

Paranoid Personality Disorder Test

This Paranoid Personality Disorder Test is based on behaviors identified for this personality disorder by Jain and Torrico (2024). However, this test is not a diagnostic tool.

Read the statements below and think about how often you are engaging in these behaviors over the past 4 weeks. Use the scale below to respond to each statement.

1 Never / almost never	2 Rarely	3 Some of the time	4 Often	5 Always / almost always
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Statement	1	2	3	4	5
I read hidden insulting or threatening meanings into innocent remarks or events.					
I have recurrent suspicions, without justifications, regarding the fidelity of my romantic partner (e.g., I think they're cheating on me).					
I suspect that others are exploiting, harming, or deceiving me, without any concrete basis for my suspicions.					
I am reluctant to confide in or open up to others because I fear the information will be maliciously used against me in the future.					
I bear grudges (e.g., I don't forgive insults, injuries or slights).					
I am preoccupied with unjustified doubts about the loyalty or trustworthiness of my friends, coworkers, and colleagues.					
I perceive attacks on my character or reputation that aren't usually apparent to others, and am quick to react angrily or to counterattack.					
Total					

Scoring and interpretation

The numbers on the Likert scale are also the number of points for each item.

Key				
1	2	3	4	5
1 point	2 points	3 points	4 points	5 points

Sum up all the items to get a total score, and use the ranges in the table below to interpret the score.

7 - 15	Low	Low scores suggest that individuals are more open and trustful of others. This is a low score for behaviors that align with paranoid personality disorder.
16 - 25	Moderate	Moderate scores indicate that individuals have some degree of cautiousness as well as potential discomfort with ambiguity. The individuals may need further examination.
26 - 35	High	High scores might demonstrate that individuals are engaging in behaviors that align with paranoid personality disorder.

Additional notes

This is **NOT** a diagnostic tool. If you have any concerns, please talk with your mental health professional for support.

Reference

Jain, L., & Torrico, T. J. (2024). Paranoid personality disorder. In *Statpearls [Internet]*. StatPearls Publishing; National Library of Medicine. <https://www.ncbi.nlm.nih.gov/books/NBK606107/>