

SBQ-R Scoring

INSTRUCTIONS: Please circle the number beside the statement or phrase that best applies to you. CIRCLE ONLY ONE ANSWER for each question.

1. Have you ever thought about or attempted to kill yourself?
 - (1) Never
 - (2) It was just a brief passing thought
 - (3a) I have had a plan at least once to kill myself but did not try to do it
 - (3b) I have had a plan at least once to kill myself and really wanted to die
 - (4a) I have attempted to kill myself, but did not want to die
 - (4b) I have attempted to kill myself, and really hoped to die

2. How often have you thought about killing yourself in the past year?
 - (0) Never
 - (1) Rarely (1 time)
 - (2) Sometimes (2 times)
 - (3) Often (3-4 times)
 - (4) Very Often (5 or more times)

3. Have you ever told someone that you were going to commit suicide, or that you might do it?
 - (1) No
 - (2a) Yes, at one time, but did not really want to die
 - (2b) Yes, at one time, and really wanted to do it
 - (3a) Yes, more than once, but did not want to do it
 - (3b) Yes, more than once, and really wanted to do it

4. How likely is it that you will attempt suicide someday?
 - (0) Never
 - (1) No chance at all
 - (2) Rather Unlikely
 - (3) Unlikely
 - (4) Likely
 - (5) Rather Likely
 - (6) Very Likely

SBQ-R

The SBQ-R has 4-items, each tapping a different dimension of suicidality

- Item 1 taps into lifetime suicide ideation and/or suicide attempt.
- Item 2 assess the frequency of suicidal ideation over the past twelve months.
- Item 3 assess the threat of suicide attempt.
- Item 4 assesses the self-reported likelihood of suicidal behavior in the future.

Item 1 Scoring:

- If 1 is selected = 1 point
- If 2 is selected = 2 points
- If 3 or 4 is selected = 3 points
- If 5 or 6 is selected = 4 points

Item 2 Scoring:

- If 0 is selected = 1 points
- If 1 is selected = 2 points
- If 2 is selected = 3 points
- If 3 is selected = 4 points
- If 4 is selected = 5 points

Item 3 Scoring:

- If 1 is selected = 1 point
- If 2 or 3 is selected = 2 points
- If 4 or 5 is selected = 3 points

Item 4 Scoring:

- If 0 is selected = 0 points
- If 1 is selected = 1 points
- If 2 is selected = 2 points
- If 3 is selected = 3 points
- If 4 is selected = 4 points
- If 5 is selected = 5 points
- If 6 is selected = 6 points

Total Score = Sum of items 1 through 4.

Possible scores 3-18