**SAD PERSONS SUICIDE RATING SCALE**

**S: SEX.** Men are more likely to commit suicide than women. Men kill themselves about four times more often, although females make more attempts.

**A: AGE.** The ages which are most dangerous to commit suicide vary over time. You should consult current statistics. Currently those between 15-24 have a higher risk – many more attempts made than actual suicides for this group. Males over age of 75 are at high risk. After 65 individuals as a whole have an attempt to completed suicide rate of about 2:1. Up to age 65, it is about a 7:1 ratio

**D: Depression.** The suicide rate for those who are clinically depressed is about 20

times greater than for the general population. Hopelessness is one

aspect of depression that has a close tie to suicide. These two issues,

depression and hopelessness, are the strongest predictors of wishes of a

hastened death.

**P: Prior History.** Roughly 80% of completed suicides were preceded by a prior

attempt.

**E: Ethanol Abuse.** Alcohol and/or drug abuse increase risk.

**R: Rational Thinking Loss.** Psychosis (“I heard a voice saying I should kill myself”)

increases risk. Some estimates suggest that 20-40% of those with

Schizophrenia make an attempt at some point, and the risk is highest early on in the illness.

**S: Support System Loss.** Loss of support can vary tremendously. Loss of significant

other; Children living in distant place; Loss of friends and acquaintances; Loss of job with accompanying support

**O: Organized Plan.** This speaks for itself. Having a method in mind creates more

risk.

**N: No Significant Other.** See “S” above

**S: Sickness.** Terminal illness, such as cancer and AIDS, also carries with it a 20

fold increase in risk of **suicide** compared to the general population

**Scoring System: 1 point for each positive answer on the above.**

**Score Risk**

0-2 Very Little Risk

3-4 Moderate Risk – allow to remain in home, but check frequently

5-6-High Risk – Consider Hospitalization involuntary of voluntary depending on your level of assurance that patient will not hurt self

7-10 Very High Risk – Definitely Hospitalize involuntarily or voluntarily

Juhnke, G. E. (1994). “SAD PERSONS scale review.” Measurement & Evaluation in Counseling & Development, 27, 325-328.