SBQ-R

Suicidal Behaviors Questionnaire-Revised (SBQ-R)

The SBQ-R is a brief tool designed to assess different aspects of an individual's suicidal behaviors and thoughts. It covers the course of suicidal ideation, the communication of suicidal intent, and the likelihood of future attempts. It allows rapid identification of people at risk of suicide, in both clinical and nonclinical populations.

Number of questions	4 questions
Estimated duration	5 minutes
Language	English
Original name	Suicide Behaviors Questionnaire - Revised
Target audience	Adults, adolescents
Authors	Craig J. Osman, John R. Guitierrez, John R. Reynolds (1999)
Category	Depression

Preview of the 4 questions

Have you ever thought about or attempted to kill yourself?

- Never
- It was just a brief passing thought
- I have had a plan at least once to kill myself but did not try to do it
- I have had a plan at least once to kill myself and really wanted to die
- I have attempted to kill myself, but did not want to die
- I have attempted to kill myself, and really hoped to die

How often have you thought about killing yourself in the past year?

- Never
- Rarely (1 time)
- Sometimes (2 times)
- Often (3-4 times)
- Very Often (5 or more times)

Have you ever told someone that you were going to commit suicide, or that you might do it?

- No
- Yes, at one time, but did not really want to die
- Yes, at one time, and really wanted to die
- Yes, more than once, but did not want to do it
- Yes, more than once, and really wanted to do it

How likely is it that you will attempt suicide someday?

Never | No chance at all | Rather unlikely | Unlikely | Likely | Rather likely | Very likely

Administer your questionnaires online

Send your patient a link: they answer from their phone or computer, and you receive the scored results by email.

View the questionnaire on mentaal.org ›

Scoring & interpretation

Scoring varies for each question. Total scores range from 3 to 18. A score of 7 or more in adults, or 8 or more in adolescents, indicates a high risk of suicidal behavior. Interpretation depends on the cutoff chosen for the target population.

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Laura V. - Online Psychologist