

Specific Psychotic Experiences Questionnaire (SPEQ) Ronald et al (2014)

SPEQ includes five self-report subscales (*paranoia, hallucinations, cognitive disorganisation, grandiosity and anhedonia*) and one parent or observer-rated subscale (*parent-rated negative symptoms*) that assess specific psychotic experiences in adolescents and young people.

Ronald A, Sieradzka D, Cardno A, Haworth C, McGuire P, Freeman D. (2014). Characterization of psychotic experiences in adolescence using the Specific Psychotic Experiences Questionnaire (SPEQ): findings from a study of 5000 16-year-olds. *Schizophr Bulletin*, 40 (4): 868-877.

Paranoia subscale includes 15 items adapted from the Paranoia Checklist¹. Participants were asked to report on the past month and rate each item using a 6-point scale: “Not at all” (0), “Rarely” (1), “Once a month” (2), “Once a week” (3), “Several times a week” (4), “Daily” (5).

Items are:

1. “I need to be on my guard against others”
2. “There might be negative comments being spread about me”
3. “People are deliberately trying to irritate me”
4. “I might be being observed or followed”
5. “People are trying to upset me”
6. “People are looking at me in an unfriendly way”
7. “People are being hostile towards me”
8. “Bad things are being said about me behind my back”
9. “Someone has bad intentions towards me”
10. “Someone has it in for me”
11. “People would harm me if given an opportunity”
12. “People might be conspiring against me”
13. “People are laughing at me”
14. “I am under threat from others”
15. “I can detect coded messages about me in the press/TV/internet”

Hallucinations subscale includes 9 items selected from the Cardiff Anomalous Perceptions Scale (CAPS)². Participants were asked to report on the past month and rate each item using a 6-point scale: “Not at all” (0), “Rarely” (1), “Once a month” (2), “Once a week” (3), “Several times a week” (4), “Daily” (5).

Items are:

1. Hear noises or sounds when there is nothing about to explain them?
2. Feel that someone is touching you, but when you look nobody is there?
3. Hear sounds or music that people near you don't hear?
4. Detect smells which don't seem to come from your surroundings?

5. See things that other people cannot?
6. Experience unusual burning sensations or other strange feelings in or on your body that can't be explained?
7. See shapes, lights, or colours even though there is nothing really there?
8. Hear voices commenting on what you're thinking or doing?
9. Notice smells or odours that people next to you seem unaware of?

Cognitive Disorganisation subscale includes 11 items from the short version of the Oxford-Liverpool Inventory of Feelings and Experiences (O-LIFE)³. Asked to report on the past month participants responded “Yes”(1) or “No”(0) to each item.

Items are:

1. Are you easily confused if too much happens at the same time?
2. Do you frequently have difficulty in starting to do things?
3. Are you a person whose mood goes up and down easily?
4. Do you dread going into a room by yourself where other people have already gathered and are talking?
5. Do you find it difficult to keep interested in the same thing for a long time?
6. Do you often have difficulties in controlling your thoughts?
7. Are you easily distracted from work by daydreams?
8. Do you ever feel that your speech is difficult to understand because the words are all mixed up and don't make sense?
9. Are you easily distracted when you read or talk to someone?
10. Is it hard for you to make decisions?
11. When in a crowded room, do you often have difficulty in following a conversation?

Grandiosity subscale includes 8 items. Three items were selected from the “Myself” sub-scale of Cognition Checklist for Mania-Revised (CCL-M-R)⁴, 2 items from the Peters et al. Delusions Inventory (PDI)⁵, and 3 items were developed based on clinical case studies⁶. Participants were asked to report on the past month, rating each item as being “Not at all” (0), “Somewhat” (1), “A great deal” (2), “Completely” (3).

Items are:

1. I have a special mission
2. I have many great ideas
3. Everything I do is great
4. I am, or am destined to be, someone very important
5. I am a very special or unusual person
6. I have special abilities that others do not
7. I am much more unique than anyone else
8. Everyone is going to know about me because of my greatness

Anhedonia subscale includes 10 items from the anticipatory pleasure subscale of the Temporal Experience of Pleasure Scale (TEPS)⁷. Reporting on the past month, participants responded “*Very false for me*” (0), “*Moderately false for me*” (1), “*Slightly false for me*” (2), “*Slightly true for me*” (3), “*Moderately true for me*” (4), “*Very true for me*” (5). The total score is reversed in order to create a score of anhedonia.

Items are:

1. When something exciting is coming up in my life, I really look forward to it
2. When I think about eating my favourite food, I can almost taste how good it is
3. I don't look forward to things like eating out at restaurants
4. When I'm on my way to an amusement park, I can hardly wait to ride the roller coasters
5. I get so excited the night before a major holiday I can hardly sleep
6. When I think of something tasty, like a chocolate biscuit, I have to have one
7. Looking forward to a pleasurable experience is in itself pleasurable
8. I look forward to a lot of things in my life
9. When ordering something off a menu, I imagine how good it will taste
10. When I hear about a new movie starring my favourite actor, I can't wait to see it

Parent- (or observer-)_ Rated Negative Symptoms subscale includes 10 items devised from the Scale for the Assessment of Negative Symptoms (SANS)⁸. Items were developed by clinicians based on the five main domains of the SANS: Affective flattening or blunting, Alogia, Avolition-apathy, Anhedonia-Asociality, and Attention. Parents were asked to rate each item as being “*Not at all true*” (0), “*Somewhat true*” (1), “*Mainly true*” (2), “*Definitely true*” (3). The reporting period was six months prior to the date the questions were answered.

Items are:

1. Often fails to smile or laugh at things others would find funny
2. Seems emotionally “flat”, for example, rarely changes the emotions he/she shows
3. Usually gives brief, one word replies to questions, even if encouraged to say more
4. Often does not have much to say for himself/herself
5. Often sits around for a long time doing nothing
6. Has a lack of energy and motivation
7. Has very few interests or hobbies
8. Has few or no friends
9. Often does not pay attention when being spoken to
10. Is often inattentive and appears distracted

References

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- 4 Beck AT, Colis MJ, Steer RA, Madrak L, Goldberg J. Cognition checklist for mania-revised. *Psychiatry Res* 2006; **145**: 233–40.
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- 6 Ronald A, Sieradzka D, Cardno A, Haworth C, McGuire P, Freeman D. Characterization of psychotic experiences in adolescence using the Specific Psychotic Experiences Questionnaire (SPEQ): findings from a study of 5000 16-year-olds. *Schizophr Bull*.
- 7 Gard DE, Gard GG, Kring AM, John OP. Anticipatory and consummatory components of the experience of pleasure: a scale development study. *J Res Pers* 2006; **40**: 1086–102.
- 8 Andreasen N. *The Scale for the Assessment of Negative Symptoms (SANS)*. Iowa: University of Iowa, 1984.