

# Suicide Risk Assessment: The SBQ-R Test

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The SBQ-R (Suicidal Behaviors Questionnaire – Revised) is a clinically valid and reliable test used to quickly identify people who are at increased risk to commit suicide.

*Instructions: Print this test, then answer each question as honestly as you can.  
Circle only one answer for each question.*

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## **Question 1. Have you ever thought about or attempted to kill yourself?**

1 = Never

2 = It was just a brief passing thought

3a = I have had a plan at least once to kill myself but did not try to do it

3b = I have had a plan at least once to kill myself and really wanted to die

4a = I have attempted to kill myself, but did not want to die

4b = I have attempted to kill myself, and really hoped to die

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## **Question 2. How often have you thought about killing yourself in the past year?**

1 = Never

2 = Rarely (1 time)

3 = Sometimes (2 times)

4 = Often (3-4 times)

5 = Very Often (5 or more times)

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## **Question 3. Have you ever told someone that you were going to commit suicide, or that you might do it?**

1 = No

2a = Yes, at one time, but did not really want to die

2b = Yes, at one time, and really wanted to die

3a = Yes, more than once, but did not want to do it

3b = Yes, more than once, and really wanted to do it

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#### Question 4. How likely is it that you will attempt suicide someday?

- 0 = Never
  - 1 = No chance at all
  - 2 = Rather unlikely
  - 3 = Unlikely
  - 4 = Likely
  - 5 = Rather likely
  - 6 = Very likely
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## SCORING

You circled one answer for each question. Each answer you circled has a number beside it, such as 1, or 2, or 2a or 2b etc. To add up your total score, simply add up the 4 numbers beside your answers.

**For example:**

(Question 1 = 3a) + (Question 2 = 2) + (Question 3 = 2b) + (Question 4 = 3)  
Total score 3+2+2+3 = 10

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### Are You At Risk? - Interpreting Scores

- *For adults in the general population: People with a score of 7 or greater are considered at risk of suicide*
- *For adults in a psychiatric inpatient program: People with a score of 8 or greater are considered at risk of suicide*

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