

Adapted from the Cat-RAG © Suicide Risk Assessment Form
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Suicide Risk Assessment Form

Patient Name: _____ Clinician: _____ Date: _____

Demographic Factors

- ☐ Male
 - ☐ 65 years or older
 - ☐ 85 years or older
- ☐ Low socioeconomic status
- ☐ Living alone
- ☐ Currently divorced
- ☐ Caucasian or Native American
- ☐ Unemployed
- ☐ Access to/history of use of firearms
- ☐ Lack of structured religion

Current Mental Status

- ☐ Suicidal ideation by consumer
- ☐ Suicidal ideation alleged by others
- ☐ Realistic plan in community
- ☐ Realistic plan in hospital
- ☐ Suicidal intent alleged by others
- ☐ Suicidal intent expressed by consumer

Clinical Factors

- ☐ Severe anxiety and/or agitation
- ☐ Anorexia Nervosa
- ☐ Bipolar Disorder
 - ☐ Bipolar II
 - ☐ Mixed state
 - ☐ Depressive phase of illness
- ☐ Depression
 - ☐ Severe
 - ☐ Anhedonia or hopelessness
 - ☐ Anxiety, agitation, or panic
 - ☐ Aggression or impulsivity
 - ☐ Delusional thinking
 - ☐ Global or partial insomnia
 - ☐ Recent sense of peace/well-being
 - ☐ Co-morbid alcohol abuse/dependence
- ☐ Dysthymia
- ☐ Post Partum Depression
- ☐ Alcohol/Substance Abuse/Dependence
 - ☐ Co-morbid Axis I Disorder
 - ☐ Mixed Drug Abuse

Loss Factors

- ☐ Decrease in vocational status
- ☐ Loss of significant relationship
- ☐ Decline in physical health

Clinical Factors Continued

- ☐ Obsessive-Compulsive Disorder
- ☐ Schizophrenia
 - ☐ Paranoid or Undifferentiated Type
 - ☐ Depressive State
 - ☐ Command Hallucinations
 - ☐ More than a high school education
 - ☐ Less than 40 years old
- ☐ Personality Disorders
 - ☐ Cluster B or Cluster C
 - ☐ Co-morbid depression
 - ☐ Co-morbid alcohol abuse/dependence
- ☐ Epilepsy
 - ☐ Temporal lobe epilepsy
- ☐ Chronic Pain
- ☐ More than one psychiatric diagnosis
- ☐ Currently psychotic
- ☐ Unstable or poor therapeutic relationship

Cognitive Features that Contribute to Risk

- ☐ Loss of executive function
- ☐ Thought constriction (tunnel vision)
- ☐ Polarized thinking
- ☐ Closed-mindedness
- ☐ Inability to adapt to a dependent role

Historical Factors

- ☐ Prior suicide attempts
- ☐ Family history of suicide
- ☐ Anniversary of important loss
- ☐ Impulsivity
- ☐ Family of origin violence
- ☐ Victim of physical or sexual abuse
- ☐ Domestic partner violence

Risk Reduction Factors

- ☐ Pregnancy
- ☐ Responsible for children under 18 years old
- ☐ Sense of responsibility to family
- ☐ Catholicism or Judaism is religion of choice
- ☐ Employed
- ☐ Living with another person, especially a relative
- ☐ Positive social support

☐ Loss of freedom due to legal status

☐ Positive therapeutic relationship

This assessment is based on information collected from the following sources:

My interview with the following:

- ___ Consumer
- ___ Family members: _____,
- ___ Friends: _____
- ___ Others: _____,
- ___ Review of records (specify): _____,
- ___ Other sources: _____

Individual Risk Reduction Factors and Individual Risk Factors: *For hospitalized consumers, this should include an assessment of the risk of elopement.*

Clinician's Formulation of Risk: *Using the risk factors and risk reduction factors identified above, describe your estimation of the consumer's imminent and long term risk for suicide, as well as necessary interventions to assure consumer's safety and facilitate stabilization. Describe your clinical reasoning in detail.*

Interventions: *Document interventions which directly address mitigating those risk factors which are identified and can be addressed either clinically or with the help of natural supports. For consumers where a formal crisis plan is developed, that may serve to complete this section by attaching a copy of that plan.*

Clinician's Signature: _____ Date: _____ Time: _____