

Positive Symptom Scale

0 Absent	1 Questionably Present	2 Mild	3 Moderate	4 Moderately Severe	5 Severe but Not Psychotic	6 Severe and Psychotic
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The scales for domains B, C, and D are also based on symptom intensity but do not include a rating for psychotic level of intensity, as follows:

Negative, Disorganized, General Symptom Scale

0 Absent	1 Questionably Present	2 Mild	3 Moderate	4 Moderately Severe	5 Severe	6 Extreme
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A. POSITIVE SYMPTOMS

1. Unusual Thought Content/Delusional Ideas

One or more of the following:

- a. Perplexity and Delusional mood. Something odd going on. Puzzlement. Confusion about what is real or imaginary. The familiar feels strange, confusing, ominous, threatening, or has special meaning. Sense that self, others, the world has changed. Changes in perception of time. Deja vu.
- b. Non persecutory ideas of reference (including unstable delusions of reference).
- c. Disturbance of receptive, expressive language. Thought pressure, preservation, insertion, interference, withdrawal, broadcasting, telepathy.
- d. Over valued beliefs. Preoccupation with unusually valued ideas (religion, meditation, philosophy, existential themes). Magical thinking that influences behavior and is inconsistent with subculture norms (e.g., superstitiousness, belief in clairvoyance, "sixth sense", uncommon religious beliefs).
- e. Delusional ideas about the body, guilt, nihilism, jealousy, religion, external control, radio and TV messages. Delusions may be present but are not well organized and not tenaciously held.

Severity Scale (circle one)

0 Absent	1 Questionably Present	2 Mild	3 Moderate	4 Moderately Severe	5 Severe but not Psychotic	6 Severe and Psychotic
	Unexpected thought, feeling, movement, experience. Surprising but easily dismissed.	Mind "tricks" that are puzzling. Sense that something is different.	Unanticipated mental events/beliefs that cannot be dismissed and are also irritating and/or worrisome. A sense that unexpected experiences are somehow meaningful because they won't go away	Notion that experiences are coming from outside the self or that ideas / beliefs are real, but skepticism remains intact.	Belief of external control more compelling but doubt can be induced by contrary evidence and others' opinions. May affect functioning	Delusional conviction (with no doubt) at least intermittently. Usually interferes with thinking, social relations, or behavior.

2. Suspiciousness/Persecutory Ideas

One or more of the following:

- a. Excessive concern about the motivations of others; distrustful;
- b. Suspiciousness or paranoid thinking;
- c. Presents a guarded or even openly distrustful attitude that may reflect delusional conviction and intrude on the interview and/or behavior.

Severity Scale (circle one)

0 Absent	1 Questionably Present	2 Mild	3 Moderate	4 Moderately Severe	5 Severe but not Psychotic	6 Severe and Psychotic
	Wariness	Doubts about safety, Hyper-vigilance without clear source of danger	Notions that people are hostile, untrustworthy, and/or harbor ill will easily. Perplexed and mistrustful	Loosely organized beliefs of being watched, singled out. Beliefs easily dismissed. Irritable and suspicious.	Loosely organized beliefs about danger or hostile attention. At times openly distrustful but behavior and interactions minimally affected. Skepticism and perspective can be elicited with non confirming evidence or opinion.	Delusional paranoid conviction (with no doubt) at least intermittently. Likely to affect functioning.

3. Grandiosity

One or more of the following:

- a. Exaggerated self-opinion and unrealistic sense of superiority.
- b. Some expansiveness or boastfulness.
- c. Occasional clear-cut grandiose delusions that can influence behavior

Severity Scale (circle one)

0 Absent	1 Questionably Present	2 Mild	3 Moderate	4 Moderately Severe	5 Severe but not Psychotic	6 Severe and Psychotic
	Private thoughts of superiority	Ideas of being highly talented, understanding, etc. Keeps ideas private.	Notions of being unusually special, powerful. Occasionally expansive.	Loosely organized belief of power, wealth. Easily distracted from beliefs.	Preoccupation with having unnatural intellect, attractiveness, power, fame. Skepticism about belief can be elicited. Usually not acted upon.	Delusional grandiose conviction (with no doubt) at least intermittently. Usually influences behavior to some extent.

4. Perceptual Abnormalities/Hallucinations

One or more of the following in one or more perceptual domains (auditory, visual, somatic, tactile, olfactory, gustatory)

- a. Unusual perceptual experiences. Heightened or dulled perceptions, vivid sensory images, distortions, illusions.
- b. Pseudo-hallucinations or hallucinations into which the subject has insight (i.e., is aware of their abnormal nature at the time);
- c. Occasional frank hallucinations which may minimally influence thinking or behavior.

Severity Scale (circle one)

0 Absent	1 Questionably Present	2 Mild	3 Moderate	4 Moderately Severe	5 Severe but not Psychotic	6 Severe and Psychotic
	Change in perceptual sensitivity, heightened, dulled.	Unexpected, unformed perceptual changes, noises, lights, etc. Worrisome	Unanticipated, formed, perceptual changes, e.g., designs, geometrical figures, identifiable noises. Puzzling, irritating.	Perceptual distortions, illusions, pseudo-hallucinations (faces, bodies, voices) that are recognized as not real yet can be frightening or captivating.	Clearly formed but brief hallucinations, or else a number of vague abnormal perceptions. Usually do not result in distortions of thinking or behavior.	Hallucinations occur intermittently. Visions, voices, other sensory events are experienced as real and influence thinking, feeling, and behavior quite clearly.

5. Conceptual Disorganization

One or more of the following difficulties in thought process.

- a. Odd thinking and speaking process. Vague, metaphorical, overelaborate, stereotyped;
- b. Confused or muddled thinking, racing thoughts or slowed down thoughts, using the wrong words for things sometimes, talking about things irrelevant to context or going off the track;
- c. Thinking is circumstantial, tangential, or paralogical. There is some difficulty in directing thoughts toward a goal.
- d. Loosening of associations may be present making speech unintelligible.

Severity Scale (circle one)

0 Absent	1 Questionably Present	2 Mild	3 Moderate	4 Moderately Severe	5 Severe but not Psychotic	6 Severe and Psychotic
	Sudden word or phrase that doesn't make sense.	Vague, confused, muddled, inconsistent thoughts.	Wrong words, irrelevant topics. Frequently off track. Meta-phorical, stereotyped, over-elaborate.	Thinking is circum-stantial or paralogical. There is some difficulty in directing thoughts toward a goal. No loosening of associations. Sporadically impossible to follow and understand.	Thinking is circumstantial or paralogical or, tangential. There is some difficulty in directing thoughts toward a goal, and some loosening of associations may be evidenced under pressure. Occasionally impossible to follow and understand. Responds to structuring, especially with questions.	Communication loose or irrelevant and unintelligible when under minimal pressure or when the content of the communication is complex. Not responsive to structuring the conversation.

B. NEGATIVE SYMPTOMS

1. Social Isolation or Withdrawal

One or more of the following:

- a. Lack of close friends or confidants other than first degree relatives;
- b. Excessive social anxiety that does not diminish with familiarity and tends to be associated with paranoid fears rather than negative judgments about self;
- c. Ill at ease in the presence of others and prefers to spend time alone, although he/she participates in social functions when required. Does not initiate contact;
- d. Passively goes along with most social activities but in a disinterested or mechanical way. Tends to recede into the background.

Negative Symptom Scale

0 Absent	1 Questionably Present	2 Mild	3 Moderate	4 Moderately Severe	5 Severe	6 Extreme
	Slightly socially awkward or anxious but socially active.	Ill at ease with others. Disinterested or anxious in most social situations but socially present.	Participates socially only reluctantly due to anxiety or disinterest.	Few friends outside of extended family. Is mistrustful of others or socially apathetic.	Prefers to be alone. Spends most time alone or with first degree relatives.	No close friends. Spends most time alone, including first degree relatives.

2. Avolition

One or more of the following:

- a. Impairment in the initiation, persistence, and control of goal-directed activities;
- b. Loss of drive, energy, productivity
- c. Feeling uninterested, things are an effort and/or take longer to do.

0 Never, Absent	1 Questionably Present	2 Mild	3 Moderate	4 Moderately Severe	5 Severe	6 Extreme
	Less interested in every day activities or long term goals, but normally productive.	Waning interest in pleasurable activities. Tasks require more effort and take longer though productivity maintained.	Diminished interest and productivity. Impairment in task initiation and/or persistence. Initiation requires prodding.	Avoiding many everyday tasks and/or long-standing activities. Prodding needed regularly.	Relinquishing most goal-directed activities. Significant reduction in achievement. Prodding needed all the time.	Abandoning virtually all goal-directed activities. Prodding unsuccessful.

3. Decreased Expression of Emotion

One or more of the following:

- a. Flat, constricted, diminished emotional responsiveness, as characterized by a decrease in facial expression, modulation of feelings (monotone speech) and communication gestures (dull appearance);
- b. Lack of spontaneity and flow of conversation. Reduction in the normal flow of communication. Conversation shows little initiative. Patient's answers tend to be brief and unembellished, requiring direct and sustained questions by interviewer.
- c. Poor rapport. Lack of interpersonal empathy, openness in conversation, sense of closeness, interest, or involvement with the interviewer. This is evidenced by interpersonal distancing and reduced verbal and non-verbal communication.

0 Absent	1 Questionably Present	2 Mild	3 Moderate	4 Moderately Severe	5 Severe	6 Extreme
	Emotional responsiveness slightly delayed or blunted.	Speech lacking character. Emotional expression minimal.	Communications brief, un-engaging. Conversation lacks liveliness, feels stilted.	Difficulty in maintaining spontaneity and flow of conversation. Minimal interpersonal empathy. Speech mostly monotone, May avoid eye contact.	Starting and maintaining conversation requires direct and sustained questioning by the interviewer. Affect constricted. Lack of gestures.	Flat affect, monotone speech. Unable to become involved with interviewer or maintain conversation despite active questioning by the interviewer.

4. Decreased Experience of Emotions and Self

One or more of the following:

- a. Emotional experiences and feelings less recognizable, genuine, appropriate.
- b. Sense of distance when talking to others, no longer feeling rapport with others.
- c. Emotions disappearing, difficulty feeling happy or sad.
- d. Sense of having no feelings: Anhedonia, apathy, loss of interest, boredom.
- e. Feeling profoundly changed, unreal, or strange.
- f. Feeling depersonalized, at a distance from self.
- g. Loss of sense of self.

0 Absent	1 Questionably Present	2 Mild	3 Moderate	4 Moderately Severe	5 Severe	6 Extreme
	Feeling distant from others. Everyday feelings muted. Lack of strong emotions.	Difficulty recognizing differentiated feelings, aware of shifts between numbness and displeasure.	Emotions feel like they are disappearing. Perplexing sense of something wrong "inside"	Emotionally blank, even when feelings are appropriate. Sense of deadness.	Feeling a loss of sense of self. Feeling depersonalized, unreal or strange. May feel disconnected from body, from world, from time.	Feeling profoundly changed and possibly alien to self. No feelings most of the time.

5. Decreased Ideational Richness

One or more of the following:

- a. Difficulty in abstract thinking. Impairment in the use of the abstract-symbolic mode of thinking, as evidenced by difficulty in classification, forming generalizations, and proceeding beyond concrete or egocentric thinking in problem-solving tasks; often utilizes a concrete mode.
- b. Simple words and sentence structure; paucity of dependent clauses;
- c. Stereotyped thinking. Decreased fluidity, spontaneity, and flexibility of thinking, as evidenced in rigid, repetitious, or barren thought content. Some rigidity in attitudes or beliefs. May refuse to consider alternative positions or have difficulty in shifting from one idea to another.
- d. As a listener unable to make sense of familiar phrases or to grasp the "gist" of a conversation or to follow everyday discourse.

0 Absent	1 Questionably Present	2 Mild	3 Moderate	4 Moderately Severe	5 Severe	6 Extreme
	Some rigidity in thought, attitudes, and beliefs. Difficulty switching topics or ideas.	Difficulty with abstract conceptualizations or understanding the "gist" of conversations.	Conversation remains on simple plane, abstract comments missed or mis-interpreted.	Thought content is barren or monotonous. Thinking is stereotyped, repetitive, concrete.	Difficulty following and/or understanding everyday discourse. Uses simple words and sentence structure without modifiers.	Simple yes, no answers without elaboration, sometimes without understanding.

6. Deterioration in Role Functioning

One or more of the following:

- a. Difficulty performing role functions (e.g., wage earner, student, homemaker) that were previously performed without problems.
- b. Having difficulty in productive, instrumental relationships with colleagues at work or school.

0 Absent	1 Questionably Present	2 Mild	3 Moderate	4 Moderately Severe	5 Severe	6 Extreme
	More effort and focus required to maintain same level of performance at work, school, relationships.	Difficulty in functioning at work, school, relationships, that is evident to others.	Definite problems in accomplishing work tasks or a drop in Grade Point Average. Strained social interactions.	Failing one or more courses. Receiving notice or being on probation at work. Limited social interaction.	Failing out of school. Significant absence from work. Social withdrawal.	Failed or left school, left employment or was fired. Socially isolated, interacting with few or no friends.

C. DISORGANIZATION SYMPTOMS

1. Odd Behavior or Appearance

One or more of the following:

- a. Behavior that is odd, eccentric, or peculiar (e.g., collecting garbage, talking to self in public, hoarding food), Preoccupied with apparent internal stimuli);
- b. Inappropriate affect.
- c. Mannerisms and posturing. Unnatural movements or posture characterized by an awkward, stilted, disorganized or bizarre appearance.

0 Absent	1 Questionably Present	2 Mild	3 Moderate	4 Moderately Severe	5 Severe	6 Extreme
	Minor eccentricities that are not characteristic and seem out of place.	Occasional odd interests, appearance, or hobbies. Clumsy.	Persistent odd interests, appearance or hobbies. Stilted conversation. Physically awkward.	Clearly unconventional. Distracted by apparent internal stimuli. Disengaging, off putting. Unusual movements.	Strange looking and acting. Disengaged by apparent internal stimuli. Inappropriate affect. May provide noncontextual responses. Stereotyped movements.	Grossly bizarre appearance, or behavior (e.g. talking to self in public, or collecting garbage). Disconnection of affect and speech. Disorganized movements, mannerisms, or posturing.

2. Bizarre Thinking

Thinking characterized by strange, fantastic or bizarre ideas that are distorted, illogical or patently absurd.

Absent	Questionably Present	Mild	Moderate	Moderately Severe	Severe	Extreme
	Infrequent, "quirky" ideas that are easily abandoned.	Occasional unusual ideas, illogical or distorted thinking.	Persistent unusual ideas, illogical or distorted thoughts that are held as a belief or philosophical system within the realm of subcultural variation.	Persistent unusual or illogical thinking that is embraced but which violates the boundary of most conventional religious or philosophical thoughts.	Illogical construction of strange and unrealistic ideas that are difficult to follow.	Preoccupied with thoughts that are fantastic patently absurd, fragmented and impossible to follow.

3. Trouble with Focus and Attention

- a. Failure in focused alertness, manifested by poor concentration, distractibility from internal and external stimuli.
- b. Difficulty in harnessing, sustaining, or shifting focus to new stimuli.
- c. Tendency to be easily distracted.
- d. Trouble holding conversation in memory.

0 Absent	1 Questionably Present	2 Mild	3 Moderate	4 Moderately Severe	5 Severe	6 Extreme
	Occasional lapses of focus under pressure.	Loss of focus and concentration more easily than usual.	Persistent problems maintaining focus and attention over time.	Easily distracted and occasionally loses track of conversations.	Unable to maintain attention and needs refocusing.	Unable to maintain attention even with external refocusing.

4. Impairment in Personal Hygiene/Social Attentiveness

One or more of the following:

- a. Impairment in personal hygiene and grooming. Self neglect.
- b. Social inattentiveness. Looks away, appears uninvolved or disengaged.
"Spacey". "Out of it". Abruptly terminates a conversation for no apparent reason.

0 Absent	1 Questionably Present	2 Mild	3 Moderate	4 Moderately Severe	5 Severe	6 Extreme
	Less attention to personal hygiene but still concerned with appearances.	Less attention to personal hygiene and less concerned with appearance but still within bounds of convention and/or subculture.	Occasional indifference to conventional and/or subcultural conventions of dress and social "graces".	Persistent neglect of social or subcultural norms of hygiene. Slightly "spacey".	Drifts in and out of interactions. Is no longer bathing regularly. "Out of it".	Poorly groomed and appears not to care or even notice. No bathing and may have developed an odor. Inattentive to social cues and unresponsive even when confronted.

D. GENERAL SYMPTOMS

1. Sleep Disturbance

One or more of the following:

- a. Having difficulty falling asleep.
- b. Waking earlier than desired and not able to fall back asleep.
- c. Daytime fatigue and sleeping during the day.
- d. Day night reversal

0 Absent	1 Questionably Present	2 Mild	3 Moderate	4 Moderately Severe	5 Severe	6 Extreme
	Sleep more restless than usual.	Some mild difficulty falling asleep or getting back to sleep.	Daytime fatigue resulting from difficulty falling asleep at night or early awakening.	Sleep pattern has been significantly disrupted and has intruded on other aspects of functioning (e.g.	Significant difficulty falling asleep or awakening early on most nights. May have day/night	Unable to sleep at all for one or more entire nights.

2. Dysphoric Mood

One or more of the following for depression:

- a. Diminished interest in pleasurable activities
- b. Sleeping problems
- c. Poor or increased appetite
- d. Feelings of loss of energy
- e. Difficulty concentrating
- f. Suicidal thoughts
- g. Feelings of worthlessness and/or guilt

And/or one or more of the following:

- a. Anxiety, panic, multiple fears and phobias
- b. Irritability, hostility, rage
- c. Restlessness, agitation, tension
- d. Unstable mood

0 Absent	1 Questionably Present	2 Mild	3 Moderate	4 Moderately Severe	5 Severe	6 Extreme
	Feeling "down" or "edgy" more often.	Feeling like the "blues" or other discontents have "settled in".	Occasional "bad" feelings that may be a mixture of depression, irritability, or anxiety.	Frequent unstable and unpredictable periods of "bad or dark feelings".	Persistent unpleasant mixtures of depression, irritability or anxiety that trigger avoidance behaviors such as substance use or sleep.	Painfully unpleasant mixtures of depression, irritability, or anxiety that trigger highly destructive behaviors like suicide or self mutilation.

3. Motor Disturbances

One or more of the following:

- a. Reported or observed clumsiness, lack of coordination, difficulty performing activities that were performed without problems in the past.
- b. The development of a new movements such as a nervous habit, stereotypes, characteristic ways of doing something, postures, or copying other peoples' movements.
- c. Motor blockages
- d. Loss of automatic skills
- e. Compulsive motor rituals

0 Absent	1 Questionably Present	2 Mild	3 Moderate	4 Moderately Severe	5 Severe	6 Extreme
	Awkward.	Reported or observed clumsiness.	Poor coordination Difficulty performing fine motor movements.	Stereotyped, often inappropriate movements.	Nervous habits, tics, grimacing. Posturing.	Loss of automatic skills. Motor blockages. Echopraxia. Catatonia.

4. Impaired Tolerance to Normal Stress

One or more of the following:

- a. Avoids or exhausted by stressful situations that were previously dealt with easily.
- b. Marked symptoms of anxiety in response to everyday stressors.
- c. Increasingly affected by experiences that are easily handled in the past. More difficulty habituating.

0 Absent	1 Questionably Present	2 Mild	3 Moderate	4 Moderately Severe	5 Severe	6 Extreme
	More tired at end of usual day.	Daily stress brings on symptoms of anxiety beyond what might be expected.	Thrown off by unexpected happenings in the usual day.	Increasingly "challenged" by expected daily experiences that were easily handled in the past.	Avoids or is overwhelmed by situations that previously were dealt with easily.	Disorganization, panic or withdrawal to everyday stress.

SOPS SUMMARY SHEET

Positive Symptom Scale

0 Absent	1 Questionably Present	2 Mild	3 Moderate	4 Moderately Severe	5 Severe but Not Psychotic	6 Severe and Psychotic
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Positive Symptoms

Totals

A1. Unusual Thought Content/Delusional Ideas	0	1	2	3	4	5	6
A2. Suspiciousness/Persecutory Ideas	0	1	2	3	4	5	6
A3. Grandiosity	0	1	2	3	4	5	6
A4. Perceptual Abnormalities/Hallucinations	0	1	2	3	4	5	6
A5. Conceptual Disorganization	0	1	2	3	4	5	6

Negative, Disorganized, General Symptom Scale

0 Absent	1 Questionably Present	2 Mild	3 Moderate	4 Moderately Severe	5 Severe	6 Extreme
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Negative Symptoms

B1. Social Isolation and Withdrawal	0	1	2	3	4	5	6
B2. Avolition	0	1	2	3	4	5	6
B3. Decreased Expression of Emotion	0	1	2	3	4	5	6
B4. Decreased Experience of Emotions and Self	0	1	2	3	4	5	6
B5. Decreased Ideational Richness	0	1	2	3	4	5	6
B6. Deterioration in Role Functioning	0	1	2	3	4	5	6

Disorganization Symptoms

C1. Odd Behavior or Appearance	0	1	2	3	4	5	6
C2. Bizarre Thinking	0	1	2	3	4	5	6
C3. Trouble with Focus and Attention	0	1	2	3	4	5	6
C4. Personal Hygiene/Social Attentiveness	0	1	2	3	4	5	6

General Symptoms

D1. Sleep Disturbance	0	1	2	3	4	5	6
D2. Dysphoric Mood	0	1	2	3	4	5	6
D3. Motor Disturbances	0	1	2	3	4	5	6
D4. Impaired Tolerance to Normal Stress	0	1	2	3	4	5	6