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

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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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SUICIDAL BEHAVIOR (Check all that apply, so long as these are separate events; must ask about all types)	Lifetime For Baseline or Since Last Assessment		Last Week	
Actual Attempt:	Yes	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 any intent/desire to die associated with the act, then it can be considered an actual suicide attempt. There does not have to be any injury or harm, 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.				
Inferring Intent: 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.				
Have you tried to harm yourself in order to end your life or because you wanted to die/kill yourself?  Did you as a way to end your life?	Total # o		Total #	of
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?			attempts	
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)				
Indicate if subject has engaged in Non-Suicidal Self-Injurious Behavior:				
Interrupted Attempt: When the 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	Yes	No	Yes	No
started to hang - is stopped from doing so.  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?	Total # of interrupted		Total # of interrupted	
Aborted Attempt:	Yes	No	Yes	No
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. 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?	Total # o	of	Total # aborted	-
Preparatory Acts or Behavior:	Yes	No	Yes	No
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).  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)?				
Absence of Suicidal Behavior:	Yes	No	Yes	No
No Suicidal behavior present during the assessment period.				

Answer for Actual Attempts Only	Most Recent Attempt Date:	Worst/Most Lethal Attempt Date:	Initial/First Attempt Date:
Actual Lethality/Medical Damage:	Enter Code	Enter Code	Enter Code
No physical damage or very minor physical damage (e.g. surface scratches).			
Minor physical damage (e.g. lethargic speech, first degree burns, mild bleeding, sprains).			
<ol> <li>Moderate physical damage; medical attention needed (e.g. conscious but sleepy; somewhat responsive, second degree burns, bleeding of major vessel).</li> <li>Moderately severe physical damage; medical hospitalization and</li> </ol>			
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; 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).  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 potential for very serious lethality: put gun in mouth and pulled the trigger but	Enter Code	Enter Code	Enter Code
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 I = Behavior likely to result in injury but not likely to cause death 2 = Behavior likely to result in death despite available medical care			

SUICIDAL IDEATION			
Ask about all 5 types of ideation, starting with least severe (wish to be dead) through most severe.	Since Last Assessment or For Baseline Time He/She Felt Most Suicidal	Last Week	
Non-suicidal	Yes No	Yes No	
Suicidal ideation present during the assessment period.			
I. Wish to be Dead			
Subject endorses thoughts about their own death, including any of the following: a wish to	Yes No	Yes No	
be dead/better off dead, wish he/she were never born, thoughts that life is not worth living or the world would be better off without him/her, wish to fall asleep and not wake up,			
Have you wished you were dead or wished you could go to sleep and not wake up?			
Do you think that it might be better if you weren't alive any more?			
Frequency of Ideation:			
2. Non-Specific Active Suicidal Thoughts			
General non-specific thoughts of wanting to end one's life/commit suicide "I've thought about	Yes No	Yes No	
killing myself" without general thoughts of ways to kill oneself/associated methods, intent, or plan during the assessment period.			
Have you actually had any thoughts of killing yourself?			
Frequency of Ideation:			
3. Active Suicidal Ideation with Any Methods (Not Plan) without Intent			
to Act	Yes No	Yes No	
Subject 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 thought about taking an overdose but I never made a specific plan as to when			
where or how I would actually do itand I would never go through with it".			
Have you been thinking about how you might do this?			
Frequency of Ideation:			
4. Active Suicidal Ideation with Some Intent to Act, Without Specific			
Plan	Yes No	Yes No	
Active suicidal thoughts of killing oneself and subject reports having some intent to act on			
<u>such thoughts</u> , as opposed to "I have the thoughts but I definitely will not do anything about them".			
Have you had these thoughts and had some intention of acting on them?			
Frequency of Ideation:			
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	Yes No	Yes No	
some intent to carry it out.  Have you started to work out or worked out the details of how to kill yourself?			
Do you intend to carry out this plan?			
Frequency of Ideation:			

INTENSITY OF IDEATION					
Ideation Type Type # (1-5) Description of					
Ideation					
Since Last Assessment					
Most Common Ideation:	Since	Last			
	Assessm				
Most Severe Ideation:			Last \	<b>∕</b> Veek	
	For Baseline Time He/She Felt Most				
<u>Baseline</u>	Suici				
Most Common Ideation:	Suicidai				
Most Severe Ideation:					
		T			
The following features should be rated with respect to both most common and most severe		Mari			
types of ideation experienced since last assessment visit / last week For baseline or first	Most	Most Severe	Most	Most	
assessment, ask about time he/she was feeling the most suicidal. Only rate most common if	Common	Severe	Common	Severe	
most severe and most common are different.					
Frequency					
How many times have you had the thoughts since your last assessment / do					
you usually have these thoughts? How many times have you had the thoughts					
in the last week?					
I. 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					
Duration					
When you have the thoughts how long do they last?					
I. Fleeting - few seconds or minutes					
2. Less than I hour/some of the time					
3. I-4 hours/a lot of time					
4. 4-8 hours/most of day					
5. More than 8 hours/persistent or continuous					
Controllability					
Could /can you stop thinking about killing yourself or wanting to die if you					
want to?					
I. 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					
8. Does not attempt to control thoughts					
Deterrents to Active Attempt					
Are there things - anyone or anything (e.g. family, religion, pain of death) -					
that stopped you from taking your life or acting on thoughts of committing					
suicide?					
Deterrents definitely stopped you from attempting suicide     Deservers probably stopped your					
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  8. Does not apply: wish to die only					
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Reasons for Ideation 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?			
<ol> <li>Completely to get attention, revenge or a reaction from others.</li> <li>Mostly to get attention, revenge or a reaction from others.</li> <li>Equally to get attention, revenge or a reaction from others and to end/stop the pain.</li> <li>Mostly to end or stop the pain (you couldn't go on living with the pain or how</li> </ol>	 	_	
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).			