

„Selfscreen Prodrome“

Many people develop psychological problems during the course of their lives. Often, these problems are caused by stress and once the stress has passed, the problem will resolve. In some cases, however, a person's character and abilities can change to such an extent that he or she is "no longer the same person".

Please mark all permanent changes that you have experienced for the first time in the last few years.

	true	not true
1. Increased sensitivity, more easily moved	<input type="checkbox"/>	<input type="checkbox"/>
2. Over-sensitivity, more easily hurt or upset	<input type="checkbox"/>	<input type="checkbox"/>
3. Irritability	<input type="checkbox"/>	<input type="checkbox"/>
4. Being short-tempered	<input type="checkbox"/>	<input type="checkbox"/>
5. Nervousness, feeling tense	<input type="checkbox"/>	<input type="checkbox"/>
6. Disturbed sleep	<input type="checkbox"/>	<input type="checkbox"/>
7. Lack of energy, drive, initiative or interest	<input type="checkbox"/>	<input type="checkbox"/>
8. Suspiciousness	<input type="checkbox"/>	<input type="checkbox"/>
9. Anxiety	<input type="checkbox"/>	<input type="checkbox"/>
10. Feeling depressed	<input type="checkbox"/>	<input type="checkbox"/>
11. Blunted emotions	<input type="checkbox"/>	<input type="checkbox"/>
12. Pronounced mood swings	<input type="checkbox"/>	<input type="checkbox"/>
13. Difficulties concentrating	<input type="checkbox"/>	<input type="checkbox"/>
14. More easily distracted	<input type="checkbox"/>	<input type="checkbox"/>
15. Lower level of resilience	<input type="checkbox"/>	<input type="checkbox"/>
16. Changes in interests (e.g. unusual interest in religion and supernatural matters)	<input type="checkbox"/>	<input type="checkbox"/>
17. Changes in perception (e.g. hearing, seeing, smelling or tasting unusual things)	<input type="checkbox"/>	<input type="checkbox"/>
18. Relating events to oneself	<input type="checkbox"/>	<input type="checkbox"/>
19. Feeling observed, harmed or threatened	<input type="checkbox"/>	<input type="checkbox"/>
20. Feeling controlled or influenced by others	<input type="checkbox"/>	<input type="checkbox"/>
21. Unusual difficulties with relationships	<input type="checkbox"/>	<input type="checkbox"/>
22. Withdrawing from others, isolating oneself	<input type="checkbox"/>	<input type="checkbox"/>

23. Changes in behaviour
(e.g. loud monologues in public)
24. Other people have mentioned changes in the way I speak
(e.g. my speech has become difficult to understand)
25. Marked decline in performance, possibly with difficulties
at work or school
26. Neglecting jobs and duties
27. Professional decline
28. Loss of job/dropping out of vocational training
29. Increased problems with relationships
(partner, family, work)
30. Beginning to take drugs regularly
(alcohol, cannabis, cocaine, opiates or tranquilizers)
31. Previous psychiatric or psychological treatment

32. Finally we would like to ask you some questions about your family.

Are there any mental disorders in your family?

Yes

No

I don't know

Please check that you have answered all the questions and haven't missed any!

Evaluation:

In case of more than six positive answers in total or at least two of those with bold numbering in the „Selfscreen Prodrome“, please refer the patient to a psychiatrist or an early detection centre.