简明症状评定量表（BSRS-5）

I. Anxiety-Depression

7. Thoughts of ending your life (D)

12 Blaming yourself for things(D)

14Feeling lonely (D)

15. Feeling blue (D)

16. Feeling no interest in things (D)

28. Feeling hopeless about the future (D)

44. Feeling of worthlessness (D)

1. Nervousness or shakiness inside (A)

17.Feeling fearful (A)

31.Feeling tense or keyed up (A)

39 spells of terror or panic (A)

43 Feeling so restless that you couldn’t sit still (A)

45 Feeling that something bad is going to happen to you (A)

49 Thoughts and images of a frightening nature (A)

42 Feeling lonely even when you are with people (PS)

II. sensitivity-Paranoid

18. Feeling others do not under-stand you or are unsympathetic (s)

19. Feeling inferior to others (s)

33. Feeling uneasy when people are watching or talking about you (s)

37. Feeling very self-conscious with others (s)

8. Feeling that most people cannot be trusted (PA)

2l. Feeling that you are watched or talked about by others (PA)

4l. others not giving you proper credit for your achievements (PA)

46. Feeling that people will take advantage of you if you let them (PA)

III-Obsession

2. Repeated unpleasant thoughts that won’t leave your mind (o)

3. worried about sloppiness or carelessness (o)

13. Feeling blocked in getting things done (o)

23. Having to check ana double-check what you do (o)

24. Difficulty making decisions (o)

29. Trouble concentrating (o)

12. Blaming yourself for things (D)

IV. Phobic Anxiety

6. Feeling afraid in open spaces or on the streets (PH)

11. Feeling afraid to go out of your house alone (PH)

26. Having to avoid certain things, places, or activity because they frighten you (PH)

38. Feeling uneasy in crowds, such as when shopping or at a movie (PE)

40. Feeling nervous when you are left alone f (PH)

39. Spells of terror or panic (A)

17. Feeling fearful (A)

V. Somatization

5. Pains in your heart or chest (so)

20. soreness of your muscles (so)

25. Trouble getting your breath (so)

27. Numbness or tingling in parts of your body (so)

30. Feeling weak in parts of your body (so)

48. Something serious is wrong with body (ps)

22. Trouble falling asleep (AD)

32. Thought of death or dying (AD)

VI-Psychoticism-Additional

47. Idea that you should be punished for your sins (PS)

34. Having thoughts that are not your own (PS)

32. Thought of death or dying (AD)

50. Feelings of guilt (AD)

7. Thought of ending your life (D)

49. Thoughts and images of a frightening nature (A)

45. Feeling that something bad is going to happen to you (A)

VII. Hostility

4.Feeling easily annoyed or irritated (H)

10. Temper outbursts that you cannot control (H)

35. Having urges to beat. injure, or harm someone (H)

36. Having urges to break or smash things(H)

8. Feeling that most people cannot be trusted (PA)

评分标准

Responses were rated on a scale of 0 to 4, with 0 being “not at all” and 4 being “extremely”. Total scores ranged from 0 to 20, and were divided into four groups: “no symptoms” (0–5), “mild” (6–9), “moderate” (10–14) and “severe” (over 15).

参考文献：

Lee, M.B.; Lee, Y.J.; Yen, L.L.; Lin, M.H.; Lue, B.H. Reliability and validity of using the Brief Psychiatric Symptom Rating Scale in clinical practice. J. Formos. Med. Assoc. 1990, 89, 1081–1087.