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

Lifetime Recent - Clinical

Version 1/14/09

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#### Disclaimer:

This scale is intended to be used by individuals who have received training in its administration. The questions contained in the Columbia-Suicide Severity Rating Scale are suggested probes. Ultimately, the determination of the presence of suicidal ideation or behavior depends on the judgment of the individual administering the scale.

Definitions of behavioral suicidal events in this scale are based on those used in **The Columbia Suicide History Form**, developed by John Mann, MD and Maria Oquendo, MD, Conte Center for the Neuroscience of Mental
Disorders (CCNMD), New York State Psychiatric Institute, 1051 Riverside Drive, New York, NY, 10032. (Oquendo M.
A., Halberstam B. & Mann J. J., Risk factors for suicidal behavior: utility and limitations of research instruments. In M.B.
First [Ed.] Standardized Evaluation in Clinical Practice, pp. 103-130, 2003.)

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Ask questions I and 2.4 flooth are negative, proceed to "Suicidal Behavior" section. If the answer to question 2 is "yes", complete "Holls Felt Most Suicidal I. Wish to be Pead Subject actions set longhts about a wish to be dead or not alive asynoce, or wish to fall askep and not wake up.  It wish to be Pead Subject actions settle study our could go to steep and not wake up.  It yes, describe:  It yes, describe:  2. Nun-Specific Active Suicidal Thoughts Gonzal non-specific thoughts of wating or an dera's informati unside (e.g., "I've stought about killing myself") without thoughts of wating or an dera's informati unside (e.g., "I've stought about killing myself") without thoughts of wating to each ear's informati unside (e.g., "I've stought about killing myself") without thoughts of wating to an interest in the control of ways to kill concell succious cheedly since the part of ways to kill concell succious cheedly since the part of ways to kill concell succious cheedly since the part of the part of ways to kill concell succious cheedly since the part of the	SUICIDAL IDEATION					
1. Wish to be Dean   1. Wish	question 2 is "yes", ask questions 3, 4 and 5. If the answer to question 1 and/or 2 is "yes", complete					
Subject endorses thoughts about a wish to be dead or not alive anymore, or wish to fall askep and not wake up.  If yea, describe:  2. Non-Specific Active Suicidal Thoughts  2. Non-Specific Active Suicidal Thoughts  3. Active Suicidal Thoughts  3. Active Suicidal Ideation with Any Methods (Not Plan) without Intent to Act  3. Active Suicidal Ideation with Any Methods (Not Plan) without Intent to Act  3. Active Suicidal Ideation with Any Methods (Not Plan) without Intent to Act  3. Active Suicidal Ideation with Any Methods (Not Plan) without Intent to Act  3. Active Suicidal Ideation with Any Methods (Not Plan) without Intent to Act  4. Active Suicidal Ideation with Any Methods (Not Plan) without Intent to Act  5. Active Suicidal Ideation with Specific Plan  5. Active Suicidal Ideation with Some Intent to Act, without Specific Plan  6. Active Suicidal Ideation with Some Intent to Act, without Specific Plan  6. Active Suicidal Ideation with Some Intent to Act, without Specific Plan  6. Active Suicidal Ideation with Specific Plan and Intent  7. Active Suicidal Ideation with Some Intent to Act, without Specific Plan  6. Active Suicidal Ideation with Specific Plan and Intent  7. Active Suicidal Ideation with Specific Plan and Intent  8. Active Suicidal Ideation with Specific Plan and Intent  8. Active Suicidal Ideation with Specific Plan and Intent  8. Active Suicidal Ideation with Specific Plan and Intent  8. Active Suicidal Ideation with Specific Plan and Intent  8. Active Suicidal Ideation with Specific Plan and Intent  8. Active Suicidal Ideation with Specific Plan and Intent  8. Active Suicidal Ideation with Specific Plan and Intent  8. Active Suicidal Ideation with Specific Plan and Intent  8. Active Suicidal Ideation with Specific Plan and Intent  8. Active Suicidal Ideation with Specific Plan and Intent  8. Active Suicidal Ideation  8. Act			Most S	uicidai		
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If yes, describe:					_	_
2. Non-Specific Active Suicidal Thoughts General non-specific floughts of waiting to end one's life/commit suicide (e.g., "The thought about killing myself") without thoughts General non-specific floughts of waiting to end one's life/commit suicide (e.g., "The thought about killing myself") without thoughts of killing vourself?  If yes, describe:  3. Active Suicidal Ideation with Any Methods (Not Plan) without Intent to Act subject endorses thoughts of suicide and has thought of at least one method dering the assessment period. This is different than a specific plan with time, place or method derind; worked out (e.g., thought of method to kill self but not a specific plan). Includes person who would say, "I thought about atting an overdoes but in ever made a specific plan as to when, where or how I would actually do it and I would never go through with it."  4. Active Suicidal Ideation with Some Intent to Act, without Specific Plan Active Suicidal Indeation with Some Intent to Act, without Specific Plan Active suicidal thoughts of killing oneself and subject reports having some intent to act to astach thoughts, as opposed to "I have the thoughts that definitely with ord to onything about them."  If yes, describe:  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.  If yes, describe:  5. Active Suicidal Ideation with Specific Plan and Intent Thoughts of killing oneself with details of how to kill yourself? Do you intend to carry out this plan?  If yes, describe:  5. Active Suicidal Ideation with specific Plan and Intent Thoughts of killing oneself with details of how to kill yourself? Do you intend to carry it out.  We have a specific plan with the specific Plan and Intent Thoughts of killing oneself with details of how to kill yourself? Do you intend to carry it to this plan?  If yes, describe:  Frequency    If yes, describe:	There you wished you were dead or wished you could go to steep that not wake up.					
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of ways to kill onesel/Taxocciated methods, intent, or plan during the assessment period.  ### Are you actually had any thoughts of killing yourself?  ### If yes, describe:    A Active Suicidal Ideation with Any Methods (Not Plan) without Intent to Act Subject enforces 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 betalis where to method to kill are but not a specific plan). Includes person with the plant of the property of the plant of t		hout thoughts	Yes	No	Yes	No
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(2) Deterrents probably stopped you (5) Deterrents definitely did not stop you						
(3) Uncertain that deterrents stopped you (3) Uncertain that deterrents stopped you (3) Does not apply						

Reasons for Ideation		
What sort of reasons did you have for thinking about want		
or stop the way you were feeling (in other words you could		
feeling) or was it to get attention, revenge or a reaction fro	om others? Or both?	
(1) Completely to get attention, revenge or a reaction from others	(4) Mostly to end or stop the pain (you couldn't go on	
(2) Mostly to get attention, revenge or a reaction from others	living with the pain or how you were feeling)	
(3) Equally to get attention, revenge or a reaction from others	(5) Completely to end or stop the pain (you couldn't go on	
and to end/stop the pain	living with the pain or how you were feeling)	
	(0) Does not apply	

SUICIDAL BEHAVIOR (Check all that apply, so long as these are separate events; must ask about all types)				Past 3 months		
Actual Attempt:			No	Yes	No	
A potentially self-injurious act committed 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 a settlement. There does not have to be any injury or harm just the netantial for injury or harm. If across rule trices who						
attempt. <i>There does not have to be any injury or harm</i> , just the potential for injury or harm. If person pulls trigger wh mouth but gun is broken so no injury results, this is considered an attempt.	ne gun is in					
Inferring Intent: Even if an individual denies intent/wish to die, it may be inferred clinically from the behavior or circumstances						
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 high floor/story). Also, if someone denies intent to die, but they thought that what they did could be lethal, intent may be inferred.						
Have you made a suicide attempt?						
Have you done anything to harm yourself?			ıl#of		1 # of	
Have you done anything dangerous where you could have died?		Atte	empts	Atte	mpts	
What did you do? Did you as a way to end your life?						
Did you want to die (even a little) when you ?						
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) If yes, describe:						
1. yes, 480011001		Yes	No	Yes	No	
Has subject engaged in Non-Suicidal Self-Injurious Behavior?						
Interrupted Attempt:	1 11	Yes	No	Yes	No	
When the person is interrupted (by an outside circumstance) from starting the potentially self-injurious act (if not for that, actual have occurred).	il attempt would					
Overdose: Person has pills in hand but is stopped from ingesting. Once they ingest any pills, this becomes an attempt rather that						
attempt. Shooting: Person has gun pointed toward self, gun is taken away by someone else, or is somehow prevented from pulli 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						
Hanging: Person has noose around neck but has not yet started to hang - is stopped from doing so.	from leage.	T			Total # of	
Has there been a time when you started to do something to end your life but someone or something stopp	ed you before		Total # of interrupted		upted	
you actually did anything? If yes, describe:					•	
ii yes, describe:						
Aborted or Self-Interrupted Attempt:	4.0	Yes	No	Yes	No	
When person begins to take steps toward making a suicide attempt, but stops themselves before they actually have engaged in a destructive behavior. Examples are similar to interrupted attempts, except that the individual stops him/herself, instead of being	ny self- stopped by					
something else.	stopped by	<b>T</b>	1 11 6	m .	1 11 6	
Has there been a time when you started to do something to try to end your life but you stopped yourself b	efore you		Total # of aborted or		l # of ted or	
actually did anything? If yes, describe:		se	self- interrupted		lf-	
ii yes, describe.				inter	rupted	
Preparatory Acts or Behavior:	1	Yes	No	Yes	No	
Acts or preparation towards imminently making a suicide attempt. This can include anything beyond a verbalization or thought assembling a specific method (e.g., buying pills, purchasing a gun) or preparing for one's death by suicide (e.g., giving things a						
suicide note).		Tota	1 # of	Tota	1 # of	
Have you taken any steps towards making a suicide attempt or preparing to kill yourself (such as collecti	ng pills,		Total # of preparatory		ratory	
getting a gun, giving valuables away or writing a suicide note)?  If yes, describe:		a	cts	a	cts	
		Most Letl Attempt	ıaı	Initial/Fi Attempt		
	-	Date:		Date:		
Actual Lethality/Medical Damage:  0. No physical damage or very minor physical damage (e.g., surface scratches).	Enter Code	Enter (	Code	Enter	Code	
1. Minor physical damage (e.g., lethargic speech; first-degree burns; mild bleeding; sprains).						
2. Moderate physical damage; medical attention needed (e.g., conscious but sleepy, somewhat responsive; second-degree burns; bleeding of major vessel).						
3. Moderately severe physical damage; <i>medical</i> 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).						
4. Severe physical damage; <i>medical</i> 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).						
5. Death						
Potential Lethality: Only Answer if Actual Lethality=0  Likely lethality of actual attempt if no medical damage (the following examples, while having no actual medical damage, had				Enter	Code	
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).						
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						

## COLUMBIA-SUICIDE SEVERITY RATING SCALE Daily/Shift Screen

Ask questions that are bold and <u>underlined</u>		Since Last Asked	
Ask Question 2*	YES	NO	
2) Suicidal Thoughts:			
Since you were last asked, have you actually had thoughts about killing yourself?			
If YES to 2, ask questions 3, 4, 5, and 6. If NO to 2, go directly to question 6			
3) Suicidal Thoughts with Method (without Specific Plan or Intent to Act):			
Have you been thinking about how you might do this?			
4) Suicidal Intent (without Specific Plan):			
Have you had these thoughts and had some intention of acting on them?			
5) Suicide Intent with Specific Plan:			
Have you started to work out or worked out the details of how to kill yourself?  Do you intend to carry out this plan?			
6) Suicide Behavior			
Have you done anything, started to do anything, or prepared to do anything to end your life?			
Examples: Collected pills, obtained a gun, gave away valuables, wrote a will or suicide note, took out pills but didn't swallow any, held a gun but changed your mind or it was grabbed from your hand, went to the roof but didn't jump; or actually took pills, tried to shoot yourself, cut yourself, tried to hang yourself, etc.			
If YES, what did you do?			

<sup>\*</sup> Note – for frequent assessment purposes, Question 1 has been omitted

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

Posner, Brent, Lucas, Gould, Stanley, Brown, Fisher, Zelazny, Burke, Oquendo, & Mann © 2008 The Research Foundation for Mental Hygiene, Inc.

### **RISK ASSESSMENT**

**Instructions:** 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.

review of medical record(s) and/or consultation with family members and/or other professionals.					
Past 3 Suicidal and Self-Injurious Lifetim		Lifetime	Clin	ical Status (Recent)	
WIOTILI	Actual suicide				
	attempt			Hopelessness	
	Lifetime				
	Interrupted				
	attempt			Major depressive episode	
	Lifetime				
	Aborted or Self-Interrupted attempt				
Ш				Mixed affective episode (e.g. Bipolar)	
	Other preparatory acts to kill				
	self			Command hallucinations to hurt self	
	☐ Lifetime			Command nandemations to nurt sen	
	Lifetime Self-injurious behavior without			LP-LL to a late Late to	
	suicidal intent		Ш	Highly impulsive behavior	
	al Ideation Most Severe in Past Month			Substance abuse or dependence	
	Wish to be dead			Agitation or severe anxiety	
☐ Suicidal thoughts			Perceived burden on family or others		
Suicidal thoughts with method (but without specific plan or intent to act)			Chronic physical pain or other acute medical problem (HIV/AIDS, COPD, cancer, etc.)		
Suicidal intent (without specific plan)			Homicidal ideation		
Suicidal intent with specific plan			Aggressive behavior towards others		
Activating Events (Recent)			Method for suicide available (gun, pills, etc.)		
Recent loss(es) or other significant negative event(s) (legal, financial, relationship, etc.)			Refuses or feels unable to agree to safety plan		
Describ	e:			Sexual abuse (lifetime)	
				Family history of suicide (lifetime)	
	Pending incarceration or homelessness		Pro	tective Factors (Recent)	
	☐ Current or pending isolation or feeling alone			Identifies reasons for living	
Treatment History			Responsibility to family or others; living with family		
	Previous psychiatric diagnoses and treatr	nents		Supportive social network or family	
☐ Hopeless or dissatisfied with treatment			Fear of death or dying due to pain and suffering		
Non-compliant with treatment			Belief that suicide is immoral; high spirituality		
□ Not receiving treatment			Engaged in work or school		
Other Risk Factors		Oth	er Protective Factors		

Describe any suicidal, self-injurious or aggressive behavior (include dates)					