

Columbia Suicide Severity Rating Scale (CSSRS)

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Quality Improvement

C-SSRS: Reliability and Validity

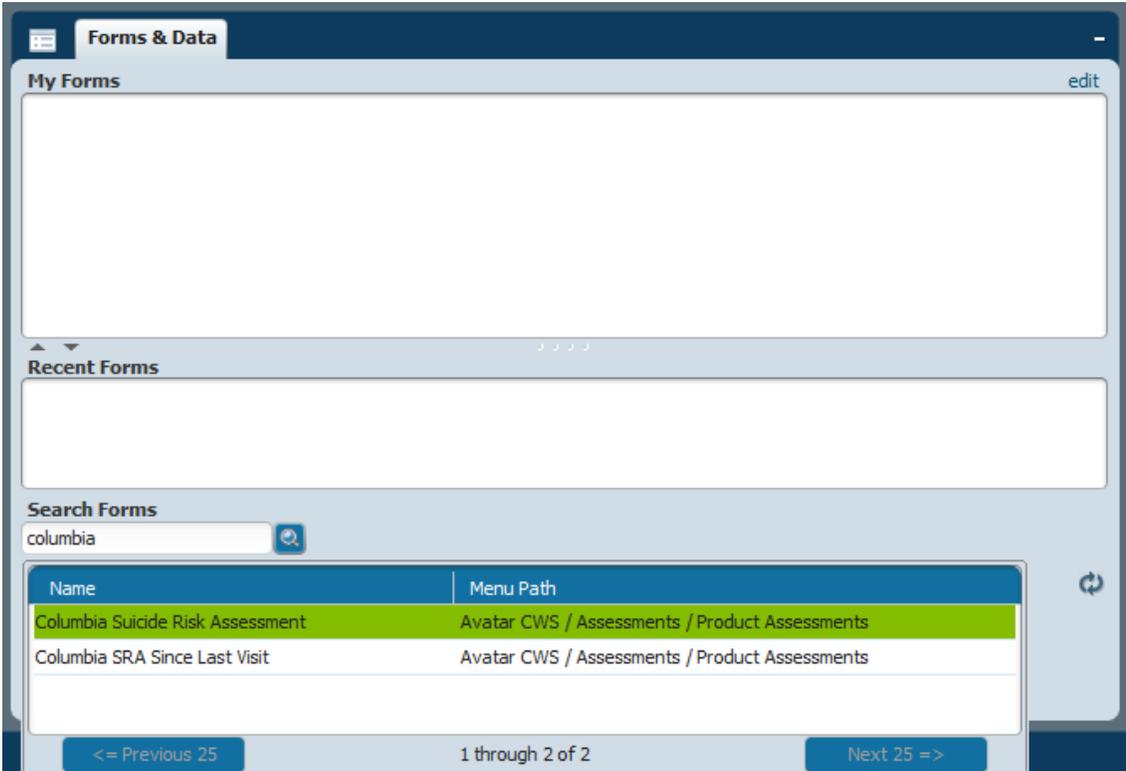
- ▶ C-SSRS determined clinically meaningful points at which a person may be at risk for suicide attempt. (Posner et al., 2011)
- ▶ C-SSRS intensity scale score was a significant predictor of a suicide attempt for 178 adolescents seeking psychiatric emergency services. (Gipson et al. 2014)
- ▶ In emergency department follow-up assessments, a phone-administered C-SSRS increased suicide attempt detection by more than 40 percentage points compared with chart reviews. (Arias, et al., 2014)
- ▶ Various non-clinicians using the C-SSRS in a juvenile justice system all classified suicidal behaviors in the same way, demonstrating strong interrater reliability. (Kerr et al. 2014)

C-SSRS: Who Uses & Endorses it?

- ▶ World Health Organization (WHO)
- ▶ Substance Abuse and Mental Health Services Administration (SAMSA)
- ▶ National Action Alliance for Suicide Prevention
- ▶ National Institute on Alcohol Abuse and Alcoholism (NIAAA)
- ▶ Federal Drug Administration (FDA)
- ▶ National Institutes of Health (NIH)
- ▶ Department of Defense (DOD)
- ▶ Hospitals and Community Clinic Settings
- ▶ Government, Industry & Foundation-sponsored intervention studies

C-SSRS: Two Versions in Avatar

1. Columbia Suicide Risk Assessment - Lifetime/Recent
2. Columbia SRA Since Last Contact - Follow-up Risk Assessment since the last Columbia Suicide Risk Assessment was performed



The screenshot displays the 'Forms & Data' interface in Avatar. It features a 'My Forms' section with an 'edit' link, a 'Recent Forms' section, and a 'Search Forms' section. The search results are displayed in a table with two columns: 'Name' and 'Menu Path'.

Name	Menu Path
Columbia Suicide Risk Assessment	Avatar CWS / Assessments / Product Assessments
Columbia SRA Since Last Visit	Avatar CWS / Assessments / Product Assessments

Navigation controls at the bottom include '<= Previous 25', '1 through 2 of 2', and 'Next 25 =>'.

Lifetime/Recent Version v. Since Last Contact Version

Lifetime/Recent

- ▶ Gather lifetime history of suicidality
- ▶ Gather recent suicidal ideation and/or behavior

Since Last Contact

- ▶ Capture all events and type of thoughts since last assessment
- ▶ “Since I last saw you have you done anything...”
- ▶ “Since I last saw you have you had thoughts of...”

Questions are the same for both Assessments

Major Components: Lifetime/Recent

Lifetime: Time
He/She Felt
Most Suicidal

Past 1
month

Suicidal Ideation

Rating for Suicidal Ideation, of
increasing severity

- ▶ Wish to Die
- ▶ Active Thoughts of Killing Oneself
- ▶ Associated Thoughts of Methods
- ▶ Some Intent
- ▶ Plan and Intent

Intensity of Ideation (applies to the
most severe funnel question)

- ▶ Five Scaling questions

Lifetime

Past 3
months

4 Suicidal Behaviors Assessed

- ▶ Actual Suicide Attempt
 - ▶ Ask any or all questions, use questions as a tool
 - ▶ Track Non-Suicidal Self-Injurious Behavior
 - ▶ Lethality Assessment
 - ▶ Potential Lethality
- ▶ Interrupted Attempt
- ▶ Aborted Attempt
- ▶ Preparatory Acts or Behavior

Ideation & Behavior Must Be Queried Separately: Ask About Suicide Attempts Regardless of a Lack of Ideation

Suicide Ideation Rating Questions

SUICIDAL IDEATION		
<i>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.</i>	Lifetime: Time He/She Felt Most Suicidal	Past 1 month
<p>1. Wish to be Dead 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></p> <p>If yes, describe:</p>	<p>Yes No</p> <p><input type="checkbox"/> <input type="checkbox"/></p>	<p>Yes No</p> <p><input type="checkbox"/> <input type="checkbox"/></p>
<p>2. Non-Specific Active Suicidal Thoughts 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. <i>Have you actually had any thoughts of killing yourself?</i></p> <p>If yes, describe:</p>	<p>Yes No</p> <p><input type="checkbox"/> <input type="checkbox"/></p>	<p>Yes No</p> <p><input type="checkbox"/> <input type="checkbox"/></p>
<p>3. Active Suicidal Ideation with Any Methods (Not Plan) without Intent to Act 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></p> <p>If yes, describe:</p>	<p>Yes No</p> <p><input type="checkbox"/> <input type="checkbox"/></p>	<p>Yes No</p> <p><input type="checkbox"/> <input type="checkbox"/></p>
<p>4. Active Suicidal Ideation with Some Intent to Act, without Specific Plan 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></p> <p>If yes, describe:</p>	<p>Yes No</p> <p><input type="checkbox"/> <input type="checkbox"/></p>	<p>Yes No</p> <p><input type="checkbox"/> <input type="checkbox"/></p>
<p>5. Active Suicidal Ideation with Specific Plan and Intent 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? Did you intend to carry out this plan?</i></p>	<p>Yes No</p> <p><input type="checkbox"/> <input type="checkbox"/></p>	<p>Yes No</p> <p><input type="checkbox"/> <input type="checkbox"/></p>

Prior ideation of 4 or 5 or Prior behavior are 4-5x more likely to report suicidal bx at Follow-Up

Ideation Rating Questions

- ▶ 1-5 rating for suicidal ideation (from wish to die to an active thought of killing oneself with plan and intent)
 1. Have you wished you were dead or wished you could go to sleep and not wake up?
 2. Have you actually had any thoughts of killing yourself?

IF THE ANSWER IS “NO” to both → SKIP TO SUICIDAL BEHAVIOR

IF 2 “YES” → ASK 3, 4, 5 (Rating Questions)

IF 1 AND/OR 2 “YES” , Complete INTENSITY OF IDEATION section

<https://www.youtube.com/watch?v=epTDFfv3uwc>

Intensity Scaling Questions

INTENSITY OF IDEATION			
<p><i>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). Ask about time he/she was feeling the most suicidal.</i></p>			
<p>Lifetime - Most Severe Ideation:</p>	<p>_____</p> <p><i>Type # (1-5)</i></p>	<p>_____</p> <p><i>Description of Ideation</i></p>	<p>Most Severe</p>
<p>Recent - Most Severe Ideation:</p>	<p>_____</p> <p><i>Type # (1-5)</i></p>	<p>_____</p> <p><i>Description of Ideation</i></p>	<p>Most Severe</p>
<p>Frequency How many times have you had these thoughts? (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</p>		<p>_____</p>	<p>_____</p>
<p>Duration When you have the thoughts how long do they last? (1) Fleeting - few seconds or minutes (2) Less than 1 hour/some of the time (3) 1-4 hours/a lot of time (4) 4-8 hours/most of day (5) More than 8 hours/persistent or continuous</p>		<p>_____</p>	<p>_____</p>
<p>Controllability Could/can you stop thinking about killing yourself or wanting to die if you want to? (1) Easily able to control thoughts (2) Can control thoughts with little difficulty (3) Can control thoughts with some difficulty (4) Can control thoughts with a lot of difficulty (5) Unable to control thoughts (0) Does not attempt to control thoughts</p>		<p>_____</p>	<p>_____</p>
<p>Deterrents 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? (1) Deterrents definitely stopped you from attempting suicide (2) Deterrents probably stopped you (3) Uncertain that deterrents stopped you (4) Deterrents most likely did not stop you (5) Deterrents definitely did not stop you (0) Does not apply</p>		<p>_____</p>	<p>_____</p>
<p>Reasons for Ideation 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? (1) Completely to get attention, revenge or a reaction from others (2) Mostly to get attention, revenge or a reaction from others (3) Equally to get attention, revenge or a reaction from others and to end/stop the pain (4) Mostly to end or stop the pain (you couldn't go on living with the pain or how you were feeling) (5) Completely to end or stop the pain (you couldn't go on living with the pain or how you were feeling) (0) Does not apply</p>		<p>_____</p>	<p>_____</p>

Intensity of Ideation

Determine the “Intensity” of Ideation (most severe thought)

- ▶ Frequency (how many times)
- ▶ Duration (how long do they last)
- ▶ Controllability (can you stop thinking the thoughts)
- ▶ Deterrents (anything that stop you wanting to die)
- ▶ Reasons for ideation (reasons for wanting to die)

For Intensity of Ideation, Risk is Greater When:

- ▶ Thoughts are more frequent
- ▶ Thoughts are of longer duration
- ▶ Thoughts are less controllable
- ▶ Fewer deterrents to acting on thoughts
- ▶ Stopping the pain is the reason

Suicidal Behavior

Definition of Attempt:

A self-injurious act committed with at least some intent to die, as a result of the act

- There does not have to be injury or harm, just potential for injury or harm
- Intent & Behavior must be linked
- Intent can sometimes be inferred clinically from the behavior or circumstances

SUICIDAL BEHAVIOR (Check all that apply, so long as these are separate events; must ask about all types)	Lifetime	Past 3 months
<p>Actual Attempt: A potentially self-injurious act committed with at least some wish to die, <u>as a result of act</u>. Behavior <u>was in part thought of</u> as method to kill oneself. Intent does not have to be 100%. If there is <u>any</u> intent/desire to die associated with the act, then it can be considered an actual suicide attempt. <u>There does not have to be any injury or harm</u>, 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 <u>considered</u> an attempt. Inferring Intent: Even if an individual denies intent/wish to die, it <u>may be inferred</u> 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). <u>Also</u>, if someone denies intent to die, but they thought that what they did could be lethal, intent may be inferred. Have you made a suicide attempt? Have you done anything to harm yourself? Have you done anything dangerous where you could have died? <i>What did you do?</i> <u>Did you _____ as a way to end your life?</u> <u>Did you want to die (even a little) when you _____?</u> <u>Were you trying to end your life when you _____?</u> <u>Or: Did you think it was possible you could have died from _____?</u> 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)? (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>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>Interrupted Attempt: 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 <u>pills in hand</u> 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, <u>gun is taken away</u> 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 <u>poised to jump, is grabbed and taken down</u> from ledge. Hanging: Person has noose around neck but has not yet started to hang - is stopped from doing so. 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? If yes, describe:</p>	<p>Yes No <input type="checkbox"/> <input type="checkbox"/></p> <p>Total # of interrupted _____</p>	<p>Yes No <input type="checkbox"/> <input type="checkbox"/></p> <p>Total # of interrupted _____</p>
<p>Aborted or Self-Interrupted Attempt: When <u>person begins to take steps toward making a suicide attempt, but stops themselves</u> 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. 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? If yes, describe:</p>	<p>Yes No <input type="checkbox"/> <input type="checkbox"/></p> <p>Total # of aborted or self-interrupted _____</p>	<p>Yes No <input type="checkbox"/> <input type="checkbox"/></p> <p>Total # of aborted or self-interrupted _____</p>
<p>Preparatory Acts or Behavior: 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). 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)? If yes, describe:</p>	<p>Yes No <input type="checkbox"/> <input type="checkbox"/></p> <p>Total # of preparatory acts _____</p>	<p>Yes No <input type="checkbox"/> <input type="checkbox"/></p> <p>Total # of preparatory acts _____</p>

CDC Definitions for Suicidal Behaviors

Interrupted Suicide Attempt	Takes steps to injure self but is stopped by another person from starting the self-injurious act, before the potential for harm has begun.
Aborted Suicide Attempt	Takes steps to injure self but is stopped by self from starting the injurious act, before the potential for harm has begun.
Suicide Attempt	A potentially self-injurious act committed with at least some wish to die, as a result of the act.
Other Preparatory Suicidal behaviors	Acts or preparation towards imminently making a suicide attempt, but before potential for harm has begun. This can include anything beyond verbalization or thought, such as assembling a method (e.g. buying a gun, collecting pills)

Lethality (for Actual Attempts only)

	Most Recent Attempt Date:	Most Lethal Attempt Date:	Initial/First Attempt Date:
Actual Lethality/Medical Damage: 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; <i>medical</i> 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; <i>medical</i> hospitalization with intensive care required (e.g., comatose without reflexes; <u>third-degree</u> burns over 20% of body; extensive blood loss with unstable vital signs; major damage to a vital area). 5. Death	<i>Enter Code</i> _____	<i>Enter Code</i> _____	<i>Enter Code</i> _____
Potential Lethality: Only Answer if Actual Lethality=0 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	<i>Enter Code</i> _____	<i>Enter Code</i> _____	<i>Enter Code</i> _____

To assess the lethality of actual attempt(s) described in the SUICIDAL BEHAVIORS section

- What actually happened in terms of medical damage
- Potential lethality for attempt(s) where no medical damage; i.e. what could have happened

Major Components: Since Last Contact

Since Last
Contact

Suicidal Ideation

Rating for Suicidal Ideation, of increasing severity

- ▶ Wish to Die
- ▶ Active Thoughts of Killing Oneself
- ▶ Associated Thoughts of Methods
- ▶ Some Intent
- ▶ Plan and Intent

Intensity of Ideation (applies to the most severe funnel question)

- ▶ Five Scaling questions

Since Last
Contact

Suicidal Behavior

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- ▶ Aborted Attempt
- ▶ Preparatory Acts or Behavior

Resources

- ▶ Free training for Individuals and Systems
 - ▶ <https://cssrs.columbia.edu/training/training-options/>
- ▶ Evidence
 - ▶ <https://cssrs.columbia.edu/the-columbia-scale-c-ssrs/evidence/>
- ▶ Frequently Asked Questions
 - ▶ <https://cssrs.columbia.edu/the-columbia-scale-c-ssrs/faq/>