**CBT for Psychosis Outcome Measures**

**Behavior and Symptom Identification Scale 24 (BASIS-24)**

24-item self-report measure of the Veteran’s symptoms and functional difficulties, found in Mental Health Assistant. Each item is scored from 0-4. Average scores are calculated for 6 subscales and a total score. *Higher scores reflect more serious symptoms or difficulty.* Reference scores from published studies are provided below for comparison. Norms for the general population and inpatients are available in the appendix of the *CBT for Voices & Worries Therapist Manual* (Perivoliotis & Landa, 2021).

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Scale** | **Veteran’s Score** | **Reference Scores** | | |
| **Psychiatric Inpatients1** | **Community Mental Health1** | **General Population1** |
| **Depression & functioning:** Daily/role functioning and depression and anxiety symptoms |  | 3.00 | 2.33 | 0.67 |
| **Interpersonal problems:** Patient’s perception of the quality of their relationships |  | 2.20 | 1.80 | 0.60 |
| **Psychotic symptoms:**  Grandiose delusions, auditory and visual hallucinations, paranoia |  | 1.25 | 0.50 | 0 |
| **Alcohol/drug use:**  Urges to drink or use drugs and problems stemming from use |  | 0.75 | 0.25 | 0 |
| **Emotional lability:**  Mood swings, racing thoughts, and feeling short-tempered |  | 2.17 | 1.33 | 1.33 |
| **Self-harm:**  Suicidal ideation |  | 1.50 | 0 | 0 |
| **Total score**  Average of all items |  | 2.08 | 1.45 | 0.54 |

1 Average BASIS-24 scores from 331 psychiatric inpatients (28% with psychotic disorders), 165 outpatients from community mental health centers (mostly mood disorders, 3% with psychotic disorders), and 630 people from the general population, baseline data only ([Cameron et al., 2007](https://doi.org/10.1080/13651500600885531)).

**Illness Management & Recovery Scale – Consumer Version (IMRS)**

Self-report measure of the Veteran’s perceived ability to manage their illness and pursue their recovery goals, found in Mental Health Assistant as IMRS. Many of the items refer to the period of the past 3 months. Items are rated on a 1-5 scale. If all items are completed, the range is 15 – 75. If the Veteran is not taking meds and skips item 13, the range is 14 – 70. *Higher scores indicating better functioning.* Norms are not available but reference scores from published studies are provided below for comparison.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **Veteran’s Score** | **Reference Scores** | | |
| **Day Treatment SMI1** | **ACT teams SMI2** | **Assorted community SMI3** |
| Total score (sum of all items) |  | 54.0 | 50.4 | 51.0 – 52.5 |

1 57 people with SMI in American outpatient day treatment program; 90% schizophrenia-spectrum disorders, 10% mood disorders. Baseline data only, estimated from item means. ([Salyers et al., 2007](https://doi.org/10.1007/s10597-007-9087-6))

2 101 people with serious mental illness (81% psychotic disorders) in American high-fidelity assertive community treatment teams. Baseline data only. ([Monroe-DeVita et al., 2018](https://doi.org/10.1176/appi.ps.201700124)).

3 197 people with unspecified severe mental illness in 6 assorted American community mental health center settings (clubhouses, day treatment, case management, assertive community treatment teams). Baseline data only, estimated from item means. ([Salyers et al., 2009](https://doi.org/10.1176/appi.ps.60.4.483))

**Additional Possible Measures**

The following measures are not available on Mental Health Assistant but may be used in CBTp to assess the Veteran’s voices and paranoia in more detail, if indicated.

**Beliefs About Voices Questionnaire-Revised (BAVQ-R)** ([Chadwick et al., 2000](https://doi.org/10.1192/bjp.177.3.229); [Strauss et al., 2018](https://doi.org/10.1016/j.psychres.2017.09.089))

A 29-item self-report measure of patients' beliefs, emotions and behavior about auditory hallucinations. It can be administered in a conversational manner during therapy sessions to learn more about the Veteran’s relationship with their voices.



**Revised Green et al. Paranoid Thoughts Scale (R-GPTS)** ([Green et al., 2008](https://doi.org/10.1017/S0033291707001638); [Freeman et al., 2019](https://doi.org/10.1017/S0033291719003155))

An 18-item self-report measure or paranoia. Severity cutoff scores are provided.



The following spreadsheet can be used to automatically score these measures.



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