

B. 自杀 B. Suicide

(*意味着: 到当前自杀风险框, 在该框中圈出“否”, 再进行下一个模块)

(*Means: Till current suicide risk box, circle "No" in the box, then proceed to the next module.)

			分数 Score
B1	a. 你是否曾经感觉很糟, 以至于希望自己死掉? 1 <i>a. Have you ever felt so bad that you wished you were dead? 1</i>	否 No 是 Yes	1
	b. 你是否曾经尝试过伤害自己? 1 <i>b. Have you ever tried to injure yourself? 1</i>	否 No 是 Yes	2
	c. 你是否曾经尝试自杀? 1 <i>c. Have you ever attempted suicide? 1</i>	否 No 是 Yes	4

如对任一问题回答“是”, 请勾“是”

(If answered "Yes" to any of these questions, check "Yes".)

* 否 No 是 Yes

终生自杀风险
Lifetime Suicide Risk

在最近的 1 个月, 你是否: ????????

In the past month, have you: ????????

B2	出过事故? 1 <i>Had an accident? 1</i> 如 B2 回答为“否”, 跳到 B3: 如 B2 回答为“是”, 询问 B2a: <i>If B2 is "No", skip to B3: If B2 is "Yes", ask B2a:</i>	否 No 是 Yes	0
B2a	在那次事故中计划或试图伤害自己? <i>Planned or attempted to injure yourself during that accident?</i> 在评定中, 包括被动或主动意图 <i>In the assessment, include both passive and active intent.</i> 如 B2a 回答为“否”, 跳到 B3: 如 B2a 回答为“是”, 询问 B2b: <i>If B2a is "No", skip to B3. If B2a is "Yes", ask B2b:</i>	否 No 是 Yes	2
B2b	你是否试图在这场事故中死去? <i>Did you try to die during this incident?</i>	否 No 是 Yes	2
B3	想到死了会更好, 或希望自己死了? 2 <i>Thought it would be better to be dead or wished you were dead? 2</i>	否 No 是 Yes	1
B4	想要伤害自己? 1 <i>Wanted to injure yourself? 1</i>	否 No 是 Yes	2
B5	考虑自杀? 2 <i>Considered suicide? 2</i> 如果回答为“是”, 自杀观念的强度和频率如何: <i>If answered "Yes", how strong and frequent were the suicidal thoughts?</i>	否 No 是 Yes	6

频率 Frequency

强度 Intensity

☐ 偶尔 Occasionally

☐ 轻度 Mild

☐ 常常 Often

☐ 中度 Moderate

☐ 很经常 Very often

☐ 重度 Severe

你能控制这些冲动并且表示
不会跟着这个计划做?

*Can you control these
impulses and indicate that
you will not act on this plan?*

如果回答“否”, 记为 8 分

If "No", record 8 points

否 No 是 Yes

8

B6	是否有自杀的计划? 2 <i>Had a suicide plan? 2</i>	否 No	是 Yes	8
B7	采取主动行动准备自杀, 或准备自杀并且希望能死成? 1 <i>Taken active steps to prepare for suicide, or prepared for suicide and hoped to succeed? 1</i>	否 No	是 Yes	9
B8	试图故意伤害自己, 但没有自杀的意图? 1 <i>Tried to intentionally harm yourself, but without suicidal intent? 1</i>	否 No	是 Yes	4
B9	试图自杀 <i>Attempted to suicide</i>	否 No	是 Yes	10

- ☐ 希望被救/存活 Hoped to be rescued/survive
 ☐ 希望/想死去 Hoped/wanted to die

以上 (B1-B9) 是否至少有一条 (除了 B2) 评为“是”?
 Did at least one of (B1-B9), excluding B2, receive a “Yes” response?

如回答“是”, 将 (B1-B9) 答案为“是”的总分相加, 并确定自杀风险的程度。
 If “Yes”, sum the scores of “Yes” responses from (B1-B9) and determine the level of suicide risk.

否 No
 是 Yes

目前自杀风险
 Current suicide risk
 1-8 分 Low (1-8 points) ☐
 9-16 分 Medium (9-16 points) ☐
 ≥17 分 High (≥17 points) ☐