

APPENDIX: RISK ASSESSMENT CHECKLIST

PREDISPOSING FACTORS

Age

Sex

Ethnicity

Y N **Prior hx of psychiatric diagnosis**

Axis I:

Axis II:

Y N **Prior history of suicidal behavior**

Ideation:

Threats:

Past attempts (#):

Lethality:

Y N **Family hx of suicide/suicidal behavior**

Y N **History of abuse**

Physical:

Sexual:

Y N **History of familial violence**

Y N **History of punitive parenting**

RISK FACTORS

Y N **Presence of suicidal thoughts**

Active ideation:

Passive ideation:

Frequency - How often do you think of suicide?

Duration - How long do the thoughts usually last?

Severity/intensity - On a scale of 1 to 10, how severe are your thoughts?

Y N **Specific plan**

How?

When?

Where?

Y N **Availability of method(s)**

Ask specifically about firearms

Y N **Preparatory behaviors - e.g., writing a note; giving away prized possessions**

Y N **Self-control**

Y N Do you feel in control right now?

Y N Have you had times recently when you felt out of control?

Y N During these times, were you drinking or using any drugs?

Y N **Moderate to high intent to act on suicidal thoughts/plans**

Y N Do you have any intention of acting on your suicidal thoughts?

Could you rate your intent on a scale of 1 to 10?

Y N **Current Axis I Dx**

Y N Affective disorders

Alcohol/substance abuse

Psychosis/schizophrenia

Behavioral disorders

Y N **Current Axis II Dx**

Y N **Current dysphoria (psychache)**

Y N Depression

Y N Excessive guilt

Y N Anger/rage

Y N Hopelessness

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- Y N General psychic anxiety/panic
- Y N Anhedonia
- Y N Insomnia
- Y N Diminished concentration
- Y N Current stressors**
- Y N Recent loss/death
- Y N Family problems
- Y N Recent incarceration
- Y N Relationship problems
- Y N Physical illness/health problems
- Y N Social isolation/limited social support**
- Y N Do you feel alienated/disconnected?
- Y N Impulse control problems**
- Y N Active alcohol/substance abuse
- Y N Aggressive behaviors
- Y N Risk-taking behaviors
- Y N Cognitive rigidity/poor problem-solving abilities**

PROTECTIVE FACTORS

- Y N **Actively in treatment**
- Y N **Good physical health**
- Y N **Cognitive flexibility/good problem-solving abilities**
- Y N **Family support**
- Y N **Other psychosocial supports**
- Y N **Sense of hopefulness**
- Y N Reasons for living
- What has kept you from acting on your suicidal thoughts in the past?