Mental Health Risk Assessment

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Galatean Risk Screening Tool General Version 1 (July 29, 2009)

Person's name:	Date of birth:dmy
Gender:	
Marital status: — — —	married (first marriage)
Does the person share his or her living accommodation wit all indented questions, as explained in the instructions)?	1 1 1/25 1 1/10
Does the person live with any dependents (older relatives	or children)?
number of dependents Approximate age o	f youngest dependent
Which non-dependents share the livingpartner accommodation (tick all that apply)?sibling(s	☐ carer ☐ friends/communal ☐ other service users) ☐ parent(s) ☐ other relatives
Please tick the most appropriate ethnic group for the person	ı
white:	round
mixed: white/black caribbean white/black af	rican
	other asian background
black: african other black	background
☐ chinese ☐ other ethnic group	
RISK SUMMARY	OVERALL RISK COMMENTS
RISK SUMMARY Suicide	OVERALL RISK COMMENTS
0 1 2 3 4 5 6 7 8 9 10 dk	OVERALL RISK COMMENTS
Suicide 0 1 2 3 4 5 6 7 8 9 10 dk 0 1 2 3 4 5 6 7 8 9 10 dk dk	OVERALL RISK COMMENTS
Suicide	OVERALL RISK COMMENTS



Rapid screening questions

SCREENING QUESTIONS LINKED TO A PARTICULAR RISK

SUICIDE			
Has the person ever made a suicide attempt? If yes, $\rightarrow p6$	☐ yes	\square no	dk
Are you concerned about the person's current intention to commit suicide? If yes, \rightarrow p6	yes	\square no	dk
Are you concerned about the person being exposed to circumstances or emotions that could trigger suicide attempts? If yes, $\rightarrow p7$	☐ yes	\square no	dk
Is the person having suicidal thoughts or fantasies? If yes, $\rightarrow p7$	☐ yes	\square no	dk
SELF-HARM			
Has the person ever engaged in self-harming behaviour? If yes, $\rightarrow p7$	☐ yes	\square no	dk
Are you concerned about the person being exposed to circumstances or emotions that could trigger self-harm? If yes, $\rightarrow p7$	yes	\square no	dk
Is the person having self-harming thoughts or fantasies? If yes, $\rightarrow p8$	☐ yes	\square no	dk
HARM TO OTHERS OR DAMAGE TO PROPERTY			
Has the person ever engaged in episodes of harm to people/animals or damage to property (fire setting, vandalism, etc)? If yes, $\rightarrow p8$ but also record the most important information below	☐ yes	□ no	dk
Tick all groups of people who are known - to have been the target of any harm by the person			S
– Were any of the episodes physical or sexual assaults/abuse? If yes, $\rightarrow p8$	☐ yes	\square no	dk
– Has the person ever engaged in fire setting behaviour? If yes, $\rightarrow p8$	☐ yes	\square no	dk
Do you believe the person has an intention to cause harm or damage? If yes, $\rightarrow p9$	☐ yes	\square no	dk
Are you concerned about the person being exposed to circumstances or emotions that could trigger harm or damage? If yes , $\rightarrow p9$	☐ yes	\square no	dk
Is the person having thoughts or fantasies about harming people/animals or damaging property? If yes, $\rightarrow p9$	☐ yes	\square no	dk
Are there any child protection issues?	yes	\square no	dk
SELF NEGLECT			
Are you concerned about the person being at risk of self neglect or neglect by others? If yes , $\rightarrow p10$	☐ yes	\square no	dk
VULNERABILITY OF SERVICE USER			
Does the person have a history of falls or other accidents? If yes, \rightarrow p10	☐ yes	\square no	dk
Are you concerned about any other issues that may be putting the person at risk due to his or her vulnerability (consider physical, emotional, sexual, and financial vulnerability)? If yes, $\rightarrow p10$	☐ yes	По	dk
RISK TO DEPENDENTS?			
Are you concerned about risks to dependents? If yes. $\rightarrow p5$	ves	\square no	dk



SCREENING QUESTIONS RELEVANT TO MORE THAN ONE RISK			
Are you concerned about risks due to the person's feelings/emotions ? If yes, $\rightarrow p11$	☐ yes	\square no	dk
Are you concerned about risks due to the person's sense of self worth ? <i>If yes</i> , \rightarrow <i>p11</i> .	☐ yes	\square no	dk
Is there any history of depression or serious mental illness , including any current episode? If yes, \rightarrow p11	☐ yes	\square no	dk
Are you concerned about risks due to the person's mental faculties/cognitive capacity ? <i>If yes</i> , \rightarrow <i>p12</i>	☐ yes	\square no	dk
Are you concerned about personality factors and their impact on risks? If yes, $\rightarrow p12$	yes	\square no	dk
Are you concerned about the person's motivation and engagement with the world ? <i>If</i> $yes, \rightarrow p12$	_ yes	\square no	dk
Are you concerned about risks due to the person's social context (relationships, living arrangements, finances, employment, any detrimental changes)? If yes , $\rightarrow p13$	yes	□ no	dk
Are you concerned about the person's general current behaviour (eg risk-taking, sleep patterns, daily activities, challenging behaviour)? If yes , $\rightarrow p13$	_ yes	□ no	dk
Does the person have a history of misusing drugs or alcohol? If yes, $\rightarrow p14$	yes	\square no	dk
Are you concerned about the person's lack of insight and sense of responsibility ? <i>If</i> $yes, \rightarrow p14$	yes	□ no	dk
Are you concerned about risks due to any physical health problems ? If yes, $\rightarrow p14$	☐ yes	\square no	dk
Are you concerned about the person's concordance with mental-health treatment? <i>If</i> $yes, \rightarrow p14$	yes	\square no	dk
Does the person have a history of adverse life events (eg suffered abuse, criminal justice proceedings, detrimental upbringing/education, eating disorders)? <i>If yes</i> , $\rightarrow p15$ <i>Consider also social context</i> (p.13) <i>and physical health</i> (p.14).	☐ yes	По	dk
Are you concerned about the person's behavioural presentation with respect to potential risks (eg verbal and physical behaviour, uneasy 'gut' feeling in yourself)? <i>If yes</i> , \rightarrow <i>p15</i>	☐ yes	□ no	dk
Are you concerned about the person's diet ? If yes, $\rightarrow p16$	yes	\square no	dk

END OF SCREENING QUESTIONS

General comments

Risk judgements

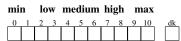
Please use your judgement to assess the risks associated with the person, incorporating information you have obtained from the screening questions and the additional information associated with them. When you have finished, don't forget to copy the risk judgement scores to the front-page summary.

SUICIDE: In your judgement, to what extent is the person at risk of suicide? Comments	min low medium high max 0 1 2 3 4 5 6 7 8 9 10 dk
SELF-HARM: In your judgement, to what extent is the person at risk of self-harm?	min low medium high max
Comments	0 1 2 3 4 5 6 7 8 9 10 dk
SELF NEGLECT: In your judgement, to what extent is the person at risk of self-neglect? Comments	min low medium high max 0 1 2 3 4 5 6 7 8 9 10 dk 1

HARM TO OTHERS OR DAMAGE TO PROPERTY: In your judgement, to what extent is the person at risk of causing harm to people/animals or damaging property? *Comments*

mi	n	lo	w	me	di	ım	hi	gh	n	ıax	
0	1	2	3	4	5	6	7	8	9	10	dk

VULNERABILITY OF SERVICE USER: In your judgement, to what extent is the person at risk due to his or her vulnerability (consider physical, emotional, sexual, and financial vulnerability)? *Comments*



RISK TO DEPENDENTS: In your judgement, to what extent does the person put dependents at risk, if any (consider both children and adults but answer zero if there are no dependents)? <u>Comments</u>

mi	n	lo	w	me	ediu	ım	hi	gh	n	ıax		
0	1	2	3	4	5	6	7	8	9	10	dk	1



Additional questions specific to a particular risk

These questions only need to be answered if flagged by the screening questions as relevant or appropriate for this particular assessment. Indented questions can also be ignored if the root (filter) question is 'no' or 'dk' (don't know).

Additional questions for SUICIDE

Further	auestions on	nast and	current	suicide	attemnts
ruriner	auesuons on	nasi ana	curreni	suiciae	auembis

	d	lk
- When was the last suicide attempt?		
- Has there been more than one suicide attempt?	☐ yes ☐ no ☐	
- When was the first suicide attempt?	d m y d	k
- Approximately how many suicide attempts have there been?	approx	<u>:</u>
- How have the suicide attempts been changing in frequency over the last two years? \(\text{decreasin} \)	g same increasing	_
- To what extent were the suicide attempts well planned?	min low medium high max 0 1 2 3 4 5 6 7 8 9 10 dl	<u>k</u>
- Was a suicide note written for any previous or current suicide attempts?	\square yes \square no \square	k
- To what extent were the suicide attempts concealed to prevent discovery?	min low medium high max 0 1 2 3 4 5 6 7 8 9 10 dl	k
- How lethal was the most serious method used by the person in any of the suicide attempts (i.e. how likely to succeed in killing the person without any intervention)?	0 1 2 3 4 5 6 7 8 9 10 dl	<u>k</u>
To what extent do you believe the person wanted the suicide attempts to succeed at the time?	0 1 2 3 4 5 6 7 8 9 10 dl	<u>k</u>
- How much does the person fail to show any regret or remorse over having tried to commit suicide in the past?	0 1 2 3 4 5 6 7 8 9 10 dl	<u>k</u>
To what extent does the person lack awareness about how dangerous the suicide attempts were?	0 1 2 3 4 5 6 7 8 9 10 dl	k
Further questions on current intention to commit suicide		
- Does the person have any plans for making a future suicide attempt?	☐ yes ☐ no ☐	k
To what extent can the person easily carry out the suicide plan (consider realism of plan, access to means of putting it into effect, and any collusion with others)?	min low medium high max 0 1 2 3 4 5 6 7 8 9 10 dl	k
- How clear and detailed is the suicide plan?	0 1 2 3 4 5 6 7 8 9 10 dl	k
To what extent has the person taken steps towards implementing the suicide plan?	0 1 2 3 4 5 6 7 8 9 10	<u>k</u>
- How likely is the chosen method to succeed once the attempt has started?	0 1 2 3 4 5 6 7 8 9 10 dl	<u>k</u>
- Has the person told anyone about an intention to commit suicide?	☐ yes ☐ no ☐	k
To what extent has the person made end-of-life preparations matching those that - would cause you most concern about suicide risk (eg written a will, sorted finances, put house in order, written suicide note)?	min low medium high max 0 1 2 3 4 5 6 7 8 9 10 dl	<u>k</u>

Further questions on potential triggers for prospective suicide	
To what extent is the person exposed to circumstances or emotions that may trigger	min low medium high max 0 1 2 3 4 5 6 7 8 9 10 dk
a suicide attempt?	
To what extent do the person's current emotions or circumstances match those that are known to have triggered previous suicide attempts?	0 1 2 3 4 5 6 7 8 9 10 dk
Further questions on suicidal ideation	
- To what extent does the person lack ability to control suicidal thoughts or fantasies?	0 1 2 3 4 5 6 7 8 9 10 dk
- How much does the content of the suicidal thoughts or fantasies raise serious concerns about suicide risk?	0 1 2 3 4 5 6 7 8 9 10 dk
- How often do the suicidal thoughts or fantasies occur?	eekly monthly less
- How persistent, intrusive, or intense are the suicidal thoughts?	min low medium high max 0 1 2 3 4 5 6 7 8 9 10 dk 1 1 1 1 1 1 1 1 1
General suicide questions	
	educe reduce no effect strongly increase dk
To what extent does the person have a pattern of self-harming that indicates suicide risk?	min low medium high max 0 1 2 3 4 5 6 7 8 9 10 dk
Has there been any history of suicide attempts in the person's family?	yes no
Additional questions for SELF-HARM	
Further questions on past and current episodes of self-harm	
– When was the last self-harm episode?	$d \mid m \mid v \mid^{dk}$
- Has there been more than one self-harm episode?	yes no
- When was the first self-harm episode?	d m y dk
- Approximately how many episodes of self-harm have there been?	approx dk
Are the self-harm episodes increasing or decreasing in frequency over the last two years?	dk
- How much planning was generally involved in the self-harm episodes?	min low medium high max 0 1 2 3 4 5 6 7 8 9 10 dk 1 1 1 1 1 1 1 1 1
- To what extent are the self-harming attempts concealed to prevent discovery?	0 1 2 3 4 5 6 7 8 9 10 dk
- In general, how likely is it that the chosen self-harm methods could lead to death? .	0 1 2 3 4 5 6 7 8 9 10 dk
- How much were the self-harm episodes more than a cry for help?	0 1 2 3 4 5 6 7 8 9 10 dk
– Did the self-harm episodes help the person cope with difficulties?	ves somewhat no
Further questions on potential triggers for prospective self-harm	
To what extent is the person exposed to circumstances or emotions that may trigger self-harm episodes?	min low medium high max 0 1 2 3 4 5 6 7 8 9 10 dk 1 1 1 1 1 1 1 1
To what extent do the person's current emotions or circumstances match those that	0 1 2 3 4 5 6 7 8 9 10 dk

Further questions on self-harm ideation	
- How persistent, intrusive, and intense are the self-harming thoughts?	min low medium high max 0 1 2 3 4 5 6 7 8 9 10 dk
- How often do the self-harming thoughts or fantasies occur? □ daily □ v	veekly monthly less
General self-harm questions	veekiymoniniyiess
To what extent does the person display evidence of self-harming cuts?	min low medium high max
To what extent does the person display evidence of sen-harming cuts:	0 1 2 3 4 5 6 7 8 9 10 dk
Has there been any history of self-harm in the person's family?	\square yes \square no \square
Additional questions for HARM TO OTHERS OR DAMAGE TO	PROPERTY
Further questions on past and current episodes of harm or damage	
Further questions on any violent assault/physical abuse	
- How serious was the most severe assault or physical abuse?	min low medium high max 0 1 2 3 4 5 6 7 8 9 10 dk 1
- When was the first episode of assault/physical abuse?	$d m y \overset{dk}{\Box}$
- When was the most recent episode of assault/physical abuse?	
Questions on sexual assault/abuse	
- Were any of the assaults rape or some other form of sexual abuse?	\square yes \square no \square
nerson?	☐ forcible fondling an object al intercourse ☐ forcible rape
	$d \qquad m \qquad v \qquad \stackrel{dk}{\Box}$
- When was the first episode of sexual assault?	dk
- When was the most recent episode of sexual assault?	d m y dk
- Did any previous episodes of harm to others involve weapons (eg guns, knives)?	yes no
Further questions on any fire-setting	
- How serious were the acts of fire setting?	min low medium high max 0 1 2 3 4 5 6 7 8 9 10 dk 1
- When was the first episode of fire setting?	$d m y \overset{dk}{\Box}$
- When was the most recent episode of fire setting?	
Questions on emotional episodes of harm to others	
- Has the person ever inflicted emotional cruelty on others (including racial abuse)?	\square yes \square no \square
- How serious was the emotional cruelty?	min low medium high max
- How serious was the emotional cruenty?	0 1 2 3 4 5 6 7 8 9 10 dk
- When was the first episode of emotional cruelty?	
- When was the most recent episode of emotional cruelty?	$d m y d^k$
Questions on destructive acts against property	
Has the person ever engaged in destructive acts concerning property (excluding fire	yes no

setting)?

GRIST

- How serious were the destructive acts concerning property?	min low medium high max 0 1 2 3 4 5 6 7 8 9 10 1 1 1 1 1 1 1 1 1	dk
- When was the first destructive act concerning property?		dk
- When was the most recent destructive act concerning property?		dk
- Has the person ever abused animals?	☐ yes ☐ no	dk
- How serious was the animal abuse?	min low medium high max 0 1 2 3 4 5 6 7 8 9 10	dk
- When was the first episode of animal abuse?		dk
- When was the most recent episode of animal abuse?	d m y	dk
General questions relating to any previous episodes of harm or damage		
Approximately how many episodes of all types of harm or damage are there known to have occurred?	approx	dk
- How are the episodes of harm or damage changing in frequency? \[\] decreasing	g same increasing	С
To what extent does the person continue to believe there was nothing wrong with causing harm or damage?	min low medium high max 0 1 2 3 4 5 6 7 8 9 10 1 1 1 1 1 1 1 1 1	dk
Further questions on intention for harm or damage		
To what extent does the person's plan for harm or damage match one that would cause you most concern?	0 1 2 3 4 5 6 7 8 9 10	dk
To what extent does the person have the means and know-how for carrying out the plan to harm or damage?	0 1 2 3 4 5 6 7 8 9 10	dk
To what extent has the person taken steps towards implementing the plan to harm or damage (eg made threats, monitored the victim)?	0 1 2 3 4 5 6 7 8 9 10	dk
- Has the person got any particular victims (specific individuals) in mind for harming?	☐ yes ☐ no	dk
Further questions on potential triggers for prospective harm or damage		
To what extent is the person exposed to emotions or circumstances that could trigger episodes of harm or damage?	min low medium high max 0 1 2 3 4 5 6 7 8 9 10 1 1 1 1 1 1 1 1 1	dk
To what extent do the person's current emotions or circumstances match those that have previously triggered episodes of harm or damage?	0 1 2 3 4 5 6 7 8 9 10	dk
Further questions on ideation about violence		
To what extent does the content of the person's thoughts or fantasies raise serious concerns about risk of harm or damage?	0 1 2 3 4 5 6 7 8 9 10	dk
- How often do the thoughts or fantasies about harm or damage occur? \Box daily \Box w	veekly monthly less	dk
- How persistent, intrusive, or intense are the thoughts/fantasies of harm or damage? .	min low medium high max 0 1 2 3 4 5 6 7 8 9 10 1 1 1 1 1 1 1 1 1	dk
To what extent do the thoughts/fantasies of harm or damage relate to the peo- ple, events, and circumstances in the person's own world (ie the realism of the	0 1 2 3 4 5 6 7 8 9 10	dk



General questions on harm or damage	
	reduce reduce no effect
To what extent is there a history of violence, abuse, or aggression in the person's family?	min low medium high max 0 1 2 3 4 5 6 7 8 9 10 dk
To what extent does the person have an interest in pursuits related to violence (eg weapons, violent videos or computer games)?	0 1 2 3 4 5 6 7 8 9 10 dk
To what extent does the person's appearance (not body language or behaviour) match one that would cause you most concern about risk of harm or damage (eg sweating, blood, state of clothes)?	0 1 2 3 4 5 6 7 8 9 10 dk
Additional questions for SELF NEGLECT	
To what extent do the person's hair and clothing indicate a failure to look after one-self?	min low medium high max 0 1 2 3 4 5 6 7 8 9 10 dk
To what extent does the person have poor personal hygiene (eg smell, dirty hair and nails)?	0 1 2 3 4 5 6 7 8 9 10 dk
To what extent has there been a recent change in appearance suggestive of failing to look after oneself?	0 1 2 3 4 5 6 7 8 9 10 dk
To what extent does the person's skin (condition, lesions, injuries, etc) indicate a failure to look after oneself?	0 1 2 3 4 5 6 7 8 9 10 dk
Additional questions for VULNERABILITY OF SERVICE USER	
Further questions on falls	
Further questions on falls Have any of the falls or accidents occurred recently (within 6 to 9 months approximately)?	☐ yes ☐ no ☐
Have any of the falls or accidents occurred recently (within 6 to 9 months approxi-	yes no with the second
Have any of the falls or accidents occurred recently (within 6 to 9 months approximately)? Are the reasons for the falls or accidents known (eg physical health problems, haz-	dk
Have any of the falls or accidents occurred recently (within 6 to 9 months approximately)? Are the reasons for the falls or accidents known (eg physical health problems, hazards in the home)?	dk
Have any of the falls or accidents occurred recently (within 6 to 9 months approximately)? Are the reasons for the falls or accidents known (eg physical health problems, hazards in the home)? Further questions on person's appearance and behaviour indicators of vulnerability To what extent does the person's appearance match one that would cause you most – concern about vulnerability to abuse by others (eg bruises, scratches, blood, state of	☐ yes ☐ no ☐ dk ☐ min low medium high max
Have any of the falls or accidents occurred recently (within 6 to 9 months approximately)? Are the reasons for the falls or accidents known (eg physical health problems, hazards in the home)? Further questions on person's appearance and behaviour indicators of vulnerability To what extent does the person's appearance match one that would cause you most – concern about vulnerability to abuse by others (eg bruises, scratches, blood, state of clothes)? To what extent does the person's behaviour make the person vulnerable to sexual	yes no dk
Have any of the falls or accidents occurred recently (within 6 to 9 months approximately)? Are the reasons for the falls or accidents known (eg physical health problems, hazards in the home)? Further questions on person's appearance and behaviour indicators of vulnerability To what extent does the person's appearance match one that would cause you most – concern about vulnerability to abuse by others (eg bruises, scratches, blood, state of clothes)? To what extent does the person's behaviour make the person vulnerable to sexual harrassment or abuse? To what extent does the person's behaviour make the person vulnerable to physical	yes no dk
Have any of the falls or accidents occurred recently (within 6 to 9 months approximately)? Are the reasons for the falls or accidents known (eg physical health problems, hazards in the home)? Further questions on person's appearance and behaviour indicators of vulnerability To what extent does the person's appearance match one that would cause you most – concern about vulnerability to abuse by others (eg bruises, scratches, blood, state of clothes)? To what extent does the person's behaviour make the person vulnerable to sexual harrassment or abuse? To what extent does the person's behaviour make the person vulnerable to physical harrassment or abuse? To what extent does the person's behaviour make the person vulnerable to emotional	min low medium high max 0 1 2 3 4 5 6 7 8 9 10 0 1 2 3 4 5 6 7 8 9 10 dk
Have any of the falls or accidents occurred recently (within 6 to 9 months approximately)? Are the reasons for the falls or accidents known (eg physical health problems, hazards in the home)? Further questions on person's appearance and behaviour indicators of vulnerability To what extent does the person's appearance match one that would cause you most – concern about vulnerability to abuse by others (eg bruises, scratches, blood, state of clothes)? To what extent does the person's behaviour make the person vulnerable to sexual harrassment or abuse? To what extent does the person's behaviour make the person vulnerable to physical harrassment or abuse? To what extent does the person's behaviour make the person vulnerable to emotional harrassment or abuse? To what extent does the person's behaviour make the person vulnerable to financial	min low medium high max 0 1 2 3 4 5 6 7 8 9 10 dk 0 1 2 3 4 5 6 7 8 9 10 dk 0 1 2 3 4 5 6 7 8 9 10 dk 0 1 2 3 4 5 6 7 8 9 10 dk 0 1 2 3 4 5 6 7 8 9 10 dk 0 1 2 3 4 5 6 7 8 9 10 dk 0 1 2 3 4 5 6 7 8 9 10 dk 0 1 2 3 4 5 6 7 8 9 10 dk 0 1 2 3 4 5 6 7 8 9 10 dk
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Have any of the falls or accidents occurred recently (within 6 to 9 months approximately)? Are the reasons for the falls or accidents known (eg physical health problems, hazards in the home)? Further questions on person's appearance and behaviour indicators of vulnerability To what extent does the person's appearance match one that would cause you most concern about vulnerability to abuse by others (eg bruises, scratches, blood, state of clothes)? To what extent does the person's behaviour make the person vulnerable to sexual harrassment or abuse? To what extent does the person's behaviour make the person vulnerable to physical harrassment or abuse? To what extent does the person's behaviour make the person vulnerable to emotional harrassment or abuse? To what extent does the person's behaviour make the person vulnerable to financial abuse? Does the person have a history of wandering behaviour?	min low medium high max 0 1 2 3 4 5 6 7 8 9 10 dk 0 1 2 3 4 5 6 7 8 9 10 dk 0 1 2 3 4 5 6 7 8 9 10 dk 0 1 2 3 4 5 6 7 8 9 10 dk 0 1 2 3 4 5 6 7 8 9 10 dk 0 1 2 3 4 5 6 7 8 9 10 dk 1 yes no min low medium high max

Additional questions for information that is relevant to more than one risk

Further questions on feelings/emotions	
- To what extent does the person have unstable moods or mood swings?	min low medium high max 0 1 2 3 4 5 6 7 8 9 10 dk 1
To what extent does the person have negative feelings about him or herself (eg self-hatred, guilt, shame, humiliation)?	0 1 2 3 4 5 6 7 8 9 10 dk
- To what extent is the person displaying anger?	0 1 2 3 4 5 6 7 8 9 10 dk
- To what extent does the person show anxiety (eg afraid, fearful)?	0 1 2 3 4 5 6 7 8 9 10 dk
- To what extent does the person feel helpless?	0 1 2 3 4 5 6 7 8 9 10 dk
- To what extent does the person seem sad or downbeat?	0 1 2 3 4 5 6 7 8 9 10 dk
- To what extent is the person displaying or expressing distress?	0 1 2 3 4 5 6 7 8 9 10 dk
- To what extent is the person expressing jealousy?	0 1 2 3 4 5 6 7 8 9 10 dk
Questions on hopelessness	
- To what extent does the person lack any plans for the future?	0 1 2 3 4 5 6 7 8 9 10 dk
- To what extent does the person think life is not worth living?	0 1 2 3 4 5 6 7 8 9 10 dk
Further questions on person's perspective of self worth	
- To what extent does the person have an exaggerated self-worth or grandiosity?	min low medium high max 0 1 2 3 4 5 6 7 8 9 10 dk
- To what extent does the person regard him or herself as worthless?	0 1 2 3 4 5 6 7 8 9 10 dk
Further questions on mental health problems	
- Does the person have any history of depression (past or present)?	yes no
Tick the most appropriate label for the current episode of depression?	ode \square relapse \square (first) \square recovery (repeat)
- Does the person have any history of serious mental illness (past or present)?	\square yes \square no \square
- How much does the person lack insight into his or her mental-health problems? .	min low medium high max 0 1 2 3 4 5 6 7 8 9 10 dk
- Is the person currently suffering from symptoms of a mental illness?	☐ yes ☐ no ☐
To what extent is the person displaying manic or hypomanic behaviour (mood swings, fast speech, excessive irritability, recklessness, impulsivity, etc)?	min low medium high max 0 1 2 3 4 5 6 7 8 9 10 dk
Questions on voice hallucinations	
– Does the person hear voices that are not present in reality?	☐ yes ☐ no
- How much do the voices urge the person to be harmed or endangered?	min low medium high max 0 1 2 3 4 5 6 7 8 9 10 dk
- How much do the voices urge the person to harm/endanger other people? .	0 1 2 3 4 5 6 7 8 9 10 dk
- How likely is it that the person will act on the voices?	0 1 2 3 4 5 6 7 8 9 10 dk

Questions on paranoid delusions	
Does the person suffer from delusions (ie clearly incorrect and illogical ideas about his or her life and circumstances)?	yes no
How much is the person obsessed about the perceived bad behaviour of particular known people?	min low medium high max 0 1 2 3 4 5 6 7 8 9 10 dk 1
How much is the person obsessed about being harmed or persecuted by particular known people?	0 1 2 3 4 5 6 7 8 9 10 dk
- How likely is it that the person will act on any delusions?	0 1 2 3 4 5 6 7 8 9 10 dk
Further questions on mental faculties/cognitive capacity	
Does the person have impaired cognitive functions (thinking processes, memory, concentration) or dementia?	yes no
- To what extent have the thinking processes and memory deteriorated?	min low medium high max 0 1 2 3 4 5 6 7 8 9 10 dk
- How poor is the person's ability to concentrate?	0 1 2 3 4 5 6 7 8 9 10 dk
- To what extent do you believe the person to have learning disabilities?	0 1 2 3 4 5 6 7 8 9 10 dk
Further questions on personality	
- How assertive is the person?	
- How much does the person lack empathy?	min low medium high max 0 1 2 3 4 5 6 7 8 9 10 dk 1
 How much does the person lack empathy? To what extent is the person overdependent (weak, over-reliant on others, easily influenced, unable to function independently)? 	
To what extent is the person overdependent (weak, over-reliant on others, easily influenced, unable to function independently)?	
To what extent is the person overdependent (weak, over-reliant on others, easily influenced, unable to function independently)?	0 1 2 3 4 5 6 7 8 9 10 dk 0 1 2 3 4 5 6 7 8 9 10 dk sorganised normal
To what extent is the person overdependent (weak, over-reliant on others, easily influenced, unable to function independently)? - How organised is the person's general approach to life?	o 1 2 3 4 5 6 7 8 9 10 dk o 1 2 3 4 5 6 7 8 9 10 dk sorganised normal dk obsessional/perfectionist min low medium high max
To what extent is the person overdependent (weak, over-reliant on others, easily influenced, unable to function independently)? - How organised is the person's general approach to life?	0 1 2 3 4 5 6 7 8 9 10 dk 0 1 2 3 4 5 6 7 8 9 10 dk sorganised normal obsessional/perfectionist min low medium high max 0 1 2 3 4 5 6 7 8 9 10 dk
To what extent is the person overdependent (weak, over-reliant on others, easily influenced, unable to function independently)? How organised is the person's general approach to life?	0 1 2 3 4 5 6 7 8 9 10 dk 0 1 2 3 4 5 6 7 8 9 10 dk sorganised normal obsessional/perfectionist min low medium high max 0 1 2 3 4 5 6 7 8 9 10 dk
To what extent is the person overdependent (weak, over-reliant on others, easily influenced, unable to function independently)? How organised is the person's general approach to life?	0 1 2 3 4 5 6 7 8 9 10 dk 0 1 2 3 4 5 6 7 8 9 10 dk sorganised normal dk obsessional/perfectionist min low medium high max 0 1 2 3 4 5 6 7 8 9 10 dk 0 1 2 3 4 5 6 7 8 9 10 dk
To what extent is the person overdependent (weak, over-reliant on others, easily influenced, unable to function independently)? How organised is the person's general approach to life?	0 1 2 3 4 5 6 7 8 9 10 dk 0 1 2 3 4 5 6 7 8 9 10 dk sorganised normal dk obsessional/perfectionist min low medium high max 0 1 2 3 4 5 6 7 8 9 10 dk 0 1 2 3 4 5 6 7 8 9 10 dk
To what extent is the person overdependent (weak, over-reliant on others, easily influenced, unable to function independently)? How organised is the person's general approach to life?	0 1 2 3 4 5 6 7 8 9 10 dk O 1 2 3 4 5 6 7 8 9 10 dk
To what extent is the person overdependent (weak, over-reliant on others, easily influenced, unable to function independently)? How organised is the person's general approach to life?	0 1 2 3 4 5 6 7 8 9 10 dk O 1 2 3 4 5 6 7 8 9 10 dk

of enthusiasm, libido, and/or interest)?

Further questions on social context

Questions on current relationships	
- Are you concerned about risks due to the person's current relationships?	\square yes \square no \square
- How much does the person lack an external network of relationships?	min low medium high max 0 1 2 3 4 5 6 7 8 9 10 dk 1 1 1 1 1 1 1 1 1
- How much does the person lack supportive relationships?	0 1 2 3 4 5 6 7 8 9 10 dk
To what extent does the person have detrimental relationships (eg bullied, over-protected) or ones with people who have antisocial or exploitative behaviours?	0 1 2 3 4 5 6 7 8 9 10 dk
To what extent does the person perceive his or her relationships to have recently – changed for the worse (eg bitter divorce or separation; rows; carer's role; bereavement)?	0 1 2 3 4 5 6 7 8 9 10 dk
Questions on living arrangements	
- Are you concerned about risks due to the person's living arrangements?	yes no
- How often does the person's living place change?	ore several times per year less dk
- What type of supported living does the person have institution/fully superv limited support notes hostel homeless	J II dk
To what extent is the person's accommodation isolated from other living abodes and resources?	min low medium high max 0 1 2 3 4 5 6 7 8 9 10 dk 1
To what extent does the neighbourhood or care environment exacerbate the – person's particular risks (eg violent, easy access to drugs and unhelpful temptations)?	0 1 2 3 4 5 6 7 8 9 10 dk
- To what extent is the person's accommodation showing lack of care?	0 1 2 3 4 5 6 7 8 9 10 dk
- To what extent does the person think the accommodation is unfit to live in?	0 1 2 3 4 5 6 7 8 9 10 dk
Questions on financial problems	
- Are you concerned about risks due to financial problems?	yes no
- How anxious is the person about perceived levels of debt?	min low medium high max 0 1 2 3 4 5 6 7 8 9 10 dk 1 1 1 1 1 1 1 1 1
To what extent does the person's income fail to meet the basic essentials for supporting living requirements of the household (food, rent, heating, etc)?	0 1 2 3 4 5 6 7 8 9 10 dk
Questions on employment	
- Are you concerned about risks related to the person's employment or lack of it	\square yes \square no \square
- How unstable is the person's employment history (eg always changing, poor disciplinary record)?	min low medium high max 0 1 2 3 4 5 6 7 8 9 10 dk 1 1 1 1 1 1 1 1 1 1
To what extent does the person believe a recent change in employment to be detrimental (eg loss of job, retirement, work stress)?	0 1 2 3 4 5 6 7 8 9 10 dk
Further questions on general current behaviour	
To what extent does the person take reckless risks (eg with sexual behaviour, driving, gambling and other leisure pursuits)?	0 1 2 3 4 5 6 7 8 9 10 dk

To what extent does the person's behaviour lead to unintentional risks (eg fire or harm due to being careless, thoughtless or forgetful; self-injurious behaviour)?	0 1 2 3 4 5 6 7 8 9 10 dk
- To what extent does the person experience problems with sleeping?	0 1 2 3 4 5 6 7 8 9 10 dk
To what extent has the person been behaving out of character or unpredictably in recent weeks?	0 1 2 3 4 5 6 7 8 9 10 dk
To what extent does the person display challenging behaviour (eg antisocial, disruptive, resistance to advice, predatory)	0 1 2 3 4 5 6 7 8 9 10 dk
- To what extent does the person's day lack any structure?	0 1 2 3 4 5 6 7 8 9 10 dk
- What is the person's general level of activity?	t underactive db.] overactive hyperactive
Further questions on substance misuse	
- To what extent does the person misuse alcohol to the detriment of his or her life?	min low medium high max 0 1 2 3 4 5 6 7 8 9 10 dk 1
- To what extent does the person misuse drugs to the detriment of his or her life?	0 1 2 3 4 5 6 7 8 9 10 dk
Further questions on insight and responsibility	
To what extent does the person lack insight into the potential consequences of his/her risk-taking behaviour?	0 1 2 3 4 5 6 7 8 9 10 dk
To what extent does the person lack any sense of responsibility for the outcomes of risk-taking behaviour?	0 1 2 3 4 5 6 7 8 9 10 dk
To what extent does the person fail to recognise any need for help with mental-health issues?	0 1 2 3 4 5 6 7 8 9 10 dk
Further questions on physical health problems	
If the person has a life-threatening or degenerative illness (eg cancer, multiple sclerosis, Parkinson's, emphysema, HIV), when was it first diagnosed?	
- To what extent does the person suffer from chronic or periodic pain?	min low medium high max 0 1 2 3 4 5 6 7 8 9 10 dk
To what extent does the person suffer from problems that affect mobility and/or dexterity (eg eyesight, balance, disability due to disease or trauma)?	0 1 2 3 4 5 6 7 8 9 10 dk
To what extent does the person suffer from physical problems affecting communication?	0 1 2 3 4 5 6 7 8 9 10 dk
To what extent has there been a deterioration in physical health over the last few months, including temporary or cyclical problems?	0 1 2 3 4 5 6 7 8 9 10 dk
Further questions on concordance with health services/medication/therapies	
To what extent is the person failing to concord with medication or therapies, either deliberately or due to complexity of polypharmacy, for example?	0 1 2 3 4 5 6 7 8 9 10 dk
To what extent does the person fail to perceive health or social care services as supportive?	0 1 2 3 4 5 6 7 8 9 10 dk
When did the person last access any health or social-care services or have ongoing medication reviewed?	$d m y \underline{\qquad}$
To what extent does the person and/or carer believe that their medication/therapies are failing to have a beneficial effect?	min low medium high max 0 1 2 3 4 5 6 7 8 9 10 dk



Further questions on adverse life events

financial, emotional)?	\square yes \square no \square
- Has the person ever been sexually abused?	☐ yes ☐ no ☐
- When was the most recent episode of sexual abuse?	
- Was the first episode of sexual abuse during childhood or early adolescence? .	\square yes \square no \square
- Has the person ever been physically abused?	☐ yes ☐ no ☐
- When was the most recent episode of physical abuse?	
Was the first episode of physical abuse during childhood or early adolescence?	☐ yes ☐ no ☐
- Has the person ever been emotionally or racially abused?	☐ yes ☐ no ☐
- When was the most recent episode of emotional or racial abuse?	d m y dk
Was the first episode of emotional or racial abuse during childhood or early adolescence?	yes no
- Has the person ever been financially abused?	\square yes \square no \square
Has the person ever faced serious criminal justice proceedings (court cases, custodial sentences, etc)?	☐ yes ☐ no ☐
To what extent did the person grow up in emotionally disturbed or disruptive environments?	min low medium high max 0 1 2 3 4 5 6 7 8 9 10 dk 1 1 1 1 1 1 1 1 1
- How seriously has the person suffered from eating disorders in the past?	0 1 2 3 4 5 6 7 8 9 10 dk
- How much has the person had detrimental educational experiences?	0 1 2 3 4 5 6 7 8 9 10 dk
Further questions on person's behavioural presentation during assessment	
- Are you concerned about the person's engagement with the assessor?	yes no
- How difficult is it to have rapport and empathy with the person?	min low medium high max 0 1 2 3 4 5 6 7 8 9 10 dk 1 1 1 1 1 1 1 1 1
- To what extent is the person unwilling to communicate or respond to questions?	0 1 2 3 4 5 6 7 8 9 10 dk
To what extent do you have an uneasy 'gut' feeling about the person (eg about the person's honesty, something doesn't quite add up, something missing)?	0 1 2 3 4 5 6 7 8 9 10 dk
- Are you concerned about verbal indicators of risk?	yes no
- How aggressive/hostile is the person's tone of voice?	min low medium high max 0 1 2 3 4 5 6 7 8 9 10 dk 1 1 1 1 1 1 1 1 1 1
- How depressed and downbeat is the person's tone of voice?	0 1 2 3 4 5 6 7 8 9 10 dk
- To what extent is the person failing to make sense (eg incoherent, irrational)?	min low medium high max 0 1 2 3 4 5 6 7 8 9 10 dk
- Are you concerned about the person's body language and expression?	yes no
- To what extent does the person's body language indicate distress?	min low medium high max 0 1 2 3 4 5 6 7 8 9 10 dk 1



To what extent do the person's movements, posture, and facial expression indicate a low, downbeat, or gloomy mood?	0 1 2 3 4 5 6 7 8 9 10 dk
- How aggressive or threatening are the person's movements and posture?	0 1 2 3 4 5 6 7 8 9 10 dk
- To what extent does the person appear detached or preoccupied?	0 1 2 3 4 5 6 7 8 9 10 dk
- To what extent does the person avoid eye contact?	0 1 2 3 4 5 6 7 8 9 10 dk
- What is the person's predominant form of eye movement? . \[\sum unresponsive/glaze \]	ed normal darting
- How inconsistent are the person's physical, verbal, and emotional presentations (lack of congruence)?	min low medium high max 0 1 2 3 4 5 6 7 8 9 10 dk
Further questions on appropriateness of diet	
- To what extent does the person fail to eat appropriately?	0 1 2 3 4 5 6 7 8 9 10 dk
Is the person's weight a cause of concern? Tick the appropriate description	underweight deight eeight extreme overweight
- How much has the person experienced weight change in recent months?	min low medium high max 0 1 2 3 4 5 6 7 8 9 10 dk
- To what extent does the person fail to drink adequately?	0 1 2 3 4 5 6 7 8 9 10 dk
Form completed by:	
Setting (where completed): Date	e:

Instructions for completing the form

- 1. This tool records your risk judgements associated with the person's mental-health problems and the information supporting them. It is *not* an interview schedule: *it is your prerogative how and when to ask questions*.
- 2. Rapid screening questions are placed first in the document, with an arrow pointing to the page number, p, where additional questions can be found for the screening question (e.g. $\rightarrow p4$). Relevance of information varies across assessments and further data is only required for screening questions that have been given a "yes" response. However, by answering all screening questions, GRiST will have recorded your comprehensive consideration of risk issues irrespective of how much information is actually supplied.
- 3. GRiST helps you record data only for those issues relevant to the particular circumstances and context of the current assessment. It has a number of questions that ask whether you are concerned about a concept or whether the concept applies and you only need to answer the questions indented beneath if your answer is *yes*.
- 4. Many questions have a ten-point rating scale to record your subjective judgement about the extent to which the item applies to the person. Response choices range from 0 for no extent, to 10 for maximum extent, with labels above the boxes to help interpret the meaning of the numbers. Do not worry about the exact number: the ten-point scale allows for a margin of error and you are only expected to give a response that "feels right".
- 5. Give dates as accurately as you can but leave the days and/or months blank if unknown.
- 6. If items were considered during assessment but no answer was obtained, mark the dk box for "Don't Know".

Repeat assessments using the paper form

If people are using GRiST on paper rather than the online version, then carrying out repeat assessments is inefficient because much of the data that has not been changed needs to be put in again on a new form. We have tried to help with this by providing a *repeat assessment* form on the following two pages. Detach it from the full form, print as many copies as you like, and follow the instructions for how to identify changed information on the full GRiST form.

Repeat assessment form for GRiST

Each item of information on this repeat-assessment form equates to a screening question on the full form and is in the same order. All you need to do is:

- 1. choose a different coloured pen or some other form of identification that distinguishes the repeat data from the data on the original GRiST form;
- 2. tick those questions on this repeat form where the repeat assessment has identified a change in status and fill in the changed data on the original GRiST form using the chosen distinguishing pen/mark;
- 3. in the space provided at the end of the repeat assessment, record the name of the repeat assessor, the date, and how the new GRiST data will be identified;
- 4. attach the repeat assessment form to the original GRiST assessment.

Please note that the online version of GRiST automatically accounts for historical and persistent data, making the handling of repeat assessments and the reporting of changes very much easier.

Repeat assessment questions

For all the risk areas below, state whether the repeat assessment has changed their data. If so, add the new data to the original GRiST form as instructed above.

SUICIDE	Data changed?
Past and current suicide attempts? If yes, $\rightarrow p6$	☐ yes ☐ no
Current intention to commit suicide? If yes, $\rightarrow p6$	☐ yes ☐ no
Potential triggers for prospective suicide? If yes, $\rightarrow p7$	☐ yes ☐ no
Suicidal ideation? If yes, $\rightarrow p7$	☐ yes ☐ no
SELF-HARM	Data changed?
Past and current episodes of self-harm? If yes, $\rightarrow p7$	☐ yes ☐ no
Potential triggers for prospective self-harm? If yes, $\rightarrow p7$	☐ yes ☐ no
Self-harm ideation? If yes, $\rightarrow p8$	☐ yes ☐ no
HARM TO OTHERS OR DAMAGE TO PROPERTY	Data changed?
Past and current episodes of harm or damage? If yes, $\rightarrow p8$ but also record the most important information below	☐ yes ☐ no
Targets of harm to others?	☐ yes ☐ no
Any violent assault/physical abuse? If yes, $\rightarrow p8$	☐ yes ☐ no
Any fire-setting? If yes, $\rightarrow p8$	☐ yes ☐ no
Intention for harm or damage? If yes, $\rightarrow p9$	☐ yes ☐ no
Potential triggers for prospective harm or damage? If yes, $\rightarrow p9$	☐ yes ☐ no
Ideation about violence? If yes, $\rightarrow p9$	☐ yes ☐ no
Child protection issues?	☐ yes ☐ no
SELF NEGLECT	Data changed?
Appearance indicators of self neglect? If yes, $\rightarrow p10$	☐ yes ☐ no
VULNERABILITY OF SERVICE USER	Data changed?
Falls? If yes, \rightarrow p10	☐ yes ☐ no
Person's appearance and behaviour indicators of vulnerability? If yes, $\rightarrow p10$	☐ yes ☐ no
RISK TO DEPENDENTS?	Data changed?
Any new information affecting risks to dependents? If yes, $\rightarrow p5$	yes no



SCREENING QUESTIONS RELEVANT TO MORE THAN ONE RISK	Data changed?
Feelings/emotions? If yes, $\rightarrow p11$	☐ yes ☐ no
Person's perspective of self worth? If yes, $\rightarrow p11$	☐ yes ☐ no
Mental health problems? If yes, $\rightarrow p11$	☐ yes ☐ no
Mental faculties/cognitive capacity? If yes, $\rightarrow p12$	☐ yes ☐ no
Personality? If yes, $\rightarrow p12$	yes no
Motivation and engagement with world? If yes, $\rightarrow p12$	yes no
Social context? If yes, $\rightarrow p13$	yes no
General current behaviour? If yes, $\rightarrow p13$	yes no
Substance misuse? If yes, $\rightarrow p14$	☐ yes ☐ no
Insight and responsibility? If yes, $\rightarrow p14$	☐ yes ☐ no
Physical health problems? If yes, $\rightarrow p14$	☐ yes ☐ no
Concordance with health services/medication/therapies? If yes, $\rightarrow p14$	☐ yes ☐ no
Adverse life events? If yes, \rightarrow p15 Consider also social context (p.13) and physical health (p.14).	☐ yes ☐ no
Person's behavioural presentation during assessment? If yes, \rightarrow p15	☐ yes ☐ no
Appropriateness of diet? If yes, $\rightarrow p16$	☐ yes ☐ no
REPEAT RISK SUMMARY <u>OVERALL RISK</u>	COMMENTS
Suicide	
<u>UPDATED ACTIONS</u>	
Form completed by:	
Method used to distinguish repeat assessment data:	
Setting (where completed): Date	: