

SUICIDE-RELATED COPING SCALE

ID #	Name	Date	Visit #	Assessor
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Instructions: Please indicate how strongly you agree or disagree with each of the following statements.

	Strongly Disagree (0)	Somewhat Disagree (1)	Unsure (2)	Somewhat Agree (3)	Strongly Agree (4)
1. I have contact information for at least one health care professional (such as doctor or therapist) whom I can call during a suicidal crisis.					
2. I cannot do anything to control my suicidal thoughts.					
3. I know which friends and/or family members to contact to help take my mind off my suicidal feelings.					
4. I know the nearest hospital or urgent care facility where I can go if I cannot handle my suicidal feelings.					
5. When I feel suicidal, there are places I can go (such as a coffee shop, the gym, place of worship, or shopping mall) to help me take my mind off my problems.					
6. I have several things I can do to get through a suicidal crisis.					
7. I am able to confide in someone, such as a friend, family member, supervisor, or spiritual advisor when I am experiencing a crisis.					
8. Seeking help from health care professionals is a good way to keep myself safe when I am feeling suicidal.					
9. I know it is important to limit access to weapons or other ways to hurt myself when I am feeling suicidal.					
10. Even if I am alone, there are things I can do to take mind off my suicidal feelings and thoughts for at least a while					
11. I do not think there is anything that I can do to help myself when I am feeling suicidal.					
12. It is useless to talk to anyone about my suicidal thoughts.					
13. When I am suicidal, I know of things to do by myself that help me feel less suicidal.					

	Strongly Disagree (0)	Somewhat Disagree (1)	Unsure (2)	Somewhat Agree (3)	Strongly Agree (4)
14. I can distract myself by doing other things or thinking about other things when I am feeling suicidal.					
15. If one way of trying to cope with suicidal feelings does not work, I have other ways to try.					
16. I am at the mercy of my suicidal thoughts.					
17. I feel that I have no one to turn to when I am feeling suicidal.					

Stanley, B., Green, K.L., Ghahramanlou-Holloway, M., Brenner, L.A., Brown, G.K. (2017). The construct and measurement of suicide-related coping. *Psychiatry Research*, 258, 189-193.

In order to derive a total scale score and subscale scores, follow these procedures:

1. Reverse score the following items: **2, 11, 12, 16** and **17**.
2. The Total Score is the sum of all **17 items (after completing the necessary reverse scoring)**.
3. To calculate the subscales sum the following items (after completing the necessary reverse scoring) for each subscale:

External Coping: **1, 3, 4, 7, 9, 12,** and **17**

Internal Coping: **2, 5, 8, 10, 13, 14,** and **15**