

Sleep Duration Phenotypes in Generalized Anxiety Disorder: Evidence from Objective Sleep Monitoring and Heart Rate Variability

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Suicide Risk Factor Assessment Scale

Category 1 Risk Factors (Total Score: 28 points)

- Depression: 1 Mild; 2 Moderate; 3 Severe;
- Suicidal Ideation:
 - Presence: 0 Absent; 1 Present;
 - Frequency: 1 Occasional; 2 Frequent;
 - Intensity: 1 Mild; 2 Intense;
 - Duration: 1 Transient; 2 Persistent;
- Suicide Attempts:
 - Frequency: 1 Occasional; 2 Multiple;
 - Planning: 1 Unplanned; 2 Planned;
 - Determination: 1 Hesitant; 2 Resolute;
- Self-Evaluation: 1 Self-blame with low self-evaluation; 2 Self-incrimination;
- Suicide Method:
 - Specificity: 1 No specific method; 2 Easily accessible and implementable method;
- Rescuability: 1 Easy to detect and rescue; 2 Concealed and difficult to rescue;
- Hopelessness: 0 Absent; 2 Present;
- Helplessness: 0 Absent; 2 Present;
- Substance Abuse: 0 Absent; 2 Present;

Category 2 Risk Factors (Total Score: 8 points)

- Age: 0 Under 45 years old; 1 45 years old or above;
- Gender: 1 Female; 2 Male;
- Marital Status: 0 Married; 1 Unmarried; 2 Divorced or Widowed;
- Occupational Status: 0 Employed or in school; 1 Unemployed or jobless;
- Health Status: 0 Physically healthy; 1 Chronically ill (no functional impairment); 2 Chronically ill (with functional impairment);

Category 3 Risk Factors (Total Score: 7 points)

- Poor Interpersonal Relationships: 0 Absent; 1 Present;
- Personality Traits: 0 Positive and optimistic; 1 Introverted, inferior, impulsive;
- Family Support: 0 Good; 1 Poor;
- Career Achievement: 0 Successful career; 1 No career achievements;
- Interpersonal Communication: 0 Many friends; 1 Few friends;
- Stressful Events: 0 Absent; 1 Present;
- Insight/Self-Control: 0 Good; 1 Poor self-control;

Note:

Overall Evaluation:

- 32-43 points: Extreme suicide risk
- 21-30 points: High suicide risk
- 11-20 points: Moderate suicide risk
- Below 10 points: Relatively safe