

# Columbia-Suicide Severity Rating Scale - Intensity of Ideation (CSSRS)

## In the past month...

How many times have you had these thoughts?

- Less than once a week
- Once a week
- 2-5 times in week
- Daily or almost daily
- Many times each day

## In the past month...

When you have the thoughts, how long do they last?

- Fleeting - few seconds or minutes
- Less than 1 hour/some of the time
- 1-4 hours/a lot of time
- 4-8 hours/most of day
- More than 8 hours/persistent or continuous

## In the past month...

Could/can you stop thinking about killing yourself or wanting to die if you want to?

- Easily able to control thoughts
- Can control thoughts with little difficulty
- Can control thoughts with some difficulty
- Can control thoughts with a lot of difficulty
- Unable to control thoughts
- Does not attempt to control thoughts

## In the past month...

Are there things - anyone or anything - that stopped you from wanting to die or acting on thoughts of suicide?

- Deterrents definitely stopped you from attempting suicide
- Deterrents probably stopped you
- Uncertain that deterrents stopped you
- Deterrents most likely did not stop you
- Deterrents definitely did not stop you
- Does not apply

## In the past month...

What sort of reasons did you have for thinking about wanting to die or killing yourself?

- Completely to get attention/reaction
- Mostly to get attention/reaction
- Equally to get attention/reaction and to end the pain
- Mostly to end the pain
- Completely to end the pain
- Does not apply