

# PSYRATS Delusions Rating Scale

## PATIENT INFORMATION:

Name:

Assessed by:

Date of Assessment:

## I. AMOUNT OF PREOCCUPATION WITH DELUSIONS

*How often are you preoccupied with these beliefs?*

- 0:** No delusions or thinks about them less than once a week.
- 1:** Thinks about beliefs at least once a week.
- 2:** Thinks about beliefs once a day.
- 3:** Thinks about beliefs once an hour.
- 4:** Almost continuously preoccupied with delusions.

## II. DURATION OF PREOCCUPATION WITH DELUSIONS

*How long do these beliefs linger in your mind?*

- 0:** No delusions.
- 1:** Few seconds.
- 2:** Several minutes.
- 3:** At least an hour.
- 4:** For hours at a time.

## III. CONVICTION (at the time of the interview)

*Rate your conviction in these beliefs on a scale of 0-100:*

- 0:** No conviction.
- 1:** Very little conviction (less than 10%).
- 2:** Moderate conviction (10-49%).
- 3:** Strong conviction (50-99%).
- 4:** Absolute conviction (100%).

#### **IV. AMOUNT OF DISTRESS**

*How distressing are these beliefs?*

- 0:** Never cause distress.
- 1:** Occasionally cause distress.
- 2:** Cause distress about half the time.
- 3:** Often cause distress (50-99% of the time).
- 4:** Always cause distress.

#### **V. INTENSITY OF DISTRESS**

*Rate the intensity of distress caused by these beliefs:*

- 0:** No distress.
- 1:** Slight distress.
- 2:** Moderate distress.
- 3:** Marked distress.
- 4:** Extreme distress.

#### **VI. DISRUPTION TO LIFE CAUSED BY BELIEFS**

*How do these beliefs disrupt your daily life?*

- 0:** No disruption.
- 1:** Minimal disruption (e.g., slight concentration issues).
- 2:** Moderate disruption (e.g., affects work, relationships).
- 3:** Major disruption, may require hospitalization.
- 4:** Complete disruption, necessitating hospitalization.

#### **GENERAL QUESTIONS:**

Duration of holding these delusional beliefs: \_\_\_\_\_ years/months

Please specify the nature of these delusional beliefs:

- a)
- b)
- c)

## DELUSIONS RATING SCORE SHEET

Criteria	Score
I. Amount of Preoccupation	
II. Duration of Preoccupation	
III. Conviction	
IV. Amount of Distress	
V. Intensity of Distress	
VI. Disruption	
<b>TOTAL SCORE</b>	

### NOTES: