

## SIMPLE STEPS Example Questions

### Suicidal

- Are you thinking about killing yourself?

### Ideation

- When did your suicidal thoughts begin?
- How frequent are they?
- Are they obsessive?
- Can you control them?
- On a scale from 1 to 10 (1 being not likely at all and 10 being definite) how likely are you to commit suicide within the next 72 hours?

### Method

- Have you thought about how you would kill yourself?
- Have you thought about when you would do this?
- Have you thought about where you would do this?
- Have you thought about what you would need to do to accomplish this?

### Pain

- On a scale from 1 to 10, 1 indicating no pain and 10 indicating unbearable pain, how much pain are you in?
- What would bring you to a ten?

### Loss

- Have you lost anyone or anything recently or in the past?
- Do you anticipate losing anything in the future?
- How has this loss affected you?
- How much time do you spend thinking of this loss?

### Earlier Attempts

- Have you attempted suicide in the past?
- What was going on in your life that made you think of suicide?
- Was there something specific that triggered your attempt?
- How did you attempt in the past?
- What happened so that you did not kill yourself?

### Substance Use

- Do you drink alcohol?
- When you think of suicide, do you drink? If so what do you drink? How much do you have at a time? When did you last drink like this?
- Do you take any nonprescription drugs?
- When you think of suicide, do you take nonprescription drugs? If so what do you take? How much do you take? When is the last time you did this?

- Have you been prescribed any medications? If so what are you taking? What is the dosage? When is the last time you got a refill on these medications?
- When you think of suicide, are you taking your prescribed medication? If not tell me about this.

#### Troubleshooting

- Are you willing not to kill yourself?
- What have you tried in the past to help you with your issues?
- What have you tried recently?
- What would you be willing to do?
- In your mind, have you tried everything you can think of to help?
- Have you given up?

#### Emotions and Diagnosis

- Describe how you feel today.
- On a scale from 1 to 10 (1 being not at all and 10 being extremely or severe), how lonely do you feel?

#### Parental and Family History

- Has anyone in your family thought about suicide?
- Has anyone in your family committed suicide?
- Have your parents experienced any emotional problems?
- Has anyone in your family been hospitalized for a mental illness?

#### Stressors and Life Events

- What is going on in your life that leads you to thinking of suicide?
- Which on of these is most stressful today?