

# V-RISK-POL: Violence Risk Checklist – Police Version

NAME / CODE:

| <p><b>No</b> = does not apply for this person<br/> <b>Maybe/ Moderate</b> = applies partly or moderately serious<br/> <b>Yes</b>= applies definitely or serious degree<br/> <b>Dont know</b> = insufficient information (about this risk factor)</p>                                                                                                                                                                                                                                                                                                                                                                                                                          | <p><b>Don't know</b></p> | <p><b>No</b></p> | <p><b>Maybe/ moderate</b></p> | <p><b>Yes</b></p> |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------|------------------|-------------------------------|-------------------|
| <p><b>1. Previous and/or current violence or threats of violence</b><br/> <b>Maybe/Moderate:</b> Moderate or less severe aggressive acts; such as kicks, blows and shoving that do not cause severe physical harm to the victim. Verbal or physical threats with low to moderate severity.<br/> <b>Yes:</b> Severe physical attack (including use of dangerous objects) towards another person with intent to inflict severe physical harm. Severe verbal or physical threats<br/> <b>Verbal threats:</b> Statements that involve threat of inflicting physical harm on another person.<br/> <b>Physical threats:</b> Movements and gestures that warn a physical attack.</p> |                          |                  |                               |                   |
| <p><b>2. Previous and/or current substance abuse,</b><br/> The person has a history of abusing alcohol, medication and/or other substances (e.g. amphetamine, heroin, cannabis). Abuse of solvents or glue should be included.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                            |                          |                  |                               |                   |
| <p><b>3. Previous and/or current severe mental illness,</b><br/> The person is or has been in a psychotic condition; characterized by hallucinations, delusions, severe confusion, etc.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |                          |                  |                               |                   |
| <p><b>4. Lack of insight into illness and/or behaviour</b><br/> This refers to the degree to which the person lacks insight into his/her deviant behavior or having a mental disorder (see item 3)</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |                          |                  |                               |                   |
| <p><b>5. Suspiciousness</b><br/> The person expresses suspicion towards other individuals either verbally or nonverbally. The person appears to be "on guard" towards the environment.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |                          |                  |                               |                   |
| <p><b>6. Lack of empathy</b><br/> The person appears emotionally cold and without sensitivity towards others' thoughts or emotional experiences. This is particularly serious if it concerns a recent or former victim of his or her acts of violence</p>                                                                                                                                                                                                                                                                                                                                                                                                                     |                          |                  |                               |                   |
| <p><b>7. Future stress-situations</b><br/> The person is vulnerable to future stress and stressful situations, and his or her ability to cope with stress without resorting to violence is insufficient. Examples: Other persons setting boundaries, proximity to potential victims of violence, substance abuse, homelessness, stays in a violent environment, easy access to weapons</p>                                                                                                                                                                                                                                                                                    |                          |                  |                               |                   |

The relevance for future violence are assessed for all 7 items

**OVERALL RISK ASSESSMENT:** Based on the checklist and other available information:

|                                                             |            |                 |             |
|-------------------------------------------------------------|------------|-----------------|-------------|
| How high do you think the violence risk is for this person? | <b>Low</b> | <b>Moderate</b> | <b>High</b> |
|-------------------------------------------------------------|------------|-----------------|-------------|

|                                  |             |                        |
|----------------------------------|-------------|------------------------|
| <b>RESTRICTIVE MEASURES: No:</b> | <b>Yes:</b> | <b>Which measures:</b> |
|                                  |             |                        |

Filled in by:.....Date:.....Sign.....

## Information about V-RISK-POL

This checklist has been prepared as a help for police officers and officials to assess the risk of violence in the near and somewhat distant future in persons arrested for violence or threats of violence.

The checklist is self-instructing; information in order to score the different items is given under each item. The checklist can be used by both experienced and inexperienced officers, and without prior course or training, although training can be an advantage.

Each of the seven items in the list has its own explanation of what to score. Many items with «Yes» or «Moderate / Maybe» scores suggests higher risk of new violence, however, also a single score or few such scores might be significant. In the final assessment it is important to emphasize that the «Don't know» score also may be a risk factor.

Research and experience have shown that risk assessment instruments can be useful for police in their assessments, for example by intimate partner violence or cases with persistent persecution.

The basis for V-RISK-POL is a short checklist originally prepared for mental health care (V-RISK-10). The checklist has demonstrated good ability to predict violence and has been used in several other countries. The V-RISK-POL has been validated with good results during 2011-13 in (former) Sunnmøre police district in Norway (Roaldset, J.O., et al., Psychometric properties and predictive validity of a police version of a violence risk screen – A pilot study, *International Journal of Law and Psychiatry* (2017), <http://dx.doi.org/10.1016/j.ijlp.2017.06.007>).

Still it is important to remember that the checklist must be used in combination with common sense and experience to generate an overall assessment. See bottom part of the checklist (“Overall assessment”).