

Suicide ideation	
Ask questions 1 and 2. If both are negative move on to the 'suicidal behaviour' 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', fill in the entire 'intensity of ideation' section below.	Since the last contact
<p><b>1. Wish to be dead.</b> Topic is about thoughts about being dead, or not living anymore, or the wish to fall asleep and never wake up. <b>Do you wish to be dead or did you want to go to sleep and not wake up anymore?</b> If yes, describe.</p>	<div> <input type="checkbox"/> <input type="checkbox"/>  yes no </div>
<p><b>2. Non-specific active suicide thoughts.</b> More general, non-specific thoughts or wish to end life/commit suicide (client has thought of committing suicide, but not of the method/related methods, intention, or planning during the assessment period). <b>Have you really had a suicide thought?</b> If yes, describe.</p>	<div> <input type="checkbox"/> <input type="checkbox"/>  yes no </div>
<p><b>3. Active suicide ideation in any way (no plan) without the intention to execute it.</b> The client has suicidal thoughts and has at least thought about a method during the assessment period. This differs of a specific plan that has information on time, place and/or method (thought of suicide but no specific plan). To this belong individuals who say "I have thought of taking an overdose but have not thought of when, how, or where I would do it... And I would never really do it." <b>Have you thought about how you could do this?</b> If yes, describe</p>	<div> <input type="checkbox"/> <input type="checkbox"/>  yes no </div>
<p><b>4. Active suicide ideation with some intention of implementing it, but without a specific plan.</b> Active suicide thoughts about killing him/herself. And the patient reports <u>some intention on the basis of these thoughts to implement the thoughts</u>, in contrast to "I think so but will never execute the plans." <b>Do you have these thoughts and do you have some urge to implement them?</b> If yes, describe.</p>	<div> <input type="checkbox"/> <input type="checkbox"/>  yes no </div>
<p><b>5. Active suicide ideation with a specific plan and the intention to implement it.</b> Thoughts of committing suicide, together with a partially or entirely developed plan and somewhat the intention to implement it. <b>Have you started working out the details of the suicide</b></p>	



<p><b>or have you worked them out? Are you planning to implement this plan?</b> If yes, describe.</p>	<div style="display: flex; justify-content: space-around;"> <input type="checkbox"/> <input type="checkbox"/> </div> <div style="display: flex; justify-content: space-around;"> <span>yes</span> <span>no</span> </div>
<b>Intensity of the ideation</b>	
<p>The next characteristics have to be scored with regard to the most severe kind of ideation (1-5 of the above, in which 1 is least severe and 5 most)</p> <p>With severe ideation _____</p> <p>of the ideation      Type # (1-5)      Description</p>	<p>Most severe</p>
<p><b>Frequency</b> How often have you had these thoughts? (1) less than once a week, (2) once a week, (3) 2-5 times a week, (4) daily or almost daily, (5) often during one day</p>	<p>_____</p>
<p><b>Duration</b> If you have these thoughts, how long do they last? (1) Couple of seconds or minutes, (2) less than 1 hour/sometimes, (3) an hour/often, (4) 4-8 hours/most of the day, (5) more than 8 hours/constantly</p>	<p>_____</p>
<p><b>Auditability</b> Could/Can you stop the thinking of suicide if you want to? (1) can stop thoughts easily (2) can control them with a bit of effort (3) can control them with some effort (4) can control them with a lot of effort (5) impossible to control the thoughts (6) do not try to control them</p>	<p>_____</p>
<p><b>Distraction</b> Are there things – someone or something (family, faith, fear for death) – that keep you from striving to commit or committing suicide on the bases of the thoughts? (1) things have definitely kept you from it (2) things have probably stopped you (3) you do not know if they kept you from doing it (4) things have probably not kept you from doing it (5) things have definitely not kept you from doing it (6) not applicable</p>	<p>_____</p>
<p><b>Reason for ideation</b> What kind of reasons did you have tot think of suicide or wanting to die? Was it to stop the pain or to stop the way you were feeling (e.g. could you not live with this pain or how you were feeling anymore)? Was it to get attention, revenge, or a reaction from others? Or both? (1) entirely to get attention, revenge, or a reaction of others (2) mainly to get attention, revenge, or a reaction of others</p>	



<p>(3) both to get attention, revenge, or a reaction and to stop the pain</p> <p>(4) mainly to stop the pain (you could not live anymore with the pain or with how you were feeling)</p> <p>(5) entirely to stop the pain (you could not live anymore with the pain or with how you were feeling)</p> <p>(6) not applicable</p>	<hr/>
<p><b>Suicidal behaviour</b></p> <p>(Check everything that is applicable as long as there are events that are different; ask about all types)</p>	
<p><b>Actual attempt</b></p> <p>A possibly self-harming action with at least the wish to die <i>as a result of the action</i>. Behaviour was partially thought as a method to commit suicide. The intention does not need to be 100%. If there is <u>any</u> intention/wish connected to the action it can be considered an actual suicide attempt. <u>There does not need to be an injury or damage</u>, just the possibility for injuries or damage. If someone pulls the trigger while the barrel is placed in the mouth, but the gun is broken resulting in no damage, it is still a suicide attempt. Distracting of intention, even if someone denies the wish or intention to die, it can be clinically deducted from the behaviour or the circumstances. E.g.: a very lethal action that does not occur by accident, so that no other intention than suicide can be concluded (shooting oneself through the head, jumping from a window). Even if someone denies wanting to die, but she does think that what she has done could be lethal, the intention can be considered confirmed.</p> <p><b>Have you attempted suicide?</b></p> <p><b>Have you done anything to harm yourself?</b></p> <p><b>Have you done something dangerous that could have resulted in your death?</b></p> <p><b>What have you done?</b></p> <p><b>Have you done ... to end your life?</b></p> <p><b>Did you want to die (even a little bit) while you ...?</b></p> <p><b>Did you try to end your life when you ...?</b></p> <p><b>Or do you think it is possible that you could have died of ...?</b></p> <p><b>Or did you do it entirely for other reasons/without any intention to kill yourself (e.g. to reduce stress, to feel better, to get sympathy, or to get something or get something done)?</b></p>	<div style="display: flex; justify-content: space-around; align-items: flex-start;"> <div style="text-align: center;"> <input type="checkbox"/> yes         </div> <div style="text-align: center;"> <input type="checkbox"/> no         </div> </div> <p>Total # attempts</p> <hr/>



<b>Has the patient shown non-suicidal self-harming behaviour?</b>	<input type="checkbox"/> <input type="checkbox"/> yes no
<p><b>Interrupted attempt</b>  If the person has been interrupted (by an external circumstance) when starting the potentially self-harming action (if it had not happened the attempt would have occurred).  Overdose: individual has the pills in her hand, but taking them in is interrupted. If the pills have been swallowed it becomes an attempt instead of an interrupted attempt. Shooting: individual has the gun aimed at herself and it has been taken away by someone, or pulling the trigger has been prevented. If the trigger has been pulled, even if the gun does not fire, it is an attempt. Jumping: the individual is ready to jump, is being held and taken away of the edge. Hanging: the individual has the rope around her neck, but is interrupted.</p> <p><b>Has there been a moment when you have done something to end your life, but something or someone has stopped you before you could really do it?</b>  If yes, describe.</p>	<input type="checkbox"/> <input type="checkbox"/> yes no  Total # interrupted attempts _____
<p><b>Abortive attempt</b>  If someone has taken steps to commit suicide, but has stopped him/herself before really executing the self-destructive behaviour. Examples are similar to the interrupted attempts, only has the individual stopped him/herself.</p> <p><b>Has there been a moment when you started committing suicide, but stopped yourself before actually doing something?</b>  If yes, describe.</p>	<input type="checkbox"/> <input type="checkbox"/> yes no  Total # abortive attempts _____
<p><b>Preparatory actions</b>  Actions or behaviours to immediately commit a suicide attempt. This can be: verbalizing intention or thought, preparing a specific method (buying pills, buying a gun) or preparing someone's death by suicide (giving things away, writing a farewell letter).</p> <p><b>Have you undertaken steps to be able to commit suicide, or have you prepared to commit suicide (like gathering pills, buying a gun, giving away valuable things or writing a farewell letter)?</b>  If yes, describe.</p>	<input type="checkbox"/> <input type="checkbox"/> yes no
<p><b>Suicidal behaviour</b>  Was suicidal behaviour present during the present assessment period?</p>	<input type="checkbox"/> <input type="checkbox"/> yes no
<p><b>Executed suicide attempt</b></p>	<input type="checkbox"/> <input type="checkbox"/>



	yes	no
<b><i>Only answer for actual attempts</i></b>	Most lethal attempt Date: _____	
<b>Actual deadliness/ medical injury</b> (0) no physical damage or only very little (superficial scratches) (1) little physical damage (first degree burns, a little bit of blood, welts) (2) average damage, medical attention needed (conscious but sleepy, reacting only a bit, second degree burns, important veins are bleeding) (3) average severe physical damage, medical intake and possibly intensive care needed (comatose with intact reflexes, third degree burns on less than 20 % of the body, a lot of blood loss but can recover, important fractures) (4) severe physical damage, medical intake with intensive care necessary (comatose without reflexes, third degree burns on more than 20 % of the body, extreme blood loss together with instable vital signs, severe damage to vital areas) (5) Dead	Enter code _____	
<b>Possibly damaging/ deathly: only answer if the extent of deadliness = 0</b> Probably deadline due to an actual attempt but no actual damage (e.g. pulled the trigger, but gun didn't fire so no medical damage, lying on the railway while a train was coming, but pulled away before train arrived). 0 = behaviour will probably not lead to damage 1 = behaviour will probably lead to injuries but not to death 2 = behaviour will probably to death, even when medical assistance is offered	Enter code _____	

