

## Appendix D – Referral Screening Tool

CHECKLIST OR PSYCHOSIS	SCORING	SUGGESTED QUESTIONS
Score 1 point each		
Spending more time alone  Arguing with friends and family  The family is concerned  Excess use of alcohol  Use of street drugs (including cannabis)		<ul style="list-style-type: none"><li>Do you prefer to spend time alone or have you become less talkative?</li><li>Have you started to withdraw from your group of friends or stopped doing things with others?</li><li>Has anyone said they've been worried about you?</li><li>Are you unusually irritable or angry or do you find yourself more involved in arguments with relatives and friends?</li><li>Have you been drinking heavily recently?</li><li>Have you been using drugs? If so, could you give details of what type of drug and when you last used the drug?</li></ul>
Score 2 points each		
Sleep difficulties		<ul style="list-style-type: none"><li>How have you been sleeping recently?</li><li>How have you been eating?</li><li>Have you felt less like eating than usual? How long for?</li><li>Have you been feeling low, anxious or panicky? How long for?</li><li>Does it happen that different thoughts are getting mixed up in your mind / do you find it difficult to structure your thoughts?</li><li>Do you feel nervous, restless or tense?</li><li>Do you feel jumpy, edgy or do others think that you appear this way and have remarked on it?</li><li>Have you felt less interested in work, study, everyday activities, socialising?</li></ul>
Poor appetite		
Depressive mood		
Poor concentration		
Restlessness		
Tension or nervousness		
Less pleasure from things		
Score 3 points each		
Feeling people are watching you  Feeling or hearing things that others cannot		<ul style="list-style-type: none"><li>Do you have the impression people are watching you or do you feel suspicious of others?</li><li>At any time can you see, hear, smell or taste things that others cannot? Do you sometimes hear unexplained noises or voices?</li></ul>
Score 5 points each		
Ideas of reference * Odd beliefs * Odd manner of thinking or speech Inappropriate affect Odd behaviour or appearance Family history of psychosis plus increased stress or deterioration in functioning *		<ul style="list-style-type: none"><li>Do you ever feel that events or other people's actions have a special meaning for you?</li><li>Do you have the feeling others laugh or talk about you? Or do you receive messages? (Ideas of reference)</li><li>Do other people find some of the things you believe unusual or strange (odd beliefs)?</li><li>At any time, did you ever experience that people or things in your environment appeared to be changed?</li><li>Has anyone commented to you recently that you have said unusual or confusing things?</li><li>Has anyone in your family had a mental illness?</li></ul>
TOTAL		
20 points or more, consider referral for assessment. If any items * are scored, consider referral, even if score is less than 20		