

## Diagnostic Criteria for the Suicide Crisis Syndrome Checklist (SCS-C):

**A. Entrapment:** Patient presents with a problem that *they perceive* as intolerable and unsolvable (they may describe themselves as ‘trapped’, ‘having no exit’ or ‘having reached a dead end’):

no    yes

**B. Associated disturbances:** [Patient screens positive (yes) if any of the symptoms below are marked “yes”]:

no    yes

**(B1) Affective disturbance:**    no    yes [For (a), (b), (c), (d) criteria patient screens positive (yes) if any of the symptoms below are marked “yes”]:

Manifested self- or collateral-report or observation of any of:

- (1) emotional pain  
no    yes
- (2) rapid spikes of negative emotions or extreme mood swings  
no    yes
- (3) extreme anxiety that may be accompanied by dissociation or sensory disturbances  
no    yes
- (4) acute anhedonia (i.e., a new or increased inability to experience interest or pleasure or imagine future experience of interest or pleasure)  
no    yes

**(B2) Loss of cognitive control:**    no    yes

Manifested by self- or collateral-report or observation of any of:

- (1) intense or persistent rumination about one’s own distress and the life events that brought on distress  
no    yes
- (2) an inability to deviate from a repetitive negative pattern of thought (cognitive rigidity)  
no    yes
- (3) an experience of an overwhelming profusion of negative thoughts accompanied by a sensation of pressure or pain in one’s head (ruminative flooding)  
no    yes
- (4) repeated unsuccessful attempts to suppress negative or disturbing thoughts  
no    yes

**(B3) Disturbance in arousal:**    no    yes

Manifested by self- or collateral-report or observation of any of:

- (1) agitation    no    yes
- (2) hypervigilance    no    yes
- (3) irritability    no    yes
- (4) global insomnia    no    yes

**(B4) Social withdrawal:**    no    yes

Manifested by self- or collateral-report or observation of any of:

- (1) withdrawal from or reduction in scope of social activity    no    yes
- (2) evasive communication with close others    no    yes