

The Psychotic Symptom Rating Scales

Interview Schedule

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AUDITORY HALLUCINATIONS

1. Frequency

Probing questions

How often have you heard your voices over the last week?

Thinking about the last week, what has it been like?" e.g. every day, all day long etc"

Scoring criteria:

- 0 Voices not present or present less than once a week (specify frequency if present)
- 1 Voices occur for at least once a week
- 2 Voices occur at least once a day
- 3 Voices occur at least once an hour
- 4 Voices occur continuously or almost continuously i.e., stop for only a few seconds or minutes

2. Duration

Probing questions

When you have heard your voices over the last week, how long have they lasted?

Have they lasted for a few seconds, minutes, hours, all day long for example....?"

Scoring criteria:

- 0 Voices not present
- 1 Voices last for a few seconds, fleeting voices
- 2 Voices last for several minutes
- 3 Voices last for at least one hour
- 4 Voices last for hours at a time

3. Location

Probing questions

When you have heard your voices over the last week, where did they sound like they were happening?

*Did they sound like they were inside your head and/or outside your head?
Whereabouts do your voices sound like they are coming from?*

Scoring criteria:

- 0 No voices present
- 1 Voices sound like they are inside head only
- 2 Voices outside the head, but close to ears or head. Voices inside the head may also be present.
- 3 Voices sound like they are inside or close to ears and outside head away from ears
- 4 Voices sound like they are from outside the head only

4. Loudness

Probing questions

*How loud are your voices?
Are they louder than my voice, about the same loudness, quieter or just a whisper?*

Scoring criteria:

- 0 Voices not present
- 1 Quieter than own voice, whispers.
- 2 About same loudness as own voice
- 3 Louder than own voice
- 4 Extremely loud, shouting

5. Beliefs regarding the origin of voices

Probing questions

What do you think has caused your voices?

Are the voices caused by factors related to you, or due to other people or factors?

Are your voice caused by your mental health problems or illness?

How much do you believe that your voices are caused by (add interviewee's contribution) on an scale from 0-100 with 100 being that you are totally convinced, have no doubts and 0 being that it is completely untrue?

Scoring criteria:

- 0 Voices not present
- 1 Believes voices to be solely internally generated and related to self
- 2 Holds a less than 50% conviction that voices originate from external causes
- 3 Holds 50% or more conviction (but less than 100%) that voices originate from external causes
- 4 Believes voices are solely due to external causes (100% conviction)

6. Amount of negative content of voices

Probing questions

Do you think that your voices have said unpleasant things or negative things over the last week?

How much of the time do the voices say these types of unpleasant or negative items?

Scoring criteria:

- 0 No unpleasant content
- 1 Occasional unpleasant content
- 2 Minority of voice content is unpleasant or negative (less than 50%)
- 3 Majority of voice content is unpleasant or negative (50% or more)
- 4 All of voice content is unpleasant or negative

7. Degree of negative content

Probing questions

Can you tell me a bit about what you have heard your voices saying over the last week?

Can you give me some examples of the things you have heard this week?

Scoring criteria:

- 0 Not unpleasant or negative
- 1 Some degree of negative content, but not personal comments relating to self or family e.g. swear words or comments not directed to self, e.g. "the milkman's ugly"
- 2 Personal verbal abuse, comments on behaviour e.g. "shouldn't do that or say that"
- 3 Personal verbal abuse relating to self-concept e.g. "you're lazy, ugly, mad, perverted"
- 4 Personal threats to self e.g. threats to harm self or family, extreme instructions or commands to harm self or others and personal verbal abuse as in (3)

8. Amount of distress

Probing questions

Have you found your voices to be distressing over the last week?

How much of the time have they caused you distress over the last week?

Scoring criteria:

- 0 Voices not distressing at all
- 1 Voices occasionally distressing, majority not distressing (<10%)
- 2 Minority of voices distressing (<50%)
- 3 Majority of voices distressing, minority not distressing ($\geq 50\%$)
- 4 Voices always distressing

9. Intensity of distress

Probing questions

Over the last week when your voices have been distressing, how distressing has that been?

Thinking about the worst distress you could feel, over the last week, how have your voices compared to that? For example, has it been slightly, moderately distressing etc?

Scoring criteria:

- 0 Voices not distressing at all

- 1 Voices slightly distressing
- 2 Voices are distressing to a moderate degree
- 3 Voices are very distressing, although interviewee could feel worse
- 4 Voices are extremely distressing, feel the worst he/she could possibly feel

10. Disruption to life caused by voices

Probing questions

How much disruption have the voices caused to your life over the last week?

Can you tell me how the voices stopped you from working or doing any other daytime activity that you wanted to do?

How much have they interfered with your relationships with friends and/or family?

How much have they prevented you from looking after yourself, e.g. bathing, changing clothes, etc?

Scoring criteria:

- 0 No disruption to life, able to maintain social and family relationships (if present)
- 1 Voices cause minimal amount of disruption to life e.g. interferes with concentration although able to maintain daytime activity and social and family relationships and be able to maintain independent living without support.
- 2 Voices cause moderate amount of disruption to life causing some disturbance to daytime activity and/or family or social activities. The interviewee is not in hospital although may live in supported accommodation or receive additional help with daily living skills.
- 3 Voices cause severe disruption to life so that hospitalisation is usually necessary. The interviewee is able to maintain some daily activities, self-care and relationships whilst in hospital. The interviewee may also be in supported accommodation but experiencing severe disruption of life in terms of activities, daily living skills and/or relationships.
- 4 Voices cause complete disruption of daily life requiring hospitalisation. The interviewee is unable to maintain any daily activities and social relationships. Self-care is also severely disrupted.

11. Controllability of voices

Probing questions

What control had you had over your voices over the last week?

How much control have you had over your voices when they happened over the last week?

Can you get rid of, dismiss or bring on your voices?"

Scoring criteria:

- 0 Interviewee believes they can have control over the voices and can always bring on or dismiss them at will
- 1 Interviewee believes they can have some control over the voices on the majority of occasions
- 2 Interviewee believes they can have some control over their voices approximately half of the time
- 3 Interviewee believes they can have some control over their voices but only occasionally. The majority of the time the interviewee experiences voices which are uncontrollable
- 4 Interviewee has no control over when the voices occur and cannot dismiss or bring them on at all.

Optional items

(i) Number of voices

How many voices do you experience?

(ii) Form of each voice

How does each voice refer to you? Does it say things that start with 'you', or 'he/she' or 'I'? (1st person, 2nd person, 3rd person etc)

(iii) Sex of voices

Are the voices males or female? How many voices are male and how many are female?

DELUSIONAL BELIEFS

1. Amount of preoccupation with delusions

Probing questions

Over the last week, how much time have you spent thinking about your beliefs about[insert client's beliefs] ?

Scoring criteria:

- 0 No delusions, or delusions which the interviewee thinks about less than once a week.
- 1 Interviewee thinks about beliefs at least once a week.
- 2 Interviewee thinks about beliefs at least once a day.
- 3 Interviewee thinks about beliefs at least once an hour.
- 4 Interviewee thinks about delusions continuously or almost continuously.

2. Duration of preoccupation with delusions

Probing questions

When you have thought about any of your beliefs (i.e. [insert interviewee's beliefs]...) over the last week, how long do they tend to stay in your mind? - Few seconds/minutes/hours, etc.?

Scoring criteria:

- 0 No delusions
- 1 Thoughts about beliefs last for a few seconds, fleeting thoughts
- 2 Thoughts about delusions last for several minutes
- 3 Thoughts about delusions last for at least one hour
- 4 Thoughts about delusions usually last for hours at a time

3. Conviction

Probing questions

At the moment, do you have any doubts about any of your beliefs, for example do you sometimes wonder whether they are real or not? (Go through each belief in turn).

How much do you believe in „„[insert belief/beliefs]? Can you estimate this on a scale from 0 – 100, where 100 means that you are totally convinced by your beliefs and 0 being that you are not convinced at all?

Scoring criteria:

- 0 No conviction at all
- 1 Very little conviction in reality of beliefs, less than 10%
- 2 Some doubts relating to conviction in beliefs, between 10-49%
- 3 Conviction in belief is very strong, between 50 – 99%
- 4 Conviction is 100%

4. Amount of Distress

Probing questions

Have your beliefs about [insert interviewee's beliefs] caused you distress over the last week? How much of the time have they caused you distress over the last week?

Scoring criteria:

- 0 Beliefs never cause distress
- 1 Beliefs cause distress on the minority of occasions.
- 2 Beliefs cause distress on less than 50 % of occasions
- 3 Beliefs cause distress on the majority of occasions when they occur between 51-99% of time

- 4 Beliefs always cause distress when they occur

5. Intensity of Distress

Probing questions

Over the last week, when you have felt distressed by your beliefs about [insert interviewee's beliefs] how severe does this feel?" Have you felt slightly, distressed, moderately distressed etc..

Scoring criteria:

- 0 No distress
- 1 Beliefs cause slight distress
- 2 Beliefs cause moderate distress
- 3 Beliefs cause marked distress
- 4 Beliefs cause extreme distress, couldn't be worse

6. Disruption to life caused by beliefs

Probing questions

In what way have your beliefs caused disruption for you over the last week?

In what way have they stopped you working or carrying out a day-time activity?

In what way have they interfered with your relationships with family or friends?

In what way have they interfered with your ability to look after yourself, e.g. washing, changing clothes, etc?

Scoring criteria:

- 0 No disruption to life, able to maintain independent living with no problems in daily living skills. Able to maintain social and family relationships (if present)
- 1 Beliefs cause minimal amount of disruption to life, e.g. interferes with concentration although able to maintain daytime activity and social and family relationships and be able to maintain independent living without support.
- 2 Beliefs cause moderate amount of disruption to life causing some disturbance to daytime activity and/or family or social activities. The interviewee is not in hospital although may live in supported accommodation or receive additional help with daily living skills.

- 3 Beliefs cause severe disruption to life so that hospitalisation is usually necessary. The interviewee is able to maintain some daily activities, self-care and relationships whilst in hospital. The interviewee may also be in supported accommodation but experiencing severe disruption of life in terms of activities, daily living skills and/or relationships.
- 4 Beliefs cause complete disruption of daily life requiring hospitalisation. The interviewee is unable to maintain any daily activities and social relationships. Self-care is also severely disrupted.

Optional items

(i) Number of beliefs

Record the number of beliefs considered in the interview, use further probing questions if necessary

(ii) Content of each belief

Record the content of each belief considered in the interview, use further probing questions if necessary.

(iii) Conviction in each belief

It may be useful to record the conviction that the individual has in each of their beliefs that have been considered during the interview.