

**Name:** \_\_\_\_\_ **Today's date:** \_\_\_\_\_

This questionnaire describes problems and complaints that people sometimes have. Please read it carefully. After you have done so, please tick the appropriate box which best describes how you have felt in the past week, including today. Tick only one column for each of the problems listed.

	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
	<b>NOT A PROBLEM</b>	<b>LITTLE PROBLEM</b>	<b>MODERATE PROBLEM</b>	<b>MARKED PROBLEM</b>
	ZERO TIMES A WEEK	ONCE A WEEK	SEVERAL TIMES A WEEK	AT LEAST ONCE A DAY
<b>1</b> Am preoccupied with one or two things				
<b>2</b> Feeling depressed or low				
<b>3</b> Others have difficulty following what I am saying				
<b>4</b> I have difficulty concentrating				
<b>5</b> Feeling as if my thoughts might not be my own				
<b>6</b> Feeling as if I am being watched				
<b>7</b> Feeling useless or helpless				
<b>8</b> Feeling confused or puzzled				
<b>9</b> Feeling stubborn or refusing to carry out simple requests				
<b>10</b> Feeling very excited				
<b>11</b> Feeling forgetful or 'far away'				
<b>12</b> Being open and explicit about sexual matters				
<b>13</b> My speech comes out jumbled or is full of odd words				
<b>14</b> Sleep has been restless or unsettled				
<b>15</b> Behaving oddly for no reason				
<b>16</b> Feeling unable to cope, having difficulty managing everyday tasks and interest				

	0	1	2	3
	NOT A PROBLEM  ZERO TIMES A WEEK	LITTLE PROBLEM  ONCE A WEEK	MODERATE PROBLEM  SEVERAL TIMES A WEEK	MARKED PROBLEM  AT LEAST ONCE A DAY
<b>17</b> Not feeling like eating				
<b>18</b> Feeling like playing tricks or pranks				
<b>19</b> Feeling quiet or withdrawn				
<b>20</b> Talking or smiling to myself				
<b>21</b> Not bothered about appearance or hygiene				
<b>22</b> Feeling violent				
<b>23</b> Thinking I could be someone else				
<b>24</b> Feeling dissatisfied with myself				
<b>25</b> Having aches and pains				
<b>26</b> Losing my temper easily				
<b>27</b> Having no interest in things				
<b>28</b> Feeling as if I am being laughed at or talked about				
<b>29</b> Feeling tired or lacking in energy				
<b>30</b> Movements seem slow				
<b>31</b> Feeling as if my thoughts might be controlled				
<b>32</b> Feeling aggressive or pushy				
<b>33</b> Feeling irritable or quick tempered				
<b>34</b> Feeling tense, afraid or anxious				
<b>TOTAL SCORE</b>				

Used with permission of authors, **Dr Jo Smith** and **Professor Max Birchwood**. Reference **Birchwood, M et al** (1989) 'Predicting Relapse in Schizophrenia', *Psychological Medicine*, 19, 649–56.