

Schizophrenia Screening Test

This schizophrenia screening test can help determine whether you might have the symptoms of schizophrenia or a related psychotic mental illness. Use the results to help decide if you need to see a doctor or other mental health professional to further discuss diagnosis and treatment of schizophrenia.

Instructions: Answer the questions below based on how you have felt during the last month.

I see and hear things that others cannot see or hear.

- Not at all
- Just a little
- Somewhat
- Moderately
- Quite a lot
- All the time

I believe others control what I think or feel.

- Not at all
- Just a little
- Somewhat
- Moderately
- Quite a lot
- All the time

I have little or no interest in doing things.

- Not at all
- Just a little
- Somewhat
- Moderately
- Quite a lot
- All the time

I think I have special or magical powers that no one else has.

- Not at all
- Just a little
- Somewhat
- Moderately
- Quite a lot
- All the time

My thinking feels cloudy and confused.

- Not at all
- Just a little
- Somewhat
- Moderately
- Quite a lot
- All the time

There are voices or people inside my head that talk to me and that no one else can hear.

- Not at all
- Just a little
- Somewhat
- Moderately
- Quite a lot
- All the time

I know others are out to get me or plotting against me.

- Not at all
- Just a little
- Somewhat
- Moderately
- Quite a lot
- All the time

I prefer to be alone.

- Not at all
- Just a little
- Somewhat
- Moderately
- Quite a lot
- All the time

I, or others, believe that my behavior is really abnormal. Sometimes I appear catatonic or manic.

- Not at all
- Just a little
- Somewhat
- Moderately
- Quite a lot
- All the time

Sometimes I'm talking to the people or voices in my head, but others think I'm talking to myself.

- Not at all
- Just a little
- Somewhat
- Moderately
- Quite a lot
- All the time

Scoring:

- Not at all (0 for each)
- Just a little (1 for each)
- Somewhat (2 for each)
- Moderately (3 for each)
- Quite a lot (4 for each)
- All the time (5 for each)

- 0-9 (No schizophrenia)
- 10-14 (Possibility of early signs of schizophrenia)
- 15+ (More signs schizophrenia)

Although there is no cure for schizophrenia, treatment is available to help with the symptoms of schizophrenia. Please print out your schizophrenia test and score and share it with your doctor or therapist.

Remember, this is NOT a diagnosis. Only a doctor or qualified mental health professional can make a diagnosis of schizophrenia and recommend treatments. In addition, no matter what the test results are, if you have concerns about your mental health, please discuss them with your doctor.