

Schizotypal Personality Disorder Test (SPDT)

Name:

Age:

Gender:

Date:

INSTRUCTIONS

Please answer the following items honestly. Choose the options that most closely align with your beliefs:

1 - Strongly Disagree

2 - Disagree

3 - Neutral

4 - Agree

5 - Strongly Agree

Statement	1	2	3	4	5
1. Do you sometimes feel that people are talking about you?					
2. Do you sometimes feel that other people are watching you?					
3. When shopping, do you get the feeling that other people are taking notice of you?					
4. I often feel that others have it in for me.					
5. Do you sometimes get concerned that friends or co-workers are not really loyal or trustworthy?					
6. Do you often have to keep an eye out to stop people from taking advantage of you?					
7. Do you feel that you cannot get "close" to people?					
8. I find it hard to be emotionally close to other people.					
9. Do you feel that there is no one you are really close to outside of your immediate family, or people you can confide in or talk to about personal problems?					
10. I tend to keep my feelings to myself.					
11. I rarely laugh and smile.					
12. I am not good at expressing my true feelings by the way I talk and look.					
13. Other people see me as slightly eccentric (odd).					

Statement	1	2	3	4	5
14. I am an odd, unusual person.					
15. I have some eccentric (odd) habits.					
16. People sometimes comment on my unusual mannerisms and habits.					
17. Do you often feel nervous when you are in a group of unfamiliar people?					
18. I get anxious when meeting people for the first time.					
19. I feel very uncomfortable in social situations involving unfamiliar people.					
20. I sometimes avoid going to places where there will be many people because I will get anxious.					
21. Do you believe in telepathy (mind-reading)?					
22. Do you believe in clairvoyance (psychic forces, fortune telling)?					
23. Have you had experiences with astrology, seeing the future, UFO's, ESP, or a sixth sense?					
24. Have you ever felt that you are communicating with another person telepathically (by mind-reading)?					
25. I sometimes jump quickly from one topic to another when speaking.					
26. Do you tend to wander off the topic when having a conversation?					
27. I often ramble on too much when speaking.					
28. I sometimes forget what I am trying to say.					
29. I often hear a voice speaking my thoughts aloud.					
30. When you look at a person or yourself in a mirror, have you ever seen the face change right before your eyes?					
31. Are your thoughts sometimes so strong that you can almost hear them?					
32. Do everyday things seem unusually large or small?					
Total Score:					

SCORING

Aside from the total score, the SPQ-BR has subscales that assess different aspects of schizotypal personality traits. Calculate scores for each subscale based on the items included.

Interpersonal

- No Close Friends (CF): Items 7, 8, 9
- Constricted Affect (CA): Items 10, 11, 12
- Social Anxiety (SA): Items 17, 18, 19, 20

Total Subscale Score:

Cognitive Perceptual

- Ideas of Reference (IR): Items 1, 2, 3
- Suspiciousness (SU): Items 4, 5, 6
- Magical Thinking (MT): Items 21, 22, 23, 24
- Unusual Perceptions (UP): 29, 30, 31, 32

Total Subscale Score:

Disorganized

- Eccentric Behavior (EB): 13, 14, 15, 16
- Odd Speech (OS): 25, 26, 27, 28

Total Subscale Score:

INTERPRETATION

- **Total Score Interpretation:** Higher total scores on the SPQ-BR indicate a higher level of schizotypal personality traits.
- **Subscale Interpretation:** Analyze scores on each subscale to understand specific aspects of schizotypal traits, such as interpersonal, cognitive-perceptual, and disorganized features.
- **Comparison to Normative Data:** Compare the individual's scores to normative data to understand how they compare to the general population.
- **Consider Clinical Relevance:** Interpret the scores in the context of the individual's clinical presentation and history.

ADAPTED FROM

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