

Symptom Nature and Profile Scale for Schizophrenia (SYNAPSS)

1. Positive Symptoms

- Delusions.
 - 0: No delusional beliefs.
 - 1: Occasional questionable ideas; easily corrected
 - 2: Clear but limited delusional content; mild influence on behavior
 - 3: Prominent, systematized delusions; significant behavioral impact
 - 4: Pervasive, bizarre, or multiple delusional belief systems dominating behavior
- Hallucinations.
 - 0: No reported/ observed hallucinations
 - 1: Vague perceptual distortions or illusions
 - 2: Occasional hallucinations; mild or limited distress
 - 3: Frequent hallucinations; moderate distress
 - 4: Persistent hallucinations influencing behavior

2. Negative Symptoms

- Affective Flattening
 - 0: Normal range of affect
 - 1: Slight reduction in facial / vocal expressiveness
 - 2: Noticeably blunted affect; limited emotional reactivity
 - 3: Marked flatness of affect; minimal facial or voice modulation
 - 4: No visible affective expression
- Avolition/Apathy
 - 0: Active, self-motivated
 - 1: Occasionally needs prompting
 - 2: Often lacks initiative; moderate inactivity
 - 3: Rarely initiates activity; spends most time inactive
 - 4: Complete lack of motivation; dependence on others
- Alogia
 - 0: Normal speech output and content
 - 1: Mild reduction in spontaneity
 - 2: Noticeable poverty of speech or speech content
 - 3: Sparse, brief replies; significant thought blocking
 - 4: Virtually mute or unresponsive
- Anhedonia
 - 0: Normal enjoyment of activities

- 1: Slight reduction in experience of pleasure
 - 2: Enjoys fewer activities; moderate loss of interest
 - 3: Rarely experiences pleasure; marked detachment
 - 4: No pleasure in any activity; complete withdrawal
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- Disorganized Symptoms
 - Bizarre Behavior
 - 0: Behavior and attire appropriate to context
 - 1: Slightly unusual mannerisms
 - 2: Occasional odd actions or attire
 - 3: Frequently or strikingly socially inappropriate behaviors
 - 4: Constantly bizarre or socially disruptive behaviors
 - Inappropriate Affect
 - 0: Appropriate affect
 - 1: Mildly incongruent affect at times
 - 2: Frequent mismatch between mood and context
 - 3: Regularly inappropriate or incongruent affect
 - 4: Grossly incongruent or bizarre affect
 - Formal Thought Disorder
 - 0: Coherent and goal-directed speech
 - 1: Slightly tangential or circumstantial speech
 - 2: Noticeably disorganized; occasional derailment
 - 3: Frequent incoherence or illogical connections
 - 4: Severely disorganized, incomprehensible, or "word-salad" speech
 - Behavioral Dysfunction
 - Aggression
 - 0: Calm and non-aggressive
 - 1: Irritable tone; brief argumentativeness
 - 2: Occasional verbal aggression; no physical acts
 - 3: Frequent verbal aggression, threats, or minor physical acts
 - 4: Repeated and/or severe physical aggression
 - Hostility
 - 0: Cooperative and trusting
 - 1: Occasionally defensive
 - 2: Noticeably suspicious or irritable
 - 3: Overt hostility towards examiner/clinician or others

- 4: Persistent, intense hostility; refuses interaction
- Impulsivity
 - 0: Thoughtful; self-controlled
 - 1: Occasionally acts hastily
 - 2: Frequent impulsive decisions or comments
 - 3: Regularly engages in risky or inappropriate acts
 - 4: Severe, uncontrolled impulsivity
- Cognitive Impairment
 - Sustained Attention
 - 0: Normal sustained attention
 - 1: Occasional lapses in focus
 - 2: Frequent distractibility; needs redirection
 - 3: Difficulty completing simple tasks without prompts
 - 4: Cannot sustain focus for even brief periods
 - Working Memory
 - 0: No apparent deficits
 - 1: Occasional forgetfulness
 - 2: Needs repetition for multi-step tasks
 - 3: Frequently forgets simple instructions
 - 4: Unable to retain basic information
 - Executive Function
 - 0: Normal planning and reasoning
 - 1: Slight difficulty adapting to change
 - 2: Struggles with problem-solving or set-shifting tasks
 - 3: Poor organization; cannot plan daily activities
 - 4: Completely unable to plan or adapt behavior
 - Processing Speed
 - 0: Normal processing speed
 - 1: Slight slowness in responding
 - 2: Noticeable delay in comprehension or action
 - 3: Markedly slow to respond or process information
 - 4: Extremely slow or unable to process simple input
- Depression
 - Depressed Mood
 - 0: Non-depressed mood
 - 1: Occasional low mood
 - 2: Persistent low mood; mild impact

- 3: Deep sadness most of the day
 - 4: Pervasive, incapacitating depressed mood
- Hopelessness
 - 0: Optimistic, future oriented
 - 1: Mild discouragement
 - 2: Frequent hopeless thoughts
 - 3: Feeling of purposelessness in life
 - 4: Persistent hopelessness; no expectation of improvement
- Guilt
 - 0: Normal self-evaluation of responsibility
 - 1: Mild self-blame
 - 2: Frequent guilt or self-criticism
 - 3: Intense guilt disproportionate to events
 - 4: Persistent delusional guilt
- Suicidal Ideation
 - 0: None
 - 1: Passive suicidal thoughts
 - 2: Occasional thoughts; no intent
 - 3: Frequent thoughts; some planning to attempt
 - 4: Active intent or recent attempt
- Anxiety
 - Worry
 - 0: Typical, manageable worry
 - 1: Occasional excessive concern
 - 2: Frequent worry interfering with concentration
 - 3: Persistent preoccupation with fear or doubt
 - 4: Pervasive, disabling anxiety
 - Panic
 - 0: None
 - 1: Occasional brief anxiety spikes
 - 2: Infrequent panic attacks; mild distress
 - 3: Recurrent panic attacks causing avoidance/withdrawal
 - 4: Frequent and/or incapacitating panic attacks
 - Social Anxiety
 - 0: Comfortable in social settings
 - 1: Mild nervousness in large groups
 - 2: Noticeable discomfort; avoids some situations

- 3: Regular avoidance of social interaction
- 4: Severe avoidance/withdrawal from social interaction
- Insight
 - Awareness of Illness
 - 0: Fully aware and accepts illness
 - 1: Minor minimization of symptoms
 - 2: Partial awareness; uncertain or ambivalent
 - 3: Denies illness despite evidence
 - 4: Completely lacks awareness; rejects all feedback
 - Reality Testing
 - 0: Fully intact
 - 1: Occasionally questions own beliefs/perceptions
 - 2: Sometimes confuses internal beliefs/experiences with reality
 - 3: Frequently convinced by false beliefs/perceptions
 - 4: Completely impaired; no reality discrimination
 - Treatment Adherence
 - 0: Fully compliant; proactive in treatment
 - 1: Occasionally forgets or questions need for treatment
 - 2: Inconsistent adherence to treatment
 - 3: Frequently resists or misses treatment
 - 4: Complete refusal or noncompliance