



National Psychosis Awareness Program for Individuals

The National Psychosis Awareness Program is a modified version of the Prodromal Questionnaire 16¹ (PQ-16) and screens individuals for psychosis risk. The screening consists of 16 questions, including 9 items related to perceptual abnormalities and hallucinations, 5 items related to unusual thought content/delusional ideas/paranoia, and 2 items related to negative symptoms. The screening asks if these symptoms have been experienced in the past year.

All symptom-related questions are first answered “True/False”

Sample Questions:

I feel uninterested in things I used to enjoy.

- True
- False

I have heard things other people can’t hear like voices of people whispering or talking.

- True
- False

If an individual answers “True” to a question, the following is asked: “How much discomfort has this experience caused?” The follow-up questions are answered:

- None
- Mild
- Moderate
- Severe

Scoring assigns a numerical value to the discomfort level associated with each “True” answer. A discomfort level of “None” receives a score of 0. “Mild” is scored 1, “Moderate” is 2, and “Severe” is 3. “False” answers do not receive a score. Scores for the discomfort level associated with each “True” answer are tallied for interpretation.

Interpretation:

0 – 5 (with no discomfort level rating above 1): Not experiencing distress due to unusual experiences or behaviors

0 – 5 (with at least one discomfort rating of 2): Experiencing mild to moderate distress due to unusual experiences or behaviors; follow-up with a professional is suggested

6 + (or a discomfort level of 3 on any item): Experiencing moderate or severe distress due to unusual experiences or behaviors; follow-up with a professional is encouraged

¹ Ising, H.K., Veling, W., Loewy, R.L., Rietveld, M.W., Rietdijk, J., Dragt, S., Klaassen, R.M.C., Neiman, D. H., Wunderink, L., Linszen, D.H., & van der Gaag, M. (2012). The validity of the 16-item version of the Prodromal Questionnaire (PQ-16) to screen for ultra high risk of developing psychosis in the general help-seeking population. *Schizophrenia Bulletin*, 38(6), 1288–1296