

Self Report form KGV Scale

Please answer these questions as fully as you can and try to take less than 1 week to do it. If it is a struggle do this, please contact your key worker or the person asking you to do this questionnaire as soon as possible. If the answer to any of the questions in bold is 'No', please go on to the next question in bold.

1. ANXIETY

Have you worried a lot in the last month?

What do you worry about?

What is it like when you worry?

Do unpleasant thoughts constantly go round and round in your mind?

Can you stop them by turning your attention to something else?

How often have you worried like this in the last month?

Have you had headaches or other aches and pains in the last month?

What kind? e.g. a band around the head, tightness in the scalp, ache in the back of the neck or shoulders?

Have you been getting exhausted or worn out during the day or evening, even when you have not been working very hard?

Do you feel tired all the time for no apparent reason? Is there a feeling of tiredness or exhaustion?

Do you have to take a rest during the day?

Have you had difficulty relaxing in the last month?

Do your muscles feel tensed up?

Is it hard to get rid of the tension?

Have you been so fidgety and restless that you couldn't sit still?

Do you have to keep pacing up and down?

Do you tend to worry over your physical health?

What does your doctor say is wrong?

What do you think is wrong with you?

Do you often feel on edge, or keyed up, or mentally tense?

Do you generally suffer from your nerves?

Do you suffer from nervous exhaustion?

Have there been times lately when you have been very anxious or frightened?

What was this like?

Did you experience unpleasant bodily sensations like blushing, butterflies, choking, difficulty getting breath, dizziness, dry mouth, palpitations, sweating, tingling sensations, trembling?

How often in the last month?

Have you had the feeling that something terrible might happen?

A feeling that some disaster might occur but you are not what sure what?

Have you been anxious about getting up in the morning because you are afraid to face the day?

Did you experience unpleasant bodily sensations?

Have you had times when you felt shaky, or your heart pounded, or you felt sweaty, and you simply had to do something about it?

What was it like?

What was happening at the time?

How often in the last month?

Have you tended to get anxious in certain situations, such as traveling, or in crowds, or being alone, or being in enclosed spaces?

What situations?

Did you experience bodily sensations?

How often in the past month?

What about meeting people, e.g. going into a crowded room, making conversation?

Do you have any special fears, like some people are scared of feathers, or cats, or spiders, or birds?

Do you avoid any of these situations (specify as appropriate) because you know you will get anxious?

How often have you found yourself doing this in the last month?

How much does this affect your day to day life?

2. DEPRESSION

What has your concentration been like recently?

Can you read an article in the paper, or watch a TV programme right through?

Do your thoughts drift so that you don't take things in?

Do you tend to brood on things?

So much that you neglect things like your work, or eating, or housework, or looking after yourself?

What about your interests, have they changed at all?

Have you lost interest in work, or hobbies, or recreations?

Have you let your appearance go?

Do you keep reasonably cheerful, or have you been very depressed or low spirited recently?

Have you cried at all, or wanted to cry?

When did you last really enjoy doing anything?

How do you see the future?

Has life seemed quite hopeless?

Can you see any future?

Have you given up, or does there still seem some reason for trying?

Is the depression worse at any particular time of day?

Have you wanted to stay away from other people?

Why?

Have you been suspicious of their intentions?

Afraid of actual harm?

What is your opinion of yourself compared to other people?

Do you feel better, or not as good, or about the same as most?

Do you feel inferior or even worthless?

How confident do you feel in yourself?

For example when talking to others, or in managing your relations with other people?

Are you self-conscious in public?

Do you get the feeling that other people are taking notice of you in the street, or a bus, or restaurant?

Do they ever seem to laugh at you or talk about you critically?

Are people really looking at you or is it perhaps the way you feel about it?

Do you have the feeling that you are being blamed for something, or even accused?

What about?

Do you tend to blame yourself at all?

If people are critical at all, do you think you deserve it?

What has your appetite been like recently?

Have you lost any weight during the last three months?

Have you been trying to lose weight?

Have you had any trouble getting off to sleep recently?

How long do you lie awake?

How often does it happen?

Do you seem to be slowed down in your movements, or to have too little energy recently?

How much has it affected you?

Do you wake early in the morning?

What time do you wake?

Can you get back to sleep quickly, or do you lie awake?

How often has this happened in the last month?

Has there been any change in your interest in sex?

Have you been very much more irritable than usual recently?

How do you show it?

Do you keep it to yourself, or shout, or even hit people?

Do you feel as if you have committed a crime, or sinned greatly, or deserve punishment?

Have you ever felt that your presence might contaminate or ruin other people?

Is anything the matter with your body?

Do you think that you have some kind of serious physical illness?

Is your body unhealthy or diseased or rotten? Is part of it missing or no longer working?

Have you told your doctor about this?

3. SUICIDAL THOUGHTS AND BEHAVIOURS

In the last month, have there been times when you feel that life wasn't worth living?

How often have you felt like this recently?

Have you thought that you might be better off dead?

Do you feel that it would be a relief from your problems?

Does it seem like the only solution to your problems, or could things still be put right by other means?

Are you sure of this?

How often have you thought like this recently?

Have you thought that other people would be better off if you were dead?

In what way would they be better off?

Would they be happier if you were gone?

How often have you thought like this recently?

Have you found yourself actually wishing you were dead and away from it all?

How often have you felt like this?

Have you had any thoughts about taking your own life?

Have you thought seriously about this?

Has the idea of taking your life kept coming into your mind?

How much of the time has this been in your mind in the last month?

Have you made many plans for taking your life?

What did you think you might do?

Have you decided on how and where you could do this?

Have you decided on a time?

What prevents you from carrying out your plans?

Does the thought of dying make you feel afraid?

Does it make you feel relieved?

Are you resigned to the fact?

Have you made any preparations for taking your life?

What have you done?

Have you got the means to do it?

Have you written a letter saying you want to do this?

Have you actually tried to take your life recently?

What did you do?

Did you expect to die?

Do you intend to try again?

When might you do this?

4. ELEVATED MOOD

Have you sometimes felt particularly cheerful and on top of the world without any reason?

How would you describe the feeling?

Was it a feeling of ordinary happiness or something unusually intense?

How long did the feeling last?

Could you control the feeling?

Was it a pleasant feeling or did it seem too cheerful to be healthy?

How often have you felt like this in the last month?

Have you felt particularly full of energy lately, or full of exciting ideas?

Do things seem to go too slowly for you?

Do ideas or images seem to pass through your mind at a faster rate than normal?

Do you need less sleep than usual?

Do you find yourself extremely active but not getting tired? Did you stay up all night because you felt too full of energy to sleep?

Have you developed any new interests recently?

Have you seemed super efficient, or felt as though you had any special powers or talents quite out of the ordinary?

Have you felt especially healthy?

Have you been buying any interesting things recently?

Have you told other people about how you were feeling, or about your ideas and plans?

Did you feel that you had to tell everyone about it?

5. HALLUCINATIONS

Do you ever seem to hear noises or to hear voices when there is no one about and nothing else to explain it?

Do you ever hear noises like tapping or music?

Do you ever hear muttering or whispering?

Can you make out the words?

What does the voice say?

(If critical or accusatory) Do you think that it is justified?

Do you deserve it?

Do you hear your name being called?

Do you hear several voices talking about you?

Do you they refer to your as he (she)?

What do they say?

Do they seem to comment on what you are thinking, or reading, or doing?

Do they speak directly to you?

Are they threatening or unpleasant?

Do they call you names?

Do they give you orders?

Can you carry on a two way conversation with?

Do you see anything or smell anything at the same time as you hear the voice?

Who is it you are talking to?

What is the explanation?

Do you know anyone else who has this kind of experience?

Do you hear these voices inside your head or can you hear them through your ears?

Where do they seem to be coming from?

Do they seem to come from somewhere in the room, or from somewhere else?

Do they sound like someone in the room is talking to you?

How long did the voices last for?

Were you half asleep at the time, or has it occurred when you were fully awake?

How do you explain them?

Have you seen things that other people cannot see?

What did you see?

Have you seen shadows or flashes of light?

What did you see?

Did you see these things with your eyes or in your mind?

How real did they look?

Were they solid or could you see through them?

Were they three dimensional or flat, like a photograph?

Were they coloured or black and white?

How long did the image last for?

Were you half asleep at the time, or has it occurred when you were fully awake?

Did the vision seem to arise out of a pattern on the wallpaper or shadows in the room?

How do you explain it?

Do you sometimes notice strange smells that other people don't notice?

What sort of smell is it?

How do you explain it?

Do you seem to think that you yourself give off a strange smell?

What sort of smell is it?

How do you explain it?

Do you ever feel that someone is touching you, but when you look there is nobody there?

How do you explain this?

Do you sometimes notice strange feelings inside your body?

How you explain this?

Have you noticed that food or drink seems to have an unusual taste recently?

How do you explain this?

Have there been times recently when sounds have seemed unnaturally clear or loud, or things have looked vividly coloured or detailed?

Have things seemed dark, or grey, or colourless?

Does the appearance of things or people change in a puzzling way: e.g. in shape, size, or colour?

6. DELUSIONS

Can you think clearly or is there interference with your thoughts?

What kind of interference?

Are you in full control of your thoughts?

Are thoughts put into your head which you know are not your own?

How do you know they are not your own?

Where do they come from?

Do you ever seem to hear your own thoughts spoken aloud in your head, so that someone standing near might be able to hear them?

How do you explain this?

Are your thoughts broadcast so that other people know what you are thinking?

Do you ever seem to hear your own thoughts repeated or echoed?

What is that like?

How do you explain it?

Where does it come from?

Do you ever experience your thoughts stopping quite suddenly so that there are none left in your mind, even though your thoughts were flowing freely before?

What is that like?

How does it occur?

What is it due to?

Do your thoughts ever seem to be taken out of your head, as though some external person or force were moving them?

Can you give an example?

How do you explain it?

Can anyone read your thoughts?

How do you know?

How do you explain it?

Do you ever feel under the control of some force or power other than yourself?

As though you were a robot without a will of your own?

As though you were possessed by someone or something else?

What is that like?

Do people seem to drop hints about you, or say things with a double meaning, or do things in a special way so as to convey a meaning?

Can you give an example of what they do?

Does everyone seem to gossip about you?

What do they say?

Do people follow you about, or check up on you, or record your movements?

Why are they doing this?

Do things seem to specially arranged?

Is an experiment going to, to test you out?

Do you see any reference to yourself on TV or in the papers?

Do you ever see special meanings in advertisements?

Is anyone deliberately trying to harm you e.g. trying to poison or kill you?

How?

Is there any kind of organisation behind it?

Is there any other kind of persecution?

Do you think people are organizing things specially to help you?

What are they doing?

Is there anything special about you?

Do you have any special abilities or powers?

Can you read people's thoughts?

Is there a special purpose or mission to your life?

Are you especially clever or inventive?

Are you a very prominent person or related to someone prominent like royalty?

Are you very rich or famous?

How do you explain this?

Are you a very religious person?

Specially close to God?

Can God communicate with you?

Are you yourself a saint?

Do you think your appearance is normal?

Is anything the matter with your brain?

How do you explain the things that have been happening?

Is anything like hypnotism or telepathy going on?

Is anything like electricity, or X-rays, or radio waves affecting you?