

Prodromal Questionnaire-Brief Version (PQ-B)

INSTRUCTIONS FOR CLINICIANS

Purpose: The Prodromal Questionnaire – Brief Version (PQ-B) is a self-report measure designed to identify help-seeking adolescents and young adults who may be experiencing attenuated psychotic symptoms that characterize the schizophrenia prodrome. This tool is not diagnostic; rather, it is meant to identify young people in need of further assessment for a psychosis risk syndrome as assessed by established clinical interview.

Scoring: Based on our study of young people presenting to specialty Early Psychosis clinics, we recommend referring clients for further assessment who have a **Distress score of 6 or more**. The Distress score is calculated as:

Sum of all 21 items with No = 0; and

Yes: strongly disagree = 1, disagree = 2, neutral = 3, agree = 4, strongly agree = 5.

Use in practice: Clinicians may find it useful to inquire about any endorsed items, to understand what exactly the client is experiencing, how often it happens, when it started, how they interpret the experience, and whether it causes them any distress or impairment.

Please keep in mind that attenuated psychotic experiences are actually quite common in the general population, especially in adolescents and clients with anxiety and depression. Do not be alarmed if a client reports some of these experiences- it is only when these experiences become frequent, distressing and impairing that risk for psychosis increases.

And early intervention now means that people with psychosis can lead enjoyable, productive lives. In all cases, consulting with the PART program may be helpful.

**For consultation or referral, please call
415-476-PART (7278).**