

# INTERNET MENTAL HEALTH QUALITY OF LIFE SCALE: Schizophrenia, Prepsychotic Or Postpsychotic Phase

**Green Boxes** = Core Features

**Yellow Boxes** = Associated Features

**Red Boxes** = Features That Can Not Be Present

1			2			3		
<b>Social Support</b>			<b>Loving To Parents</b>			<b>Loving To Siblings</b>		
Frequency of contact this week with <u>close</u> friends			Showing love or caring to own parents			Showing love or caring to own brothers and sisters		
0 Visited 5 or more <b>close</b> friends this week			0 Often <input type="checkbox"/> OR not applicable			0 Often <input type="checkbox"/> OR not applicable		
1 Visited 1-4 <b>close</b> friends this week			1 Sometimes			1 Sometimes		
2 Didn't visit any <b>close</b> friends this week			2 Seldom or never			2 Seldom or never		
4			5			6		
<b>Caring To Friends</b>			<b>Loving To Romantic Partner</b>			<b>Loving To Own Children</b>		
Showing love or caring to friends			Showing love or caring to romantic partner			Showing love or caring to own children		
0 Often			0 Often <input type="checkbox"/> OR not applicable			0 Often <input type="checkbox"/> OR not applicable		
1 Sometimes			1 Sometimes			1 Sometimes		
2 Seldom or never			2 Seldom or never			2 Seldom or never		
(Please leave subtotal <u>blank</u> for therapist)						Items 1-6 Subtotal: <input type="text"/>		
7			8			9		
<b>Homemaking (Housekeeping, Shopping)</b>			<b>Paid Employment in the Past Week</b>			<b>Income Problem</b>		
Impaired homemaking (e.g., difficulty with cooking, cleaning, laundry, shopping)			[Not applicable if full-time parenting, full-time student, or retired from work]			Adequacy of income		
0 No or little difficulty <input type="checkbox"/> OR not applicable			0 Full-time employment <input type="checkbox"/> OR not applicable			0 Adequate income NOT on disability benefits		
3 Much difficulty			3 At least 10 hours a week			3 Inadequate income OR on disability benefits		
6 Extreme difficulty			6 Less than 10 hours a week			6 Can't afford even basic food, shelter or clothing		
10			11			12		
<b>Housing Problem</b>			<b>Money Management Problem</b>			<b>Need for Institutional Care</b>		
Inadequate or inappropriate housing (i.e., lives in slum or is homeless)			Repeated over-spending, or inability to live within a budget			Needs placement in hospital or residential care (e.g., supervised group home or nursing home)		
0 Adequate housing			0 No or little difficulty			0 Hospital or residential care <b>is not</b> required		
3 Inadequate or inappropriate housing			3 Much difficulty			3 Voluntary institutional care <b>is</b> required		
6 Homeless			6 Extreme difficulty			6 Involuntary institutional care <b>is</b> required		
Items 7-12 Subtotal: <input type="text"/>								
13			14			15		
<b>Drug or Medication Abuse</b>			<b>Alcohol Abuse</b>			<b>Reckless or Impulsive Behavior</b>		
Drug or medication abuse that causes harm to self or upsets others			Alcohol abuse that causes harm to self or upsets others			Recklessly disregards danger (e.g., dangerous sports, driving, or reckless sex)		
0 No or little difficulty			0 No or little difficulty			0 No or little difficulty		
3 Much difficulty			3 Much difficulty			1 Much difficulty		
6 Extreme difficulty			6 Extreme difficulty			2 Extreme difficulty		
16			17			18		
<b>Illegal or Criminal Behavior</b>			<b>Physical Violence</b>			<b>Phobia (Excessive Fear Of Specific Things)</b>		
Law-breaking behavior			Physical violence towards others (e.g., physical assault or property damage)			Excessive, unreasonable fear of a specific object or situation (e.g., fear of flying)		
0 No or little difficulty			0 No or little difficulty			0 No or little difficulty		
3 Much difficulty			3 Much difficulty			1 Much difficulty		
6 Extreme difficulty			6 Extreme difficulty			2 Extreme difficulty		
Items 13-17 Subtotal: <input type="text"/>								
19			20			21		
<b>Brief, Unprovoked Attacks of Panic</b>			<b>Obsessive Thinking or Compulsive Rituals</b>			<b>Prolonged Anxiety, Tension or Worry</b>		
Brief, unprovoked attacks of intense anxiety in situations where most people would not be afraid			Fixed, unwanted, fearful, obsessive thoughts or compulsive rituals (e.g., obsessed with cleanliness or checking rituals)			Excessive anxiety and worry about a number of different things		
0 No or little difficulty			0 No or little difficulty			0 No or little difficulty		
1 Much difficulty			1 Much difficulty			1 Much difficulty		
2 Extreme difficulty			2 Extreme difficulty			2 Extreme difficulty		
Items 18-20 Subtotal: <input type="text"/>								
22			23			24		
<b>Fidgeting, Pacing, or Hyperactivity</b>			<b>Sad or Depressed Mood</b>			<b>Apathy</b>		
Must fidget, pace or be constantly on the go			Sorrow, despondency, or pessimism			Loss of interest in doing favorite hobbies, or failure to do required daily activities due to lack of motivation		
0 No or little difficulty			0 No or little difficulty			0 No or little difficulty		
1 Much difficulty			1 Much difficulty			1 Much difficulty		
2 Extreme difficulty			2 Extreme difficulty			2 Extreme difficulty		

25		26		27	
<b>Irritability or Hostility</b>		<b>Feeling Worthless or Guilty</b>		<b>Fatigue (Physically Tired All Day)</b>	
Anger, resentment, hatred or cruelty		Self-blame, shame, or remorse for past behavior		Fatigued or tired most of the day (even when not working very hard)	
0 No or little difficulty		0 No or little difficulty		0 No or little difficulty	
1 Much difficulty		1 Much difficulty		1 Much difficulty	
2 Extreme difficulty		2 Extreme difficulty		2 Extreme difficulty	
28		29		30	
<b>Poor Concentration or Attention</b>		<b>Sleeping Problem</b>		<b>Appetite or Eating Problem</b>	
Easily bored (e.g., can't read for more than 20 minutes) [or fails on an arithmetic test of concentration like Serial 7 or Serial 3 Test *]		Sleeping much more or less than usual		Eating much more or less than usual	
0 No or little difficulty		0 No or little difficulty		0 No or little difficulty	
1 Much difficulty		1 Much difficulty		1 Much difficulty	
2 Extreme difficulty		2 Extreme difficulty		2 Extreme difficulty	
31		32		33	
<b>Poor Sexual Interest or Ability</b>		<b>Overly Dependent Behavior</b>		<b>Poor Physical Health</b>	
Uninterested in sex, or unable to reach normal orgasm		Requires a lot of advice or reassurance from others		Overall physical health (including preoccupation with physical health)	
0 No or little difficulty <input type="checkbox"/> OR not applicable		0 No or little difficulty		0 No or little difficulty	
1 Much difficulty		1 Much difficulty		1 Much difficulty	
2 Extreme difficulty		2 Extreme difficulty		2 Extreme difficulty	
34		35		36	
<b>Risk of Harming Self</b>		<b>Very Energetic with Little Sleep</b>		<b>Over-Talkative or Racing Speech</b>	
Risk of harming self by self-injury or severe self-neglect (e.g., suicide or starvation)		Feels very energetic, yet sleeps only 4 hours or less per night		Almost non-stop talking, or speech racing from topic to topic	
0 Little or no risk		0 No or little difficulty		0 No or little difficulty	
3 Moderate risk		1 Much difficulty		1 Much difficulty	
6 High risk		2 Extreme difficulty		2 Extreme difficulty	
Items 21-34 Subtotal:					
37		38		39	
<b>Feeling So Happy It Caused Problems</b>		<b>Delusions or Hallucinations</b>		<b>Distrust or Suspiciousness</b>	
Feeling so happy or excited that it caused problems, or family or friends worried about it		Unusual, strange, bizarre false beliefs OR hearing, seeing, tasting or smelling strange things others (in the same room) can't		Distrust and suspiciousness of others (e.g., reads hidden demeaning or threatening meanings into harmless remarks or events)	
0 No or little difficulty		0 No or little difficulty		0 No or little difficulty	
1 Much difficulty		3 Much difficulty		3 Much difficulty	
2 Extreme difficulty		6 Extreme difficulty		6 Extreme difficulty	
Items 35-37 Subtotal:					
40		41		42	
<b>Disorganized or Bizarre Behavior</b>		<b>Poor Memory or Learning Ability</b>		<b>Decreased Speech, Emotion and Movement</b>	
Bizarre, disorganized speech, emotions or behavior (e.g., incoherent speech, strange inappropriate emotions or peculiar behavior)		Very forgetful or unable to learn as expected [or can't remember 7 words, repeated 3 times, after 5 minutes]		Sitting relatively motionless, expressionless, seldom talking and slow to respond	
0 No or little difficulty		0 No or little difficulty		0 No or little difficulty	
3 Much difficulty		3 Much difficulty		3 Much difficulty	
6 Extreme difficulty		6 Extreme difficulty		6 Extreme difficulty	
Items 38-40 Subtotal:					
43		44		45	
<b>Poor Grooming and Hygiene</b>		<b>Confused as to Date, Place, or Person</b>		<b>Medication Side-Effects</b>	
Neglects personal grooming and cleanliness (e.g., body odor, unbrushed hair, dirty)		Confused as to the day / month / year, the place, or who is visiting; gets lost near home		Adverse effects due to medication use	
0 No or little difficulty		0 No or little difficulty		0 No or little difficulty <input type="checkbox"/> OR not applicable	
3 Much difficulty		3 Much difficulty		1 Much difficulty	
6 Extreme difficulty		6 Extreme difficulty		2 Extreme difficulty	
Items 41-44 Subtotal:					
46		47		48	
<b>Faithfully Following Prescribed Treatment</b>		<b>Work, Social, Financial or Physical Stress</b>		<b>Overall Recovery</b>	
Extent to which the prescribed treatment was actually followed		Amount of <u>external</u> stress (like work, social, financial or physical stress)		Overall recovery (since therapy started)	
0 Always <input type="checkbox"/> OR not applicable		0 None or little		0 Good (at least two-thirds recovered) OR N/A	
1 Sometimes follows prescribed treatment		1 Moderate		1 Fair (at least one-third recovered)	
2 Seldom or never follows prescribed treatment		2 Severe		2 Poor (less than one-third recovered)	
				Items 45-48 Subtotal:	