Appendix C: ASRaDA mHealth technology with CES-D [Severe Depression]

ASRaDA mHealth technology with SBQ-R

[Suicide Risk]
Suicide Behaviors Questionnaire-Revised

Please check the answer for each the statement or phrase that best applies to you.

1. Have you ever thought about or attempted to kill yourself? (check one only)
   - 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

2. How often have you thought about killing yourself in the past year? (check one only)
   - 1. Never
   - 2. Rarely (1 time)
   - 3. Sometimes (2 times)
   - 4. Often (3-4 times)
   - 5. Very Often (5 or more times)

3. Have you ever told someone that you were going to commit suicide, or that you might do it? (check one only)
   - 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

4. How likely is it that you will attempt suicide someday? (check one only)
   - 0. Never
   - 1. No chance at all
   - 2. Rather unlikely
   - 3. Unlikely

PM
**Patient Management Decisions: Reflected on ASRaDA**

**SBQ-R**

Low risk of Suicide

No further management is required. If the person answered yes to the question that they had tried to kill themselves before, regardless of the score, it is recommended to ask a follow up question: Has anybody close to you committed suicide? Provide education about where to seek help if the feelings return.

**CES-D**

the patient may be suffering from a severe depression.

Refer patients to the relevant Stress Management Ward at Suva (or possibly St. Giles); Lautoka Hospital (Western Division) or Labasa Hospital (Northern division). In more isolated locations, make direct referral to the relevant Stress Management Ward or St. Giles. Patients will most likely commence on antidepressants and probably admitted.