

SUB-PSYCHOTIC SUBJECTIVE EXPERIENCES SCALE (SPSES)

User Instructions and Questionnaires

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Disclaimer: It is the user's full responsibility to understand the implications of using this instrument before administering it to a respondent. Individuals who are not trained to evaluate and manage respondent's reporting of any of these symptoms should not attempt to use this instrument. User should bear all responsibility associated with the consequence and outcome of the use of this instrument.

Instructions for Interviewers

The SPSES consists of 21 items rated on a five-point Likert scale assesses one's subjective cognitive experiences over their lifetime. Many people may have experienced feeling as though their thinking and feeling capacity may be inadequate, changed for the worse, or just somehow not right. This instrument is designed to assess such feelings.

SPSES was developed after reviewing several interview-based rating instruments on the topic of basic symptoms. Most of the items are based on the items used to determine the 'Cognitive Disturbance' risk criteria in the Schizophrenia Proneness Instrument, Adult version (SPI-A) (Schultze-Lutter et al 2007). Other items are adopted from several schizotypal personality assessment tools. The responses specify frequency and/or problematic intensity of the individual's experience of the symptom along a Likert scale ranging from 0-4.

The scale should be administered in a "self-rating under clinical interview environment" format. Treat this as a formal clinical interview. An interviewer should sit with the respondent as if this is a rater-administered interview, and provide instructions reiterating the time course of interest for each part of the instrument. The interviewer should remain in the room as the respondent completes the scale, but should not directly inspect what the respondent is rating so that symptom rating remains strictly self-report. Raters can explain voluntary questions from the respondent to assist them in understanding the questions, but should not instruct on how to choose the actual rating. These procedures are to maximize consistency in the understanding of the questions and anchors, minimize variability in the style and judgment from interviewers, and ensure the respondent's attentiveness to each question.

(Do not present the face page and the instruction pages to the respondent)

Sub-Psychotic Subjective Experiences Scale

Instruction to participant: We sometimes experience subtle problems in thinking or feeling. We may not even notice them or consider them a problem. The following questions ask whether you have experienced problems of this type. If you have had these problems, we will ask you to indicate when you first started to experience them.

For each item, circle the number that best fits your experience. If you circle 1 or higher, please select an option at the right that is closest to when you first had that type of experience. If you circle 0, do not answer the question to the right and just go to the next question.

1. I feel that doing two things at once is impossible even when I try to do the simplest things (like preparing a sandwich while watching TV; or other situations where I try to do two simple things at once)

- | | |
|---|---|
| 1 | Happens. Less than once a month; not bothering me |
| 2 | Several times in a month; occasionally bothering me |
| 3 | Several times a week; bothering me a bit |
| 4 | Happens almost every day; really bothering me |
| 0 | Never happens to me, nor a problem |

If 1 or greater, when did you first have this problem?

- | | |
|--|---|
| | It's been a problem for most of my life |
| | Within the past 1 year |
| | Within the past 3 months |
| | Within _____ |

2. I cannot listen to someone and take notes at the same time

- | | |
|---|---|
| 1 | Happens. Less than once a month, not bothering me |
| 2 | Several times in a month; occasionally bothering me |
| 3 | Several times a week; bothering me a bit |
| 4 | Happens almost every day; really bothering me |
| 0 | Never happens to me, nor a problem |

If 1 or greater, when did you first have this problem?

- | | |
|--|---|
| | It's been a problem for most of my life |
| | Within the past 1 year |
| | Within the past 3 months |
| | Within _____ |

3. I have difficulties with situations that need divided attention. For example, I cannot listen to the radio and drive, or wash dishes and talk to others, or other similar difficulties

- | | |
|---|---|
| 1 | Happens. Less than once a month, not bothering me |
| 2 | Several times in a month; occasionally bothering me |
| 3 | Several times a week; bothering me a bit |
| 4 | Happens almost every day; really bothering me |
| 0 | Never happens to me, nor a problem |

If 1 or greater, when did you first have this problem?

- | | |
|--|---|
| | It's been a problem for most of my life |
| | Within the past 1 year |
| | Within the past 3 months |
| | Within _____ |

4. If I don't focus, other thoughts come into my mind. These thoughts suddenly appear, but they are not related to what I am actually doing

1	Happens. Less than once a month, not bothering me
2	Several times in a month; occasionally bothering me
3	Several times a week; bothering me a bit
4	Happens almost every day; really bothering me
0	Never happens to me, nor a problem

If 1 or greater, when did you first have this problem?

	It's been a problem for most of my life
	Within the past 1 year
	Within the past 3 months
	Within _____

5. I sometimes find it difficult to concentrate, because at those times I feel every sound distracts me and brings up unrelated thoughts

1	Happens. Less than once a month, not bothering me
2	Several times in a month; occasionally bothering me
3	Several times a week; bothering me a bit
4	Happens almost every day; really bothering me
0	Never happens to me, nor a problem

If 1 or greater, when did you first have this problem?

	It's been a problem for most of my life
	Within the past 1 year
	Within the past 3 months
	Within _____

6. I can't help but keep thinking about other things, which is very distracting

1	Happens. Less than once a month, not bothering me
2	Several times in a month; occasionally bothering me
3	Several times a week; bothering me a bit
4	Happens almost every day; really bothering me
0	Never happens to me, nor a problem

If 1 or greater, when did you first have this problem?

	It's been a problem for most of my life
	Within the past 1 year
	Within the past 3 months
	Within _____

7. My mind easily goes blank, as if my thoughts disappear whenever I start thinking

1	Happens. Less than once a month, not bothering me
2	Several times in a month; occasionally bothering me
3	Several times a week; bothering me a bit
4	Happens almost every day; really bothering me
0	Never happens to me, nor a problem

If 1 or greater, when did you first have this problem?

	It's been a problem for most of my life
	Within the past 1 year
	Within the past 3 months
	Within _____

8. Sometimes my thoughts just stop, or are suddenly gone like being cut off

1	Happens. Less than once a month, not bothering me
2	Several times in a month; occasionally bothering me
3	Several times a week; bothering me a bit
4	Happens almost every day; really bothering me
0	Never happens to me, nor a problem

If 1 or greater, when did you first have this problem?

	It's been a problem for most of my life
	Within the past 1 year
	Within the past 3 months
	Within _____

9. I often lose my train of thought because other thoughts enter my mind

1	Happens. Less than once a month, not bothering me
2	Several times in a month; occasionally bothering me
3	Several times a week; bothering me a bit
4	Happens almost every day; really bothering me
0	Never happens to me, nor a problem

If 1 or greater, when did you first have this problem?

	It's been a problem for most of my life
	Within the past 1 year
	Within the past 3 months
	Within _____

10. I cannot think of the right words and have to use other, less precise, words

1	Happens. Less than once a month, not bothering me
2	Several times in a month; occasionally bothering me
3	Several times a week; bothering me a bit
4	Happens almost every day; really bothering me
0	Never happens to me, nor a problem

If 1 or greater, when did you first have this problem?

	It's been a problem for most of my life
	Within the past 1 year
	Within the past 3 months
	Within _____

11. My answers are not clear. I ramble somewhat until I find something appropriate to say

1	Happens. Less than once a month, not bothering me
2	Several times in a month; occasionally bothering me
3	Several times a week; bothering me a bit
4	Happens almost every day; really bothering me
0	Never happens to me, nor a problem

If 1 or greater, when did you first have this problem?

	It's been a problem for most of my life
	Within the past 1 year
	Within the past 3 months
	Within _____

12. I lack the words to express my thoughts and have to search my mind for them

1	Happens. Less than once a month, not bothering me
2	Several times in a month; occasionally bothering me
3	Several times a week; bothering me a bit
4	Happens almost every day; really bothering me
0	Never happens to me, nor a problem

If 1 or greater, when did you first have this problem?

	It's been a problem for most of my life
	Within the past 1 year
	Within the past 3 months
	Within _____

13. When I am stressed my mind gets chaotic and I have problems thinking straight

1	Happens. Less than once a month, not bothering me
2	Several times in a month; occasionally bothering me
3	Several times a week; bothering me a bit
4	Happens almost every day; really bothering me
0	Never happens to me, nor a problem

If 1 or greater, when did you first have this problem?

	It's been a problem for most of my life
	Within the past 1 year
	Within the past 3 months
	Within _____

14. My thoughts sometimes jump from one subject to another so much that they are actually not related to each other

1	Happens. Less than once a month, not bothering me
2	Several times in a month; occasionally bothering me
3	Several times a week; bothering me a bit
4	Happens almost every day; really bothering me
0	Never happens to me, nor a problem

If 1 or greater, when did you first have this problem?

	It's been a problem for most of my life
	Within the past 1 year
	Within the past 3 months
	Within _____

15. I have felt overwhelmed by a great number of thoughts in my head at the same time

1	Happens. Less than once a month, not bothering me
2	Several times in a month; occasionally bothering me
3	Several times a week; bothering me a bit
4	Happens almost every day; really bothering me
0	Never happens to me, nor a problem

If 1 or greater, when did you first have this problem?

	It's been a problem for most of my life
	Within the past 1 year
	Within the past 3 months
	Within _____

16. When I am reading something, watching TV, or listening to the radio, I have had the experience that there was specific meaning there for me. Of course I knew straight away that it was just my imagination

- | | |
|---|---|
| 1 | Happens. Less than once a month, not bothering me |
| 2 | Several times in a month; occasionally bothering me |
| 3 | Several times a week; bothering me a bit |
| 4 | Happens almost every day; really bothering me |
| 0 | Never happens to me, nor a problem |

If 1 or greater, when did you first have this problem?

- | | |
|--|---|
| | It's been a problem for most of my life |
| | Within the past 1 year |
| | Within the past 3 months |
| | Within _____ |

17. Sometimes I have felt that people were looking at me in public places or streets, although I knew it wasn't true

- | | |
|---|---|
| 1 | Happens. Less than once a month, not bothering me |
| 2 | Several times in a month; occasionally bothering me |
| 3 | Several times a week; bothering me a bit |
| 4 | Happens almost every day; really bothering me |
| 0 | Never happens to me, nor a problem |

If 1 or greater, when did you first have this problem?

- | | |
|--|---|
| | It's been a problem for most of my life |
| | Within the past 1 year |
| | Within the past 3 months |
| | Within _____ |

18. Sometimes when I hear something, like a dog barking, a cat meowing, or a noise from cars or appliances, out of the blue I have felt they may be occurring because of me, and then I told myself that this is nonsense

- | | |
|---|---|
| 1 | Happens. Less than once a month, not bothering me |
| 2 | Several times in a month; occasionally bothering me |
| 3 | Several times a week; bothering me a bit |
| 4 | Happens almost every day; really bothering me |
| 0 | Never happens to me, nor a problem |

If 1 or greater, when did you first have this problem?

- | | |
|--|---|
| | It's been a problem for most of my life |
| | Within the past 1 year |
| | Within the past 3 months |
| | Within _____ |

19. Sometimes an object really seems to stand out from the rest of what I see. My eyes then have to fix on it even if I don't want to look at it

- | | |
|---|---|
| 1 | Happens. Less than once a month, not bothering me |
| 2 | Several times in a month; occasionally bothering me |
| 3 | Several times a week; bothering me a bit |
| 4 | Happens almost every day; really bothering me |
| 0 | Never happens to me, nor a problem |

If 1 or greater, when did you first have this problem?

- | | |
|--|---|
| | It's been a problem for most of my life |
| | Within the past 1 year |
| | Within the past 3 months |
| | Within _____ |

20. A small detail in my surroundings can catch my attention and I have to look at it for a while without really wanting to, like I was spellbound

1	Happens. Less than once a month, not bothering me
2	Several times in a month; occasionally bothering me
3	Several times a week; bothering me a bit
4	Happens almost every day; really bothering me
0	Never happens to me, nor a problem

If 1 or greater, when did you first have this problem?

	It's been a problem for most of my life
	Within the past 1 year
	Within the past 3 months
	Within _____

21. A particular feature (for example, something on the wall, or part of a person's face or body part) can quickly catch my attention out of the blue, and I have to hold my attention on it for a while

1	Happens. Less than once a month, not bothering me
2	Several times in a month; occasionally bothering me
3	Several times a week; bothering me a bit
4	Happens almost every day; really bothering me
0	Never happens to me, nor a problem

If 1 or greater, when did you first have this problem?

	It's been a problem for most of my life
	Within the past 1 year
	Within the past 3 months
	Within _____