

**SUICIDAL BEHAVIORS QUESTIONNAIRE
(SBQ)**

Marsha M. Linehan
University of Washington
Behavioral Research & Therapy Clinics
Department of Psychology
Box 3515325

Note: If lifetime Parasuicide / Suicide Attempt Count Interview is administered, do not include questions 12a - 12k in this questionnaire.

Think back over the past year and try to remember what has happened.

In the last year, how many times have you attempted suicide or intentionally harmed or injured yourself? Listed below are several methods which you may have used to attempt suicide or intentionally harm yourself. Please write in the number of times you used each method and whether or not you intended to die at that time while using that method.

For example, if you cut yourself once in the last year with the intent to die, place a "1" in the "Intent to die" column on cutting yourself, if you weren't sure about dying, place a "1" in the "Ambivalent/Not sure" column, and if you didn't intend to die, place a "1" in the "No intent to die" column. Or, for example, if you burned yourself twice on purpose in the last year with no intent to die both times, place a "2" in the "No intent to die" column. If you didn't use a method, please place a check in the "Didn't do this" column.

<u>METHOD</u>	<u>NUMBER OF TIMES WITH INTENT TO DIE</u>			
	Didn't do this	Intent to die	Ambivalent/Not sure	No intent to die
12 a. cut yourself on purpose?	_____	_____	_____	_____
12 b. intentionally overdosed on drugs?	_____	_____	_____	_____
12 c. burned yourself on purpose?	_____	_____	_____	_____
12 d. attempted to strangle or hang yourself?	_____	_____	_____	_____
12 e. jumped from a high place to cause self injury?	_____	_____	_____	_____
12 f. shot yourself with a gun?	_____	_____	_____	_____
12 g. swallowed poisons/caustic substances on purpose?	_____	_____	_____	_____
12 h. asphyxiated/smothered yourself?	_____	_____	_____	_____
12 i. tried to drown yourself?	_____	_____	_____	_____
12 j. stabbed/punctured yourself on purpose?	_____	_____	_____	_____
12 k. other (describe): _____ _____	_____	_____	_____	_____

What chance is there that you will consider the possibility, no matter how remote, of killing yourself ...

0 1 2 3 4
 No chance at all Some chance Very likely

13. _____ in your lifetime? (If 0, go to questions #18-22).
 14. _____ within the next year? (If 0, go to questions #18-22).
 15. _____ within the next 4 months? (If 0, go to questions #18-22).
 16. _____ within the next month? (If 0, go to questions #18-22).
 17. _____ today or in the next several days?

How likely is it that you will attempt suicide ...

0 1 2 3 4
 No chance at all Some chance Very likely

18. _____ in your lifetime? (If 0, go to questions #23-27).
 19. _____ within the next year? (If 0, go to questions #23-27).
 20. _____ within the next 4 months? (If 0, go to questions #23-27).
 21. _____ within the next month? (If 0, go to questions #23-27).
 22. _____ today or in the next several days?

If you did attempt suicide, for any reason, how likely is it that you would die as a result ...

0 1 2 3 4
 No chance at all Some chance Very likely

23. _____ in your lifetime? (If 0, go to question #28).
 24. _____ within the next year? (If 0, go to question #28).
 25. _____ within the next 4 months? (If 0, go to question #28).
 26. _____ within the next month? (If 0, go to question #28).
 27. _____ today or in the next several days?

28. Do you currently have a plan for how you would go about killing yourself, if you decided to do it?

0 = No

1 = Yes, a vague plan

2 = Yes, a definite plan

Describe: _____

29. Sometimes people who decide to kill themselves want to do it but can't find a way to actually carry through with their plan because the means are not available to them. If you decided to kill yourself at this point in your life, would the means for carrying out such an action be available to you?

0 = No

1 = Yes, possibly

2 = Yes, definitely

30. If you decided to kill yourself at this point in your life, is there someone in your environment who would want to stop you?

0 = No

1 = Yes, to a small degree

2 = Yes, very much so

31. Some individuals say they cannot even imagine or conceive of the idea of attempting or committing suicide. For these people, suicidal behavior is as alien as the thought of becoming a tree or lifting the Empire State Building. Other people, even though they might never actually consider the idea, can at least imagine the idea of attempting or considering suicide. Which group of people do you belong to?

0 = Group who definitely
can't imagine1 = Group who can somewhat
imagine2 = Group who can definitely
imagine

32. Would any of your problems be solved if you committed suicide?

0
No, definitely not

1

2
Maybe

3

4
Yes, definitely

33. Thinking about the way your life is today, that is, given the good things in your life now and any problems you might be having, IF you knew the QUALITY of your life would never change, that is, it would never get better or worse, do you feel that suicide would be a good way out?

0
No, definitely not

1

2
Maybe

3

4
Yes, definitely

34. If the QUALITY of your life were to get worse (very bad), do you feel that attempting suicide would solve any of your problems?

0
No, definitely not

1

2
Maybe

3

4
Yes, definitely

Questions 35 to 90 are concerned with consequences on you if, in the future, you ever INTENTIONALLY INJURE YOURSELF OR ATTEMPT SUICIDE (but do not die). On each scale below, indicate what effect INTENTIONALLY INJURING YOURSELF OR ATTEMPTING SUICIDE would have on you. How would you feel afterwards?

For example, on the “happy-sad” question, you would place a check on the line close to “happy” if injuring yourself or attempting suicide would make you happier, by “sad” if would make you sadder, or in the middle if it would have neither effect.

- | | | | | | | |
|---------------|-------|-------|-------|-------|-------|-------------|
| 35. happy | _____ | _____ | _____ | _____ | _____ | sad |
| 36. tense | _____ | _____ | _____ | _____ | _____ | relaxed |
| 37. superior | _____ | _____ | _____ | _____ | _____ | inferior |
| 38. active | _____ | _____ | _____ | _____ | _____ | passive |
| 39. loud | _____ | _____ | _____ | _____ | _____ | quiet |
| 40. alert | _____ | _____ | _____ | _____ | _____ | dull |
| 41. inhibited | _____ | _____ | _____ | _____ | _____ | uninhibited |
| 42. afraid | _____ | _____ | _____ | _____ | _____ | unafraid |
| 43. depressed | _____ | _____ | _____ | _____ | _____ | elated |
| 44. peaceful | _____ | _____ | _____ | _____ | _____ | restless |
| 45. daring | _____ | _____ | _____ | _____ | _____ | cautious |
| 46. efficient | _____ | _____ | _____ | _____ | _____ | inefficient |
| 47. sleepy | _____ | _____ | _____ | _____ | _____ | wide awake |
| 48. patient | _____ | _____ | _____ | _____ | _____ | impatient |
| 49. clumsy | _____ | _____ | _____ | _____ | _____ | coordinated |
| 50. excited | _____ | _____ | _____ | _____ | _____ | calm |
| 51. secure | _____ | _____ | _____ | _____ | _____ | insecure |
| 52. weak | _____ | _____ | _____ | _____ | _____ | strong |
| 53. dominant | _____ | _____ | _____ | _____ | _____ | submissive |
| 54. discreet | _____ | _____ | _____ | _____ | _____ | indiscreet |
| 55. bored | _____ | _____ | _____ | _____ | _____ | interested |
| 56. polite | _____ | _____ | _____ | _____ | _____ | rude |

CONTINUES ⇒

Subject ID _____

Date _____

NIMH 3 b 1999-2003

57. talkative	_____	_____	_____	_____	_____	reticent
58. self-critical	_____	_____	_____	_____	_____	self-accepting
59. careful	_____	_____	_____	_____	_____	careless
60. quick responses	_____	_____	_____	_____	_____	slow responses
61. obedient	_____	_____	_____	_____	_____	defiant
62. outgoing	_____	_____	_____	_____	_____	reserved
63. good concentration	_____	_____	_____	_____	_____	poor concentration
64. aggressive	_____	_____	_____	_____	_____	unaggressive
65. frustrated	_____	_____	_____	_____	_____	satisfied
66. responsible	_____	_____	_____	_____	_____	irresponsible
67. emotional	_____	_____	_____	_____	_____	unemotional
68. more sexual	_____	_____	_____	_____	_____	less sexual
69. more humorous	_____	_____	_____	_____	_____	less humorous
70. self-conscious	_____	_____	_____	_____	_____	unself-conscious
71. concerned about the outcome of a task	_____	_____	_____	_____	_____	not concerned about the outcome of a task
72. ashamed	_____	_____	_____	_____	_____	proud
73. manipulative	_____	_____	_____	_____	_____	non-manipulative
74. crazy	_____	_____	_____	_____	_____	sane
75. closer to people	_____	_____	_____	_____	_____	more distant from people
76. sensitive	_____	_____	_____	_____	_____	numb
77. good	_____	_____	_____	_____	_____	bad
78. hard	_____	_____	_____	_____	_____	soft
79. hot	_____	_____	_____	_____	_____	cold
80. wise	_____	_____	_____	_____	_____	foolish

CONTINUES ⇒

Subject ID _____ Date _____

NIMH 3 b 1999-2003

81. kind	_____	_____	_____	_____	_____
82. complex	_____	_____	_____	_____	_____
83. masculine	_____	_____	_____	_____	_____
84. intentional	_____	_____	_____	_____	_____
85. beautiful	_____	_____	_____	_____	_____
86. severe	_____	_____	_____	_____	_____
87. constrained	_____	_____	_____	_____	_____
88. successful	_____	_____	_____	_____	_____
89. pleasurable	_____	_____	_____	_____	_____
90. dead	_____	_____	_____	_____	_____

cruel
simple
feminine
unintentional
ugly
lenient
free
unsuccessful
painful
alive