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SAMPLE · fictional data

Sample report

Psychosis Risk Test (PQ-16)

Self-assessment questionnaire

Prepared for	Date	Questions	Reference
Sophie Martin	**April 25, 2026**	**16**	**6E84DB10**

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This report is a self-assessment tool. It is not a medical or psychological diagnosis.

Your result

8 / 16

Clinical Referral Recommended

50 % of the maximum score



Your score is at or above the clinical cut-off (6 or more endorsed items). In the original Ising et al. (2012) study, this threshold identified individuals at higher risk of an early psychotic disorder with good sensitivity and specificity. This does NOT mean you have schizophrenia. It means a face-to-face clinical interview is recommended to better understand what you are experiencing.

What your answers say

Written by Claude (Anthropic) from your answers.

Thank you for taking the time to complete this screening and for your openness in reflecting on your recent experiences. Completing a tool like the PQ-16 takes courage, especially when the questions touch on unusual perceptions, thoughts, or feelings that can be confusing or even unsettling to think about. Please know that whatever led you here, you are not alone, and reaching out to understand yourself better is a meaningful and proactive step, not a cause for alarm.

Your results show a score of 8 out of 16, placing you in a range where a clinical referral is recommended. It's important to understand that this screening tool is designed to be sensitive rather than precise. It flags experiences that are worth exploring further with a professional, but it cannot tell you what those experiences mean on its own. Many people who score in this range are dealing with stress, sleep disruption, anxiety, or other common life challenges that can produce similar sensations or perceptions. This is a starting point for conversation, not a conclusion.

In the meantime, there are gentle, supportive steps you can take. Prioritizing consistent sleep and reducing substances like caffeine, alcohol, or recreational drugs can often meaningfully ease unusual sensory experiences or racing thoughts. Keeping a simple journal of when certain experiences occur, what you were doing, feeling, or thinking beforehand, can offer valuable context for both you and any professional you consult. Leaning on trusted friends, family, or a counselor for connection during this time can also help you feel more grounded and less isolated as you seek clarity.

The most important next step is to connect with a qualified mental health professional, such as a psychiatrist, psychologist, or licensed therapist, who can conduct a thorough clinical evaluation. They can consider your full personal history and context in ways this screening simply cannot. Please remember that a score like this is not a diagnosis and does not define you. Many paths forward exist, and early conversations with a professional often lead to effective support and genuine relief. You've already taken a brave and thoughtful first step.

Next steps

Pick one or two. Regularity matters more than duration.

Recommendation

Clinical Referral Recommended

Schedule a consultation with a psychiatrist or a clinical psychologist as soon as reasonably possible. Bring this result with you. Early evaluation and support significantly improve outcomes for any psychotic-spectrum condition - and most people with a result at or above the cut-off are NOT in fact developing a disorder. If you feel in crisis, you experience suicidal thoughts, or you feel unsafe, contact your local emergency services immediately.

To talk about it with a professional

Psychologist, therapist, doctor: this report can start the conversation.

- Bring page 2 (result by dimension).
- Note one or two situations that were hard for you lately.
- Say what you would like to change, even vaguely.

Need to talk to someone now? Call Suicide & Crisis Lifeline on **988**, or 911 in an emergency.

This report is a self-assessment tool. It does not replace an assessment by a professional. For a reliable diagnosis, see a neuropsychologist, a psychiatrist or another qualified healthcare professional.

Prepare your appointment

Doctor, psychiatrist, psychologist, neuropsychologist: bring this page. Fill it in a few days before, when examples come to mind.

My key figures

Psychosis Risk Test (PQ-16) · 8 / 16 (50 %) · Clinical Referral Recommended

Test taken on April 25, 2026 · reference 6E84DB10

Examples from my daily life

Work or studies, home, relationships: two or three concrete situations, with what happened.

Since when?

Was it already there in childhood or adolescence? School reports or a relative's memories can help.

What I would like to change

Even vaguely: what costs you the most energy today.

Questions I can ask

- ☐ Is a full assessment useful in my case, and with whom?
- ☐ How long is the wait, and what can I do in the meantime?
- ☐ Could something else explain this (sleep, stress, thyroid, another condition)?
- ☐ What support exists, at work or in my studies?
- ☐ What should I bring next time?

Your answers

Scale from “No” to “Yes”.

#	Question	Your answer	Pts
1	I feel uninterested in the things I used to enjoy.	No	**0**
2	I often seem to live through events exactly as they happened before.	No	**0**
3	I sometimes smell or taste things that other people can't smell or taste.	No	**0**
4	I often hear unusual sounds like banging, clicking, hissing, clapping or ringing in my ears.	No	**0**
5	I have been confused at times whether something I experienced was real or imaginary.	No	**0**
6	When I look at a person, or look at myself in a mirror, I have seen the face change right before my eyes.	No	**0**
7	I get extremely anxious when meeting people for the first time.	Yes	**1**
8	I have seen things that other people apparently can't see.	No	**0**
9	My thoughts are sometimes so strong that I can almost hear them.	No	**0**
10	I have had the sense that some person or force is around me, even though I could not see anyone.	Yes	**1**
11	I feel that parts of my body have changed in some way, or that parts of my body are working differently.	No	**0**
12	I have been told, or it has been suggested, that my behavior is unusual or bizarre.	No	**0**
13	I am often distracted by distant sounds that I am not normally aware of.	No	**0**
14	I have heard things other people can't hear like voices of people whispering or talking.	No	**0**
15	I often have difficulties in expressing myself when speaking to others, even though I know what I want to say.	No	**0**
16	I often feel that others have it in for me.	No	**0**