

Suicide Scale

(Adapted from COLUMBIA-SUICIDE SEVERITY RATING SCALE (C-SSRS))

1. Wish to be Dead

Person endorses thoughts about a wish to be dead or not alive anymore, or wish to fall asleep and not wake up.

- Have you thought about being dead or what it would be like to be dead?
- Have you wished you were dead or wished you could go to sleep and never wake up so the pain will stop?
- Do you wish you weren't alive anymore?

2. Non-Specific Suicidal Thoughts

General, non-specific thoughts of wanting to end one's life/die by suicide (e.g., "I've thought about killing myself") without thoughts of ways to kill oneself/associated methods, intent, or plan during the assessment period.

- Have you thought about doing something to kill yourself?
- Have you had any thoughts about killing yourself?

3. Active Suicidal Ideation with Any Methods (Not Plan) without Intent to Act

Person endorses thoughts of suicide and has thought of at least one method. 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 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."

- Have you thought about how you would do that or how you would make yourself not alive anymore (kill yourself)?
- What did you think about?

4. Active Suicidal Ideation with Some Intent to Act, without Specific Plan

Active suicidal thoughts of killing oneself and person reports having some intent to act on such thoughts, as opposed to "I have the thoughts but I definitely will not do anything about them."

- When you thought about killing yourself, did you think that this was something you might actually do?

This is different from (as opposed to) having the thoughts but knowing you wouldn't do anything about it.

5. Active Suicidal Ideation with Specific Plan and Intent

Thoughts of killing oneself with details of plan fully or partially worked out and subject has some intent to carry it out.

- Have you decided how or when you would make yourself not alive anymore/kill yourself? Have you planned out (worked out the details of) how you would do it?
- What was/is your plan?