

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

Since Last Contact

Version 1/14/09 m9/12/17

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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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| SUICIDAL IDEATION  |  |
|--|--|
| 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.  | Since Last Contact   |
| <b>1. Wish to be Dead</b><br>Subject endorses thoughts about a wish to be dead or not alive anymore, or wish to fall asleep and not wake up.<br><b>Have you wished you were dead or wished you could go to sleep and not wake up?</b><br><br>If yes, describe:   | Yes    No<br><input type="checkbox"/> <input type="checkbox"/> |
| <b>2. Non-Specific Active Suicidal Thoughts</b><br>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.<br><b>Have you actually had any thoughts of killing yourself?</b><br><br>If yes, describe:  | Yes    No<br><input type="checkbox"/> <input type="checkbox"/> |
| <b>3. Active Suicidal Ideation with Any Methods (Not Plan) without Intent to Act</b><br>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 it...and I would never go through with it."<br><b>Have you been thinking about how you might do this?</b><br><br>If yes, describe:   | Yes    No<br><input type="checkbox"/> <input type="checkbox"/> |
| <b>4. Active Suicidal Ideation with Some Intent to Act, without Specific Plan</b><br>Active suicidal thoughts of killing oneself and subject reports having <u>some intent to act on such thoughts</u> , as opposed to "I have the thoughts but I definitely will not do anything about them."<br><b>Have you had these thoughts and had some intention of acting on them?</b><br><br>If yes, describe:  | Yes    No<br><input type="checkbox"/> <input type="checkbox"/> |
| <b>5. Active Suicidal Ideation with Specific Plan and Intent</b><br>Thoughts of killing oneself with details of plan fully or partially worked out and subject has some intent to carry it out.<br><b>Have you started to work out or worked out the details of how to kill yourself? Do you intend to carry out this plan?</b><br><br>If yes, describe:   | Yes    No<br><input type="checkbox"/> <input type="checkbox"/> |
| INTENSITY OF IDEATION  |  |
| 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).<br><br><b>Most Severe Ideation:</b> _____<br><div> <div>Type # (1-5)</div> <div>Description of Ideation</div> </div>  | Most Severe  |
| <b>Frequency</b><br><b>How many times have you had these thoughts?</b><br>(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  | _____  |
| <b>Duration</b><br><b>When you have the thoughts, how long do they last?</b><br>(1) Fleeting - few seconds or minutes    (4) 4-8 hours/most of day<br>(2) Less than 1 hour/some of the time    (5) More than 8 hours/persistent or continuous<br>(3) 1-4 hours/a lot of time   | _____  |
| <b>Controllability</b><br><b>Could/can you stop thinking about killing yourself or wanting to die if you want to?</b><br>(1) Easily able to control thoughts    (4) Can control thoughts with a lot of difficulty<br>(2) Can control thoughts with little difficulty    (5) Unable to control thoughts<br>(3) Can control thoughts with some difficulty    (0) Does not attempt to control thoughts  | _____  |
| <b>Deterrents</b><br><b>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?</b><br>(1) Deterrents definitely stopped you from attempting suicide    (4) Deterrents most likely did not stop you<br>(2) Deterrents probably stopped you    (5) Deterrents definitely did not stop you<br>(3) Uncertain that deterrents stopped you    (0) Does not apply   | _____  |
| <b>Reasons for Ideation</b><br><b>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?</b><br>(1) Completely to get attention, revenge or a reaction from others    (4) Mostly to end or stop the pain (you couldn't go on living with the pain or how you were feeling)<br>(2) Mostly to get attention, revenge or a reaction from others    (5) Completely to end or stop the pain (you couldn't go on living with the pain or how you were feeling)<br>(3) Equally to get attention, revenge or a reaction from others and to end/stop the pain    (0) Does not apply | _____  |

