

**Purpose** The C-SSRS was designed to provide a prospective, standardized measure of suicidality. The scale allows clinicians and researchers alike to assess the severity and lethality of suicidal behaviors and ideations, and can be used to monitor treatment outcomes and establish suicide risk in a variety of research and clinical settings.

**Population for Testing** The scale has been used in a number of different populations, both adult and pediatric.

**Administration** Requiring approximately 5 min for completion, the C-SSRS is administered in the form of a clinical interview (though a self-report version is also available). Interviewers are not required to possess mental health training, allowing the scale to be used in any number of health care settings [1].

**Reliability and Validity** Though the scale itself has not been validated, it was created to be the prospective counterpart to the classification system called the Columbia Classification Algorithm for Suicide Assessment (C-CASA; [2]). The C-CASA was developed as a retrospective method for evaluating adverse events in

clinical trials and was found to possess an overall reliability of .89.

**Obtaining a Copy** The scale is free for use in clinical settings. To obtain a copy, contact:

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**Scoring** In terms of suicidal behaviors, the scale is divided into several categories [3]: actual attempts, interrupted attempts, aborted attempts, and preparatory acts or behaviors. Interviewers establish the presence or absence of these behaviors and, where applicable, the number of attempts, both over the course of a lifetime and in the period of interest (the last week or month). Similarly, five aspects of suicidal ideation are queried: the wish to be dead, nonspecific active suicidal thoughts, active ideation without intent to act, active ideation with some intent to act, and active ideation with specific plan or intent. The presence and frequency of these different thoughts are evaluated.

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

Since Last Visit

Version 1/14/09

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*Disclaimer:*

*This scale is intended for use by trained clinicians. The questions contained in the Columbia-Suicide Severity Rating Scale are suggested probes. Ultimately, the determination of the presence of suicidality depends on clinical judgment.*

*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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<b>SUICIDAL IDEATION</b>	
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 Visit
<b>1. Wish to be Dead</b> Subject endorses thoughts about a wish to be dead or not alive anymore, or wish to fall asleep and not wake up. <i>Have you wished you were dead or wished you could go to sleep and not wake up?</i>  If yes, describe:	Yes No <input type="checkbox"/> <input type="checkbox"/>
<b>2. Non-Specific Active Suicidal Thoughts</b> General, non-specific thoughts of wanting to end one's life/commit 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. <i>Have you actually had any thoughts of killing yourself?</i>  If yes, describe:	Yes No <input type="checkbox"/> <input type="checkbox"/>
<b>3. Active Suicidal Ideation with Any Methods (Not Plan) without Intent to Act</b> 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". <i>Have you been thinking about how you might do this?</i>  If yes, describe:	Yes No <input type="checkbox"/> <input type="checkbox"/>
<b>4. Active Suicidal Ideation with Some Intent to Act, without Specific Plan</b> 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". <i>Have you had these thoughts and had some intention of acting on them?</i>  If yes, describe:	Yes No <input type="checkbox"/> <input type="checkbox"/>
<b>5. Active Suicidal Ideation with Specific Plan and Intent</b> Thoughts of killing oneself with details of plan fully or partially worked out and subject has some intent to carry it out. <i>Have you started to work out or worked out the details of how to kill yourself? Do you intend to carry out this plan?</i>  If yes, describe:	Yes No <input type="checkbox"/> <input type="checkbox"/>
<b>INTENSITY OF IDEATION</b>	
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).	Most Severe
<b>Most Severe Ideation:</b> _____ <div style="display: flex; justify-content: space-around; width: 100%;"> <span>Type # (1-5)</span> <span>Description of Ideation</span> </div>	
<b>Frequency</b> <i>How many times have you had these thoughts?</i> (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> <i>When you have the thoughts, how long do they last?</i> (1) Fleeting - few seconds or minutes (4) 4-8 hours/most of day (2) Less than 1 hour/some of the time (5) More than 8 hours/persistent or continuous (3) 1-4 hours/a lot of time	_____
<b>Controllability</b> <i>Could /can you stop thinking about killing yourself or wanting to die if you want to?</i> (1) Easily able to control thoughts (4) Can control thoughts with a lot of difficulty (2) Can control thoughts with little difficulty (5) Unable to control thoughts (3) Can control thoughts with some difficulty (0) Does not attempt to control thoughts	_____
<b>Deterrents</b> <i>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 committing suicide?</i> (1) Deterrents definitely stopped you from attempting suicide (4) Deterrents most likely did not stop you (2) Deterrents probably stopped you (5) Deterrents definitely did not stop you (3) Uncertain that deterrents stopped you (0) Does not apply	_____
<b>Reasons for Ideation</b> <i>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?</i> (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). (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). (3) Equally to get attention, revenge or a reaction from others and to end/stop the pain. (0) Does not apply	_____

<b>SUICIDAL BEHAVIOR</b> <i>(Check all that apply, so long as these are separate events; must ask about all types)</i>	Since Last Visit
<p><b>Actual Attempt:</b>                      A potentially self-injurious act committed with at least some wish to die, <i>as a result of act</i>. 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 an actual suicide attempt. <b>There does not have to be any injury or harm</b>, 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.  <b>Have you made a suicide attempt?</b>  <b>Have you done anything to harm yourself?</b>  <b>Have you done anything dangerous where you could have died?</b>  <i>What did you do?</i>                      Did you _____ as a way to end your life?                      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 _____?  <b>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)?</b> (Self-Injurious Behavior without suicidal intent)                      If yes, describe:</p>	<p>Yes No  <input type="checkbox"/> <input type="checkbox"/></p> <p>Total # of Attempts                      _____</p> <p>Yes No  <input type="checkbox"/> <input type="checkbox"/></p>
<p><b>Has subject engaged in Non-Suicidal Self-Injurious Behavior?</b></p> <p><b>Interrupted Attempt:</b>                      When the person is interrupted (by an outside circumstance) from starting the potentially self-injurious act (<i>if not for that, actual attempt would have occurred</i>).                      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 started to hang - is stopped from doing so.  <b>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?</b>                      If yes, describe:</p>	<p>Yes No  <input type="checkbox"/> <input type="checkbox"/></p> <p>Total # of interrupted                      _____</p>
<p><b>Aborted Attempt:</b>                      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.  <b>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?</b>                      If yes, describe:</p>	<p>Yes No  <input type="checkbox"/> <input type="checkbox"/></p> <p>Total # of aborted                      _____</p>
<p><b>Preparatory Acts or Behavior:</b>                      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).  <b>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)?</b>                      If yes, describe:</p>	<p>Yes No  <input type="checkbox"/> <input type="checkbox"/></p>
<p><b>Suicidal Behavior:</b>                      Suicidal behavior was present during the assessment period?</p>	<p>Yes No  <input type="checkbox"/> <input type="checkbox"/></p>
<p><b>Completed Suicide:</b></p>	<p>Yes No  <input type="checkbox"/> <input type="checkbox"/></p>
<p><b>Answer for Actual Attempts Only</b></p>	<p>Most Lethal Attempt Date:                      _____</p>
<p><b>Actual Lethality/Medical Damage:</b>                      0. No physical damage or very minor physical damage (e.g. surface scratches).                      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; medical 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; 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</p>	<p>Enter Code                      _____</p>
<p><b>Potential Lethality: Only Answer if Actual Lethality=0</b>                      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 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</p>	<p>Enter Code                      _____</p>

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**References**

1. Gangwisch, J. E., & Jacobson, C. M. (2009). New perspectives on assessment of suicide risk. *Current Treatment Opinions in Neurology*, *11*(5), 371–376.
2. Posner, K. Oquendo, M. A., Gould, M., Stanley, B., & Davies, M. (2007). Columbia Classification Algorithm of Suicide Assessment (C-CASA): Classification of suicidal events in the FDA's pediatric suicidal risk analysis of antidepressants. *American Journal of Psychiatry*, *164*(7), 1035–1043.
3. Posner, K. (2007). Suicidality issues in clinical trials: Columbia suicidal adverse event identification in PDA safety analysis [PowerPoint slides]. Retrieved from

FDA website: <http://www.fda.gov/ohrms/DOCKETS/ac/07/slides/2007-4306s1-01-CU-Posner.ppt#540,1,Slide 1>

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**Representative Studies Using Scale**

Faulconbridge, L. F., Wadden, T. A., Berkowitz, R. I., Sarwer, D. B., Womble, L. G., Hesson, L. A., Stunkard, A. J., & Fabricatore, A. N. (2009). Changes in symptoms of depression with weight loss. *Obesity*, *17*(5), 1009–1016.