SIDAS

Suicidal Ideation Attributes Scale (SIDAS)

The SIDAS is a brief self-report tool designed to measure the intensity and severity of suicidal ideation over the past 30 days. It allows for quick identification of people at risk and monitoring of suicidal ideation over time. Used mainly in clinical and research settings, it helps identify patients who require more intensive care.

Number of questions	5 questions
Estimated duration	2 minutes
Language	English
Original name	Suicidal Ideation Attributes Scale
Target audience	Adults
Authors	Philip J. Batterham, Alison L. Calear, Helen Christensen (2014)
Category	Depression

Preview of the 5 questions

In the past month, how often have you had thoughts about suicide?

0 - Never | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 - Always

In the past month, how much control have you had over these thoughts?

0 - No control | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 - Full control

In the past month, how close have you come to making a suicide attempt?

0 - Not close at all | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 - Made an attempt

In the past month, to what extent have you felt tormented by thoughts about suicide?

0 - Not at all | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 - Extremely

In the past month, how much have thoughts about suicide interfered with your ability to carry out daily activities, such as work, household tasks or social activities?

0 - Not at all | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 - Extremely

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

The five items are rated on a scale from 0 to 10, for a total score between 0 and 50. Higher scores indicate more severe suicidal ideation. A cutoff of 21 or more signals high risk that may require clinical intervention.

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Basile R. - Clinical Psychologist