SHEEHAN-SUICIDALITY TRACKING SCALE (S-STS) – Child Version (9-12 years)

**INSTRUCTIONS:** PLEASE USE DATA FROM ALL SOURCES AND CONSIDER SEVERITY, FREQUENCY, TIME SPENT AND TIME FRAME IN YOUR RESPONSES. THE RESPONSE "NOT AT ALL" TO ANY QUESTION MEANS "NONE" AND MEANS THAT THE THOUGHT, EXPERIENCE OR BEHAVIOR "DID NOT OCCUR AT ALL". THROUGHOUT THE SCALE, THE WORDS INTENT / INTEND MEAN ANY INTENT GREATER THAN ZERO. SCORE THE MOST SERIOUS EVENT THAT OCCURRED FOR EACH ITEM BELOW.

In the past (timeframe):

1. did you have an accident? (this includes taking too much of your medication by accident).
   - NO ☐
   - YES ☐

1a. how seriously did you plan or expect to hurt yourself on purpose in an accident?
   - Not at all 0
   - A little 1
   - Somewhat 2
   - Very 3
   - Extremely 4

   IF THE ANSWER TO QUESTION 1a IS 0 (= Not at all), GO TO QUESTION 2. IF IT IS SCORED 1 OR HIGHER, GO TO QUESTION 1b:

1b. did you try to die as a result of an accident?
   - NO ☐
   - YES ☐

In the past (timeframe), how much did you:

2. think that you would be better off dead or wish you were dead?
   - Not at all 0
   - A little 1
   - Somewhat 2
   - Very 3
   - Extremely 4
   - How many times? ____

3. think about hurting yourself, with the possibility that you might die? Or how much did you think about killing yourself **?
   - Not at all 0
   - A little 1
   - Somewhat 2
   - Very 3
   - Extremely 4
   - How many times? ____

4. hear a voice telling you to kill yourself, or have a dream or a nightmare about killing yourself **?
   - Not at all 0
   - A little 1
   - Somewhat 2
   - Very 3
   - Extremely 4

5. think about how to kill yourself **?
   - Not at all 0
   - A little 1
   - Somewhat 2
   - Very 3
   - Extremely 4

6. think about what you would use to kill yourself **?
   - Not at all 0
   - A little 1
   - Somewhat 2
   - Very 3
   - Extremely 4

7. think about where you would go to kill yourself **?
   - Not at all 0
   - A little 1
   - Somewhat 2
   - Very 3
   - Extremely 4

8. think about when to kill yourself **?
   - Not at all 0
   - A little 1
   - Somewhat 2
   - Very 3
   - Extremely 4

9. want to go through with a plan to kill yourself **?
   - Not at all 0
   - A little 1
   - Somewhat 2
   - Very 3
   - Extremely 4

10. want to die by hurting yourself?
    - Not at all 0
    - A little 1
    - Somewhat 2
    - Very 3
    - Extremely 4

11. think about killing yourself ** sooner rather than later?
    - Not at all 0
    - A little 1
    - Somewhat 2
    - Very 3
    - Extremely 4

12. do things to prepare to kill yourself **?
    - Not at all 0
    - A little 1
    - Somewhat 2
    - Very 3
    - Extremely 4

13. hurt yourself on purpose without trying to kill yourself **?
    - Not at all 0
    - A little 1
    - Somewhat 2
    - Very 3
    - Extremely 4
    - How many times? ____

14. try to kill yourself * (**)?
    - Not at all 0
    - A little 1
    - Somewhat 2
    - Very 3
    - Extremely 4

* "A suicide attempt is a potentially self-injurious behavior, associated with at least some intent (> 0) to die as a result of the act. Evidence that the individual intended to kill him or herself, at least to some degree, can be explicit or inferred from the behavior or circumstance.”. A suicide attempt may or may not result in actual injury.” (FDA 2012 definition1,2). * Note: Items 7 & 8 on S-STS (“plan for suicide”) means not going beyond ideas or talking about a plan for suicide. If actual behaviors occurred, the event should not be coded on item 7 or 8, but as “preparatory behavior” (item 12). However, both events can occur separately over the same timeframe. ** Some children may relate better to the wording “to make yourself dead” rather than “to kill yourself”.

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15. IF THE ANSWER TO QUESTION 14 IS 1 OR HIGHER ASK:

In the past (timeframe), how many times did you try to kill yourself? ** ____

<table>
<thead>
<tr>
<th>When?</th>
<th>How?</th>
<th>How hard did you try each time?</th>
</tr>
</thead>
<tbody>
<tr>
<td>dd/MMM/yyyy</td>
<td>Not at all</td>
<td>A little</td>
</tr>
<tr>
<td>1.</td>
<td></td>
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<td>2.</td>
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<td>3.</td>
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<tr>
<td>4.</td>
<td></td>
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<tr>
<td>5.</td>
<td></td>
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</tbody>
</table>

Add rows as needed.

Levels of Trying To Kill Yourself
Level 1: You started to kill yourself, but then you decided to stop.
Level 2: You started to kill yourself, but then someone or something stopped you.
Level 3: You did everything you wanted to do in trying to kill yourself.

16. IF THE ANSWER TO QUESTION 12 IS 1 OR HIGHER ASK:

In the past (timeframe), how many times did you do things to prepare to kill yourself? ** ____

(CLINICIAN: Include only the times when the child stopped before starting to kill themselves.) **

<table>
<thead>
<tr>
<th>When?</th>
<th>How?</th>
<th>How much did you prepare each time?</th>
</tr>
</thead>
<tbody>
<tr>
<td>dd/MMM/yyyy</td>
<td>Not at all</td>
<td>A little</td>
</tr>
<tr>
<td>1.</td>
<td></td>
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<td>2.</td>
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<td>5.</td>
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</tbody>
</table>

Add rows as needed.

Levels of Preparing to Kill Yourself
Level 1: You did things to get ready to kill yourself, but you did not start to kill yourself.
Level 2: You did things to get ready to kill yourself, but then you stopped yourself just before you hurt yourself.
Level 3: You did things to get ready to kill yourself, but then someone or something stopped you just before you hurt yourself.

HOW MUCH TIME DO YOU USUALLY SPEND EVERY DAY THINKING ABOUT KILLING YOURSELF?
____ Not at all. _____ A little. _____ In the middle. _____ A lot. _____ Really a lot.

WHAT IS THE MOST TIME YOU SPENT IN ANY DAY THINKING ABOUT KILLING YOURSELF?
____ Not at all. _____ A little. _____ In the middle. _____ A lot. _____ Really a lot.
Complete this section if the patient does not return for the scheduled follow up visit and is not available to permit completion of pages 1 and 2.

FOR CLINICIAN USE ONLY

17. Missed appointment - reason: subject died from a completed suicide?  
   ☐ NO  ☐ YES

18. Missed appointment - reason: subject died, but not enough information to code as a suicide?  
   ☐ NO  ☐ YES

19. Missed appointment - reason: subject died from cause(s) other than suicide?  
   ☐ NO  ☐ YES

20. Missed appointment - reason: subject alive, but not available because of a suicide attempt?  
   ☐ NO  ☐ YES

21. Missed appointment - reason: subject alive, but not available for known reasons other than suicide?  
   ☐ NO  ☐ YES

22. Missed appointment - reason: subject alive, but not available, for uncertain reasons, or "lost to follow up"?  
   ☐ NO  ☐ YES

**Total Scale Score**

Add scores from Questions 1a (only if 1b is coded YES), + 2 through 11 + [the highest of 12 or any row of 16] + [the highest of 14 or any row of 15] + 17 + 20 [on page 3]

☐ I have reviewed the answers on Pages 1 and 2 with the patient.

______________________________   ______________________________
Clinician Signature            dd/MMM/yyyy

☐ I have reviewed the answers on Pages 1 and 2 with my doctor or clinician.

______________________________   ______________________________
Patient Signature            dd/MMM/yyyy

References


The author is grateful to for very valuable advice in the development of the pediatric versions of the S-STS to Darlene Amado and Darlene Beamon and to JM Giddens in developing the adult S-STS and adult S-STS CMCM versions.