

# Suicide Behaviors Questionnaire-Revised (SBQ-R)

Name: \_\_\_\_\_

Date of Visit: \_\_\_\_\_

**Instructions:** Please check the number beside the statement or phrase that best applies to you.

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

## Scoring

It consists of four Likert scale questions, with responses ranging from 0 (never) to 4 (very often). The total score for the SBQ-R falls within the range of 3 to 18.

To calculate the score, sum up the responses to the four questions. A total score of 11 or higher suggests a high risk of suicide.

A score between 7 and 10 indicates moderate risk, while a score of 6 or lower suggests low risk. This scoring system provides valuable information for identifying individuals at different levels of suicide risk and guiding appropriate interventions.

<b>Score</b>	<b>Risk Level</b>
11 or higher	High risk
7 to 10	Moderate risk
6 or lower	Low risk