

(Early) recognition of schizophreniform psychoses

QUESTIONNAIRE FOR (EARLY) RECOGNITION

The following short questionnaire is designed to help you recognise the first possible signs of increased psychotic risk. When going through the questions, rely on your feelings and answer as the question affects you personally. If you answer some of these questions with "Yes", this does not however automatically mean that you have an increased risk of psychosis, but rather that it might be advisable to discuss your problems with a psychiatrist.

Have you noticed any of the following in the last six months or have you been affected or threatened by any of the following?		
1	You have become more silent and prefer to withdraw rather than do things with others.	<input type="radio"/> Yes <input type="radio"/> No
2	You tend to be uncertain and shy when dealing with other people.	<input type="radio"/> Yes <input type="radio"/> No
3	Your frame of mind has tended to be depressed, sad or uncertain over weeks.	<input type="radio"/> Yes <input type="radio"/> No
4	You sleep more poorly than normal, e.g. you have difficulties falling asleep or sleeping through the night, or you wake up earlier than normal or your appetite is considerably greater or less than normal.	<input type="radio"/> Yes <input type="radio"/> No
5	Your movements, thought and speech have become noticeably slower.	<input type="radio"/> Yes <input type="radio"/> No
6	Your stamina and motivation at school, higher education or the office and during leisure time activities has decreased noticeably.	<input type="radio"/> Yes <input type="radio"/> No
7	You pay less attention than before to your personal requirements or your health, diet, personal hygiene, clothing or orderliness in your personal living area.	<input type="radio"/> Yes <input type="radio"/> No
8	You are often nervous, uneasy or tense.	<input type="radio"/> Yes <input type="radio"/> No
9	You are more often involved in arguments and discussions with relatives, friends or other people than previously.	<input type="radio"/> Yes <input type="radio"/> No
10	The thoughts in your head often become mixed up.	<input type="radio"/> Yes <input type="radio"/> No
11	You have the feeling, more often than before, that people want to trick you, use you or cheat you.	<input type="radio"/> Yes <input type="radio"/> No
12	You increasingly have the impression that certain everyday events that occur (e.g. signs and messages from your environment) are personally related to you or are meant for you alone.	<input type="radio"/> Yes <input type="radio"/> No
13	Your normal environment sometimes appears unreal or strange to you (e.g. particularly impressive, stirring or threatening).	<input type="radio"/> Yes <input type="radio"/> No
14	You observe sounds or colours in your environment as being unusually intense or clear. Things or people sometimes appear to have changed externally, e.g. in form or size.	<input type="radio"/> Yes <input type="radio"/> No
15	Your thoughts are sometimes suddenly interrupted or disturbed by other thoughts.	<input type="radio"/> Yes <input type="radio"/> No
16	At times you feel that you are being especially observed, followed or threatened by something.	<input type="radio"/> Yes <input type="radio"/> No
17	You sometimes see, hear, taste or smell things that others are not aware of.	<input type="radio"/> Yes <input type="radio"/> No

The intention of this questionnaire in helping you identify even slight risks also means that some of the questions it contains will be answered as "Yes" by many people. **Even if you agree with three or more statements 1-13, it does not necessarily mean that you are in danger of being diagnosed with a psychosis.** Even where experiences that are more closely associated with a psychosis exist and are described in statements 14-17 of the questionnaire, this alone does not necessarily

prove anything. Consequently, you should not be alarmed if these observations apply to you. **It is possible that changes that are recorded in the questionnaire could actually indicate something completely different - perhaps a totally normal reaction to taxing circumstances.** Statements 1-9 are particularly ambiguous and unspecific. Despite this, they have been included in the questionnaire as many afflicted persons report that their psychoses started with changes of this nature.

If you suddenly wish to withdraw, become uncertain or feel under pressure over a long period of time without knowing why, if this becomes a burden for you and your reference persons, and doctors and psychologists have difficulty categorising these changes, it would probably be useful if you were to make contact with the early recognition centre on experiencing these symptoms.