

Individual assignment of subjective significance for psychoses
HAMBURG SUSI (SUBJECTIVE SIGNIFICANCE)
QUESTIONNAIRE

Prof. Dr. Thomas Bock, Dipl.-Psych. Uwe Bening, Tanno Brynsinski,
 Armin Lenz, Prof. Dr. med. Dieter Naber

Gender	<input type="radio"/> Male	<input type="radio"/> Female
Age	_____ Years	
Familial status	<input type="radio"/> Not in a relationship <input type="radio"/> In a relationship <input type="radio"/> Married	<input type="radio"/> Divorced <input type="radio"/> Widowed
Do you have children?	<input type="radio"/> Yes; how many? ____ <input type="radio"/> No	
Education	<input type="radio"/> No formal completion certificate <input type="radio"/> Secondary school <input type="radio"/> Intermediate high school certificate	<input type="radio"/> A-levels <input type="radio"/> Degree
What is your employment status	<input type="radio"/> Employed <input type="radio"/> In sheltered employment <input type="radio"/> Unemployed for _____ years	
Last psychotic episode	_____ (please enter approximate date)	
First psychotic episode	_____ (please enter approximate date)	
Are you on any medication? <i>If yes, what medication</i>	<input type="radio"/> Yes; Name of medication _____ (only if this is known to you) <input type="radio"/> No	
What type of treatment has been administered in a crisis up till now?		
<input type="radio"/> In-patient <input type="radio"/> Out-patient <input type="radio"/> I have dealt with all crises alone		
What type of treatment have you used in crises up till now? (multiple entries possible)		
<input type="radio"/> Medication <input type="radio"/> Support of family <input type="radio"/> Psychotherapeutic discussions <input type="radio"/> Group discussions <input type="radio"/> Support of friends <input type="radio"/> Withdrawal of contacts		

Diagnosis according to ICD-10

Hamburg SuSi (subjective significance) questionnaire

STATEMENTS RELATING TO THE DEVELOPMENT OF YOUR PSYCHOSIS

		Applicable	Applicable to some extent	Not really applicable	Not applicable
		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
1	My psychosis is related to my life experience up to this point.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2	It is no coincidence that I have become psychotic at this point.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3	My psychosis just happened to afflict me in particular.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4	In hindsight I can understand why I became psychotic.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5	I was in control of my feelings before my psychosis.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6	My psychosis was influenced by my childhood experiences.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7	Certain genes have contributed to the development of my psychosis.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8	My psychosis can be explained by changes in my brain metabolism.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9	The start of my psychosis is related to certain events.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10	I was in control of my life before my psychosis.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
11	I was self-confident before my psychosis.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
12	My psychosis came as a shock to me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
13	I was able to rely on my perceptions before my psychosis.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
14	I was quite content with my life before my psychosis.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
15	My life was already rather difficult before my psychosis.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
16	Overall, the persons who treated me would agree with my sentiments in terms of these items.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
17	Overall, my relatives/reference persons would agree with my sentiments in terms of these items.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
18	The following played a role in the development of my psychosis: (please enter your own ideas)				

Hamburg SuSi (subjective significance) questionnaire

STATEMENTS RELATING TO YOUR EXPERIENCE DURING YOUR PSYCHOSIS

The following statements relate to your experiences during your psychosis. If you have not experienced a symptom described below and consequently cannot provide any input, please mark the <i>number</i> of the question with an X.		Applicable	Applicable to some extent	Not really applicable	Not applicable
		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
19	My perceptions were a great deal more intense during my psychosis.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
20	I experienced terrible telepathy.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
21	I had a particularly intense feeling for my self during my psychosis.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
22	During my psychosis my self appeared to be disintegrated.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
23	In my psychosis I felt lonely and excluded.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
24	I found the erratic thoughts in my psychosis to be agonising.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
25	I experienced telepathy as being enriching.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
26	I lost all understanding of myself during my psychosis.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
27	I was extremely unsure of my self during my psychosis.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
28	I felt particularly empty during my psychosis.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
29	I found the unusual meanings in my psychosis to be irritating.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
30	In my psychosis I felt a special force that I did not otherwise have.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
31	In my psychosis I felt powerless.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
32	I recognised the meaning of life/my life during my psychosis.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
33	I found the erratic thoughts in my psychosis to be motivating.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
34	I felt much more lively in my psychosis.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
35	Overall, the persons who treated me would agree with my sentiments in terms of these items.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
36	Overall, my relatives/reference persons would agree with my sentiments in terms of these items.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
37	My experience of psychosis was characterised by ... (please enter your own ideas)				

Hamburg SuSi (subjective significance) questionnaire

STATEMENTS RELATING TO THE EFFECTS OF YOUR PSYCHOSIS

The following statements relate to the effects of your psychosis.		Applicable	Applicable to some extent	Not really applicable	Not applicable
38	My psychosis has derailed the rest of my life.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
39	My psychosis is a challenge for me to view life in a new way.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
40	Since my psychosis, I no longer trust my feelings.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
41	The feeling of emptiness still persists, even after my psychosis.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
42	I have a particularly profound relationship to nature since my psychosis.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
43	My psychosis has taught me to handle my self better and more carefully.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
44	Since my psychosis I see certain connections in life in a different light.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
45	Since my psychosis I find it more difficult to go about my daily business.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
46	Since my psychosis I am able to distinguish more easily what is important for me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
47	Since my psychosis I can access my inner impulses more easily.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
48	Since my psychosis I have a poorer feeling for time.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
49	Since my psychosis I have a particularly intense relationship to God.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
50	Since my psychosis I have a worse feeling about my needs and wishes.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
51	In my psychosis I learned a few things about my life to come.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
52	My psychosis made my religious experience more intense.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
53	Since my psychosis I experience my body more intensely.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
54	Since my psychosis my life no longer has any purpose.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
55	My psychosis has given my life new impulses.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
56	Since my psychosis I trust my own thoughts to a greater extent.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
57	Since my psychosis I don't really trust my own perceptions any more.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
58	Since my psychosis I am more indifferent about myself and life.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
59	Since my psychosis I have lost confidence in myself.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
60	Overall, the persons who treated me would agree with my sentiments in terms of these items.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
61	Overall, my relatives/reference persons would agree with my sentiments in terms of these items.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
62	My psychosis has had the effect on me that ... (please enter your own ideas)				

Hamburg SuSi (subjective significance) questionnaire

STATEMENTS RELATING TO UNDERSTANDING YOUR PSYCHOSIS

		Applicable	Applicable to some extent	Not really applicable	Not applicable
		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The following statements relate to your understanding of your psychosis.					
63	I don't believe that I am suffering from a psychological illness.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
64	My psychosis is an illness like any other.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
65	I am looking for explanations as to why it had to be me that developed a psychosis.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
66	I feel neglected in terms of my questions about the psychosis.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
67	I have no need to understand why I developed a psychosis.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
70	In terms of the exposure to my psychosis/experience, what helped me the most was that... (please enter your own ideas)				
71	In terms of the exposure to my psychosis/experience, what I missed was... (please enter your own ideas)				
72	The unusual thing about my psychosis was that... (please enter your own ideas)				