



## Data Collection Worksheet

**Please Note:** The Data Collection Worksheet (DCW) is a tool to aid integration of a PhenX protocol into a study. The PhenX DCW is not designed to be a data collection instrument. Investigators will need to decide the best way to collect data for the PhenX protocol in their study. Variables captured in the DCW, along with variable names and unique PhenX variable identifiers, are included in the PhenX Data Dictionary (DD) files.

### Reasons for Living

#### INSTRUCTIONS:

Many people have thought of suicide at least once. Others have never considered it. Whether you have considered it or not, we are interested in the reasons you would have for not committing suicide if the thought were to occur to you or if someone were to suggest it to you.

On the following pages are reasons people sometimes give for not committing suicide. We would like to know how important each of these possible reasons would be to you at this time in your life as a reason to not kill yourself. Please rate this in the space at the left on each question.

Each reason can be rated from 1 (Not At All Important) to 6 (Extremely Important). If a reason does not apply to you or if you do not believe the statement is true, then it is not likely important and you should put a 1. Please use the whole range of choices so as not to rate only at the middle (2, 3, 4, and 5) or only at the extremes (1, 6).

Even if you never have or firmly believe you never would seriously consider killing yourself, it is still important that you rate each reason. In this case, rate on the basis of **why killing yourself is not or would never be an alternative for you.**

1. I have a responsibility and commitment to my family.

1 [ ] Not At All Important

2 [ ] Quite Unimportant

3 [ ] Somewhat Unimportant

4 [ ] Somewhat Important

5 [ ] Quite Important

6 [ ] Extremely Important

2. I believe I can learn to adjust or cope with my problems

1 [ ] Not At All Important

2 [ ] Quite Unimportant

3 [ ] Somewhat **Unimportant**

4 [ ] Somewhat **Important**

5 [ ] Quite Important

6 [ ] Extremely Important

3. I believe I have control over my life and destiny

1 [ ] Not At All Important

2 [ ] Quite Unimportant

3 [ ] Somewhat **Unimportant**

4 [ ] Somewhat **Important**

5 [ ] Quite Important

6 [ ] Extremely Important

4. I have a desire to live

1 [ ] Not At All Important

2 [ ] Quite Unimportant

3 [ ] Somewhat **Unimportant**

4 [ ] Somewhat **Important**

5 [ ] Quite Important

6 [ ] Extremely Important

5. I believe only God has the right to end a life

1 [ ] Not At All Important

2 [ ] Quite Unimportant

3 [ ] Somewhat **Unimportant**

4 [ ] Somewhat **Important**

5 [ ] Quite Important

6 [ ] Extremely Important

6. I am afraid of death

1 [ ] Not At All Important

2 [ ] Quite Unimportant

3 [ ] Somewhat **Unimportant**

4 [ ] Somewhat **Important**

5 [ ] Quite Important

6 [ ] Extremely Important

7. My family might believe I did not love them

1 [ ] Not At All Important

2 [ ] Quite Unimportant

3 [ ] Somewhat **Unimportant**

4 [ ] Somewhat **Important**

5 [ ] Quite Important

6 [ ] Extremely Important

8. I do not believe that things get miserable or hopeless enough that I would rather be dead

1 [ ] Not At All Important

2 [ ] Quite Unimportant

3 [ ] Somewhat **Unimportant**

4 [ ] Somewhat **Important**

5 [ ] Quite Important

6 [ ] Extremely Important

9. My family depends upon me and needs me

1 [ ] Not At All Important

- 2 [ ] Quite Unimportant
- 3 [ ] Somewhat **Unimportant**
- 4 [ ] Somewhat **Important**
- 5 [ ] Quite Important
- 6 [ ] Extremely Important

10. I do not want to die

- 1 [ ] Not At All Important
- 2 [ ] Quite Unimportant
- 3 [ ] Somewhat **Unimportant**
- 4 [ ] Somewhat **Important**
- 5 [ ] Quite Important
- 6 [ ] Extremely Important

11. I want to watch my children as they grow

- 1 [ ] Not At All Important
- 2 [ ] Quite Unimportant
- 3 [ ] Somewhat **Unimportant**
- 4 [ ] Somewhat **Important**
- 5 [ ] Quite Important
- 6 [ ] Extremely Important

12. Life is all we have and is better than nothing

- 1 [ ] Not At All Important
- 2 [ ] Quite Unimportant
- 3 [ ] Somewhat **Unimportant**
- 4 [ ] Somewhat **Important**
- 5 [ ] Quite Important
- 6 [ ] Extremely Important

13. I have future plans I am looking forward to carrying out

- 1 [ ] Not At All Important
- 2 [ ] Quite Unimportant
- 3 [ ] Somewhat **Unimportant**
- 4 [ ] Somewhat **Important**
- 5 [ ] Quite Important
- 6 [ ] Extremely Important

14. No matter how badly I feel, I know that it will not last

- 1 [ ] Not At All Important
- 2 [ ] Quite Unimportant
- 3 [ ] Somewhat **Unimportant**
- 4 [ ] Somewhat **Important**
- 5 [ ] Quite Important
- 6 [ ] Extremely Important

15. I am afraid of the unknown

- 1 [ ] Not At All Important
- 2 [ ] Quite Unimportant
- 3 [ ] Somewhat **Unimportant**
- 4 [ ] Somewhat **Important**
- 5 [ ] Quite Important
- 6 [ ] Extremely Important

16. I love and enjoy my family too much and could not leave them

- 1 [ ] Not At All Important
- 2 [ ] Quite Unimportant
- 3 [ ] Somewhat **Unimportant**
- 4 [ ] Somewhat **Important**

5 [ ] Quite Important

6 [ ] Extremely Important

17. I want to experience all that life has to offer and there are many experiences I haven't had yet which I want to have

1 [ ] Not At All Important

2 [ ] Quite Unimportant

3 [ ] Somewhat **Unimportant**

4 [ ] Somewhat **Important**

5 [ ] Quite Important

6 [ ] Extremely Important

18. I am afraid that my method of killing myself would fail

1 [ ] Not At All Important

2 [ ] Quite Unimportant

3 [ ] Somewhat **Unimportant**

4 [ ] Somewhat **Important**

5 [ ] Quite Important

6 [ ] Extremely Important

19. I care enough about myself to live

1 [ ] Not At All Important

2 [ ] Quite Unimportant

3 [ ] Somewhat **Unimportant**

4 [ ] Somewhat **Important**

5 [ ] Quite Important

6 [ ] Extremely Important

20. Life is too beautiful and precious to end it

1 [ ] Not At All Important

2 [ ] Quite Unimportant

3 [ ] Somewhat **Unimportant**

4 [ ] Somewhat **Important**

5 [ ] Quite Important

6 [ ] Extremely Important

21. It would not be fair to leave the children for others to take care of

1 [ ] Not At All Important

2 [ ] Quite Unimportant

3 [ ] Somewhat **Unimportant**

4 [ ] Somewhat **Important**

5 [ ] Quite Important

6 [ ] Extremely Important

22. I believe I can find other solutions to my problems

1 [ ] Not At All Important

2 [ ] Quite Unimportant

3 [ ] Somewhat **Unimportant**

4 [ ] Somewhat **Important**

5 [ ] Quite Important

6 [ ] Extremely Important

23. I am afraid of going to hell

1 [ ] Not At All Important

2 [ ] Quite Unimportant

3 [ ] Somewhat **Unimportant**

4 [ ] Somewhat **Important**

5 [ ] Quite Important

6 [ ] Extremely Important

24. I have a love of life

- 1 [ ] Not At All Important
- 2 [ ] Quite Unimportant
- 3 [ ] Somewhat **Unimportant**
- 4 [ ] Somewhat **Important**
- 5 [ ] Quite Important
- 6 [ ] Extremely Important

25. I am too stable to kill myself

- 1 [ ] Not At All Important
- 2 [ ] Quite Unimportant
- 3 [ ] Somewhat **Unimportant**
- 4 [ ] Somewhat **Important**
- 5 [ ] Quite Important
- 6 [ ] Extremely Important

26. I am a coward and do not have the guts to do it

- 1 [ ] Not At All Important
- 2 [ ] Quite Unimportant
- 3 [ ] Somewhat **Unimportant**
- 4 [ ] Somewhat **Important**
- 5 [ ] Quite Important
- 6 [ ] Extremely Important

27. My religious beliefs forbid it

- 1 [ ] Not At All Important
- 2 [ ] Quite Unimportant
- 3 [ ] Somewhat **Unimportant**
- 4 [ ] Somewhat **Important**
- 5 [ ] Quite Important



6 [ ] Extremely Important

28. The effect on my children could be harmful

1 [ ] Not At All Important

2 [ ] Quite Unimportant

3 [ ] Somewhat **Unimportant**

4 [ ] Somewhat **Important**

5 [ ] Quite Important

6 [ ] Extremely Important

29. I am curious about what will happen in the future

1 [ ] Not At All Important

2 [ ] Quite Unimportant

3 [ ] Somewhat **Unimportant**

4 [ ] Somewhat **Important**

5 [ ] Quite Important

6 [ ] Extremely Important

30. It would hurt my family too much and I would not want them to suffer

1 [ ] Not At All Important

2 [ ] Quite Unimportant

3 [ ] Somewhat **Unimportant**

4 [ ] Somewhat **Important**

5 [ ] Quite Important

6 [ ] Extremely Important

31. I am concerned about what others would think of me

1 [ ] Not At All Important

2 [ ] Quite Unimportant

3 [ ] Somewhat **Unimportant**

4 [ ] Somewhat **Important**

5 [ ] Quite Important

6 [ ] Extremely Important

32. I believe everything has a way of working out for the best

1 [ ] Not At All Important

2 [ ] Quite Unimportant

3 [ ] Somewhat **Unimportant**

4 [ ] Somewhat **Important**

5 [ ] Quite Important

6 [ ] Extremely Important

33. I could not decide where, when, and how to do it

1 [ ] Not At All Important

2 [ ] Quite Unimportant

3 [ ] Somewhat **Unimportant**

4 [ ] Somewhat **Important**

5 [ ] Quite Important

6 [ ] Extremely Important

34. I consider it morally wrong

1 [ ] Not At All Important

2 [ ] Quite Unimportant

3 [ ] Somewhat **Unimportant**

4 [ ] Somewhat **Important**

5 [ ] Quite Important

6 [ ] Extremely Important

35. I still have many things left to do

1 [ ] Not At All Important

- 2 [ ] Quite Unimportant
- 3 [ ] Somewhat **Unimportant**
- 4 [ ] Somewhat **Important**
- 5 [ ] Quite Important
- 6 [ ] Extremely Important

36. I have the courage to face life

- 1 [ ] Not At All Important
- 2 [ ] Quite Unimportant
- 3 [ ] Somewhat **Unimportant**
- 4 [ ] Somewhat **Important**
- 5 [ ] Quite Important
- 6 [ ] Extremely Important

37. I am happy and content with my life

- 1 [ ] Not At All Important
- 2 [ ] Quite Unimportant
- 3 [ ] Somewhat **Unimportant**
- 4 [ ] Somewhat **Important**
- 5 [ ] Quite Important
- 6 [ ] Extremely Important

38. I am afraid of the actual "act" of killing myself (the pain, blood, violence)

- 1 [ ] Not At All Important
- 2 [ ] Quite Unimportant
- 3 [ ] Somewhat **Unimportant**
- 4 [ ] Somewhat **Important**
- 5 [ ] Quite Important
- 6 [ ] Extremely Important

39. I believe killing myself would not really accomplish or solve anything

1 [ ] Not At All Important

2 [ ] Quite Unimportant

3 [ ] Somewhat **Unimportant**

4 [ ] Somewhat **Important**

5 [ ] Quite Important

6 [ ] Extremely Important

40. I have hope that things will improve and the future will be happier

1 [ ] Not At All Important

2 [ ] Quite Unimportant

3 [ ] Somewhat **Unimportant**

4 [ ] Somewhat **Important**

5 [ ] Quite Important

6 [ ] Extremely Important

41. Other people would think I am weak and selfish

1 [ ] Not At All Important

2 [ ] Quite Unimportant

3 [ ] Somewhat **Unimportant**

4 [ ] Somewhat **Important**

5 [ ] Quite Important

6 [ ] Extremely Important

42. I have an inner drive to survive

1 [ ] Not At All Important

2 [ ] Quite Unimportant

3 [ ] Somewhat **Unimportant**

4 [ ] Somewhat **Important**

5 [ ] Quite Important

6 [ ] Extremely Important

43. I would not want people to think I did not have control over my life

1 [ ] Not At All Important

2 [ ] Quite Unimportant

3 [ ] Somewhat **Unimportant**

4 [ ] Somewhat **Important**

5 [ ] Quite Important

6 [ ] Extremely Important

44. I believe I can find a purpose in life, a reason to live

1 [ ] Not At All Important

2 [ ] Quite Unimportant

3 [ ] Somewhat **Unimportant**

4 [ ] Somewhat **Important**

5 [ ] Quite Important

6 [ ] Extremely Important

45. I see no reason to hurry death along

1 [ ] Not At All Important

2 [ ] Quite Unimportant

3 [ ] Somewhat **Unimportant**

4 [ ] Somewhat **Important**

5 [ ] Quite Important

6 [ ] Extremely Important

46. I am so inept that my method would not work

1 [ ] Not At All Important

2 [ ] Quite Unimportant

3 [ ] Somewhat **Unimportant**

4 [ ] Somewhat **Important**

5 [ ] Quite Important

6 [ ] Extremely Important

47. I would not want my family to feel guilty afterwards

1 [ ] Not At All Important

2 [ ] Quite Unimportant

3 [ ] Somewhat **Unimportant**

4 [ ] Somewhat **Important**

5 [ ] Quite Important

6 [ ] Extremely Important

48. I would not want my family to think I was selfish or a coward

1 [ ] Not At All Important

2 [ ] Quite Unimportant

3 [ ] Somewhat **Unimportant**

4 [ ] Somewhat **Important**

5 [ ] Quite Important

6 [ ] Extremely Important

**Scoring:**

Survival and Coping Beliefs: items 1-24.

Responsibility to Family: items 25-31.

Child-Related Concerns: items 32-34.

Fear of Suicide: items 35-41.

Fear of Social Disapproval: items 42-44.

Moral Objections: items 45-48.

Ratings on the individual items are added together to give scores for individual

subscales or to obtain an overall score for the whole inventory. Higher scores reflect greater reasons for living.

Protocol source: <https://www.phenxtoolkit.org/protocols/view/640902>