

# Brief Psychiatric Rating Scale (BPRS)

Name: \_\_\_\_\_ Age: \_\_\_\_\_

Date of session: \_\_\_\_\_ Practitioner: \_\_\_\_\_

## Rating instructions

**Items 1-14 (self-Report):** Rate based on the patient's self-reported symptoms, such as mood or thought disturbances, using the severity scale (0-6 or 7).

**Items 7, 12, and 13 (self-report + observation):** Rate using both the patient's self-report and your observations of their behavior, such as disorganized speech or agitation.

**Items 15-24 (observed behavior and speech):** Rate solely on observed behaviors and speech during the interview, without relying on the patient's self-report.

Use the provided anchor points (0-6 or 7) to rate the severity of each symptom based on observation or self-report.

0	Not present
1	Very mild
2	Mild
3	Moderate
4	Moderately severe
5	Severe
6	Extremely severe

## Symptoms

### 1. Somatic concerns:

☐ 0                      1                      2                      3                      4                      5                      6

### 2. Anxiety - nervousness, worry, fearfulness:

☐ 0                      1                      2                      3                      4                      5                      6

### 3. Emotional withdrawal - lack of spontaneous interaction, isolation:

☐ 0                      1                      2                      3                      4                      5                      6

### 4. Conceptual disorganization - confused thinking, incoherence:

☐ 0                      1                      2                      3                      4                      5                      6

**5. Guilt feelings - excessive concerns about past behavior:**

☐ 0                      1                      2                      3                      4                      5                      6

**6. Tension - physical and emotional tension, inability to relax:**

☐ 0                      1                      2                      3                      4                      5                      6

**7. Mannerisms and posturing - unusual and unnatural motor behavior:**

☐ 0                      1                      2                      3                      4                      5                      6

**8. Grandiosity - exaggerate self-opinion, arrogance:**

☐ 0                      1                      2                      3                      4                      5                      6

**9. Depressive mood - sadness, pessimism, hopelessness:**

☐ 0                      1                      2                      3                      4                      5                      6

**10. Hostility - animosity, contempt, belligerence:**

☐ 0                      1                      2                      3                      4                      5                      6

**11. Suspiciousness - distrust, paranoia, belief in conspiracies:**

☐ 0                      1                      2                      3                      4                      5                      6

**12. Hallucinatory behavior - hearing, seeing, or feeling things not present**

☐ 0                      1                      2                      3                      4                      5                      6

**13. Motor retardation - slowed, reduced movements, decreased motor activity**

☐ 0                      1                      2                      3                      4                      5                      6

**14. Uncooperativeness - resistance, refusal to comply with requests**

☐ 0                      1                      2                      3                      4                      5                      6

<b>15. Unusual thought content - odd, bizarre, or delusional thoughts</b>						
<input type="checkbox"/> 0	1	2	3	4	5	6
<b>16. Blunted affect - reduced emotional responsiveness, flat affect</b>						
<input type="checkbox"/> 0	1	2	3	4	5	6
<b>17. Excitement - hyperactivity, increased motor and verbal activity</b>						
<input type="checkbox"/> 0	1	2	3	4	5	6
<b>18. Disorientation - confusion about time, place, or person</b>						
<input type="checkbox"/> 0	1	2	3	4	5	6
<b>Additional notes</b>						
<b>Scoring</b>						
Sum the scores of the 18 items.						
Record the total score and compare it to the total score from one evaluation to the next as a measure of response to treatment.						
<b>Total score:</b>						

This is **not** a diagnostic tool.

#### Reference:

Overall, J. E., & Gorham, D. R. (1988). The Brief Psychiatric Rating Scale (BPRS): recent developments in ascertainment and scaling. *Psychopharmacology bulletin*.