopped you from attempting suicide (2) Deterrents probably stopped you (3) Uncertain that deterrents stopped you (4) Deterrents most likely did not stop you (5) Deterrents definitely did not stop you (0) Does not apply</p>		_____	_____												
<p><b>Reasons for Ideation</b> <i>What sort of reasons did you have for thinking about wanting to die or killing yourself? Was it to end the pain or stop the way you were feeling (in other words you couldn’t go on living with this pain or how you were feeling) or was it to get attention, revenge or a reaction from others? Or both?</i> (1) Completely to get attention, revenge or a reaction from others (2) Mostly to get attention, revenge or a reaction from others (3) Equally to get attention, revenge or a reaction from others and to end/stop the pain (4) Mostly to end or stop the pain (you couldn’t go on living with the pain or how you were feeling) (5) Completely to end or stop the pain (you couldn’t go on living with the pain or how you were feeling) (0) Does not apply</p>		_____	_____												

<b>SUICIDAL BEHAVIOR</b> (Check all that apply, so long as these are separate events; must ask about all types)		<b>Lifetime</b>	<b>Past 3 months</b>	
<p><b>Actual Attempt:</b> A potentially self-injurious act undertaken with at least some wish to die, as a result of act. Behavior was in part thought of as method to kill oneself. Intent does not have to be 100%. If there is <b>any</b> intent/desire to die associated with the act, then it can be considered an actual suicide attempt. <b>There does not have to be any injury or harm</b>, just the potential for injury or harm. If person pulls trigger while gun is in mouth but gun is broken so no injury results, this is considered an attempt.</p> <p><b>Inferring Intent:</b> Even if an individual denies intent/wish to die, it may be inferred clinically from the behavior or circumstances. For example, a highly lethal act that is clearly not an accident so no other intent but suicide can be inferred (e.g., gunshot to head, jumping from window of a high floor/story). Also, if someone denies intent to die, but they thought that what they did could be lethal, intent may be inferred.</p> <p><b>Have you made a suicide attempt?</b></p> <p>Other ways to clarify answers/explore responses:            Have you done anything to harm yourself?            Have you done anything dangerous where you could have died?            What happened? Did you as a way to end your life?            Did you want to die (even a little) when you _____?            Were you trying to end your life when you _____?            Or Did you think it was possible you could have died from _____?            Or did you do it purely for other reasons / without ANY intention of killing yourself (like to relieve stress, feel better, get sympathy, or get something else to happen)? (Self-Injurious Behavior without suicidal intent)</p> <p>What did you do? (If yes, describe) _____</p>		<p>Yes No</p> <p><input type="checkbox"/> <input type="checkbox"/></p> <p>Total # of Attempts</p> <p>_____</p>	<p>Yes No</p> <p><input type="checkbox"/> <input type="checkbox"/></p> <p>Total # of Attempts</p> <p>_____</p>	
<b>Has person engaged in Non-Suicidal Self-Injurious Behavior?</b>		<p>Yes No</p> <p><input type="checkbox"/> <input type="checkbox"/></p>	<p>Yes No</p> <p><input type="checkbox"/> <input type="checkbox"/></p>	
<p><b>Interrupted Attempt:</b>            When person is interrupted (by an outside circumstance) from starting the potentially self-injurious act (if not for that, actual attempt would have occurred).            Overdose: Person has pills in hand but is stopped from ingesting. Once they ingest any pills, this becomes an attempt rather than an interrupted attempt. Shooting: Person has gun pointed toward self, gun is taken away by someone else, or is somehow prevented from pulling trigger. Once they pull the trigger, even if the gun fails to fire, it is an attempt. Jumping: Person is poised to jump, is grabbed and taken down from ledge. Hanging: Person has noose around neck but has not yet started to hang - is stopped from doing so.</p> <p><b>Has there been a time when you started to do something to end your life but someone or something stopped you before you actually did anything?</b>            If yes, describe: _____</p>		<p>Yes No</p> <p><input type="checkbox"/> <input type="checkbox"/></p> <p>Total # of interrupted</p> <p>_____</p>	<p>Yes No</p> <p><input type="checkbox"/> <input type="checkbox"/></p> <p>Total # of interrupted</p> <p>_____</p>	
<p><b>Aborted or Self-Interrupted Attempt:</b>            When person begins to take steps toward making a suicide attempt but stops themselves before they actually have engaged in any self-destructive behavior. Examples are similar to interrupted attempts, except that the individual stops him/herself, instead of being stopped by something else.</p> <p><b>Has there been a time when you started to do something to try to end your life but you stopped yourself before you actually did anything?</b>            If yes, describe: _____</p>		<p>Yes No</p> <p><input type="checkbox"/> <input type="checkbox"/></p> <p>Total # of aborted or self-interrupted</p> <p>_____</p>	<p>Yes No</p> <p><input type="checkbox"/> <input type="checkbox"/></p> <p>Total # of aborted or self-interrupted</p> <p>_____</p>	
<p><b>Preparatory Acts or Behavior:</b>            Acts or preparation towards imminently making a suicide attempt. This can include anything beyond a verbalization or thought, such as assembling a specific method (e.g., buying pills, purchasing a gun) or preparing for one's death by suicide (e.g., giving things away, writing a suicide note).</p> <p><b>Have you taken any steps towards making a suicide attempt or preparing to kill yourself (such as collecting pills, getting a gun, giving valuables away or writing a suicide note)?</b>            If yes, describe: _____</p>		<p>Yes No</p> <p><input type="checkbox"/> <input type="checkbox"/></p> <p>Total # of preparatory acts</p> <p>_____</p>	<p>Yes No</p> <p><input type="checkbox"/> <input type="checkbox"/></p> <p>Total # of preparatory acts</p> <p>_____</p>	
	Most Recent Attempt Date:	Most Lethal Attempt Date:	Initial/First Attempt Date:	
<p><b>Actual Lethality/Medical Damage:</b></p> <p>0. No physical damage or very minor physical damage (e.g., surface scratches).</p> <p>1. Minor physical damage (e.g., lethargic speech; first-degree burns; mild bleeding; sprains).</p> <p>2. Moderate physical damage; medical attention needed (e.g., conscious but sleepy, somewhat responsive; second-degree burns; bleeding of major vessel).</p> <p>3. Moderately severe physical damage; medical hospitalization and likely intensive care required (e.g., comatose with reflexes intact; third-degree burns less than 20% of body; extensive blood loss but can recover; major fractures).</p> <p>4. Severe physical damage; medical hospitalization with intensive care required (e.g., comatose without reflexes; third-degree burns over 20% of body; extensive blood loss with unstable vital signs; major damage to a vital area).</p> <p>5. Death</p>		Enter Code	Enter Code	Enter Code
<p><b>Potential Lethality: Only Answer if Actual Lethality=0</b>            Likely lethality of actual attempt if no medical damage (the following examples, while having no actual medical damage, had potential for very serious lethality: put gun in mouth and pulled the trigger but gun fails to fire so no medical damage; laying on train tracks with oncoming train but pulled away before run over).</p> <p>0 = Behavior not likely to result in injury            1 = Behavior likely to result in injury but not likely to cause death            2 = Behavior likely to result in death despite available medical care</p>		Enter Code	Enter Code	Enter Code

# COLUMBIA-SUICIDE SEVERITY RATING SCALE (C-SSRS)

Posner, Brent, Lucas, Gould, Stanley, Brown, Fisher, Zelazny, Burke, Oquendo, & Mann  
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## RISK ASSESSMENT

<b>Instructions:</b> Check all risk and protective factors that apply. To be completed following the patient interview, review of medical record(s) and/or consultation with family members and/or other professionals.				
Past 3 Months	Suicidal and Self-Injurious Behavior	Lifetime	Clinical Status (Recent)	
<input type="checkbox"/>	Actual suicide attempt	<input type="checkbox"/>	<input type="checkbox"/>	Hopelessness
<input type="checkbox"/>	Interrupted attempt	<input type="checkbox"/>	<input type="checkbox"/>	Major depressive episode
<input type="checkbox"/>	Aborted or Self-Interrupted attempt	<input type="checkbox"/>	<input type="checkbox"/>	Mixed affective episode (e.g. Bipolar)
<input type="checkbox"/>	Other preparatory acts to kill self	<input type="checkbox"/>	<input type="checkbox"/>	Command hallucinations to hurt self
<input type="checkbox"/>	Self-injurious behavior <i>without</i> suicidal intent	<input type="checkbox"/>	<input type="checkbox"/>	Highly impulsive behavior
<b>Suicidal Ideation</b> Check Most Severe in Past Month			<input type="checkbox"/>	Substance abuse or dependence
<input type="checkbox"/>	Wish to be dead		<input type="checkbox"/>	Agitation or severe anxiety
<input type="checkbox"/>	Suicidal thoughts		<input type="checkbox"/>	Perceived burden on family or others
<input type="checkbox"/>	Suicidal thoughts with method (but without specific plan or intent to act)		<input type="checkbox"/>	Chronic physical pain or other acute medical problem (HIV/AIDS, COPD, cancer, etc.)
<input type="checkbox"/>	Suicidal intent (without specific plan)		<input type="checkbox"/>	Homicidal ideation
<input type="checkbox"/>	Suicidal intent with specific plan		<input type="checkbox"/>	Aggressive behavior towards others
<b>Activating Events (Recent)</b>			<input type="checkbox"/>	Method for suicide available (gun, pills, etc.)
<input type="checkbox"/>	Recent loss(es) or other significant negative event(s) (legal, financial, relationship, etc.)		<input type="checkbox"/>	Refuses or feels unable to agree to safety plan
Describe:			<input type="checkbox"/>	Sexual abuse (lifetime)
			<input type="checkbox"/>	Family history of suicide (lifetime)
<input type="checkbox"/>	Pending incarceration or homelessness		<b>Protective Factors (Recent)</b>	
<input type="checkbox"/>	Current or pending isolation or feeling alone		<input type="checkbox"/>	Identifies reasons for living
<b>Treatment History</b>			<input type="checkbox"/>	Responsibility to family or others; living with family
<input type="checkbox"/>	Previous psychiatric diagnoses and treatments		<input type="checkbox"/>	Supportive social network or family
<input type="checkbox"/>	Hopeless or dissatisfied with treatment		<input type="checkbox"/>	Fear of death or dying due to pain and suffering
<input type="checkbox"/>	Non-compliant with treatment		<input type="checkbox"/>	Belief that suicide is immoral; high spirituality
<input type="checkbox"/>	Not receiving treatment		<input type="checkbox"/>	Engaged in work or school
<b>Individual Risk Factors</b>			<b>Individual Protective Factors</b>	
<input type="checkbox"/>			<input type="checkbox"/>	
<input type="checkbox"/>			<input type="checkbox"/>	
<input type="checkbox"/>			<input type="checkbox"/>	
<b>Notes:</b>				

**Notes on Risk/Protective Factors:**

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## Risk Categories and Considerations

### **Risk is Generally Higher:**

Suicidal ideation with intent or intent with plan in past month (C-SSRS Suicidal Ideation #4 or #5) Or  
Suicidal behavior within past 3 months (C-SSRS Suicidal Behavior)

### **Risk is Generally Moderate:**

Suicidal ideation with method, WITHOUT plan, intent or behavior in past month (C-SSRS Suicidal Ideation #3) Or  
Suicidal behavior more than 3 months ago (C-SSRS Suicidal Behavior Lifetime) Or  
Multiple risk factors and few protective factors

### **Risk is Generally Lower:**

Wish to die or Suicidal Ideation WITHOUT method, intent, plan or behavior (C-SSRS Suicidal Ideation #1 or #2) Or  
Modifiable risk factors and strong protective factors Or  
No reported history of Suicidal Ideation or Behavior

### **For Intensity of Ideation, risk is generally higher when:**

- Thoughts are more frequent
- Thoughts are of longer duration
- Thoughts are less controllable
- Few deterrents to acting on thoughts
- Stopping the pain is the “reason”

### **General Rating For This Client – In this Instance:**

- Low
- Moderate
- High

### **Notes/Basis For Rating:**

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