

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	
TOTAL SCORE	

NOTES: