

Schizophrenia Test (Self-Assessment)

1. Do you ever hear or see things that others cannot?
2. Do you struggle to trust that what you are thinking is real?
3. Do you get the sense that others are controlling your thoughts and emotions?
4. Do you struggle to keep up with daily living tasks such as showering, changing clothes, paying bills, cleaning, cooking, etc.?
5. Do you feel that you have powers that other people cannot understand or appreciate?
6. Do you find it difficult to organize or keep track of your thinking?
7. Do other people say that it is difficult for you to stay on subject or for them to understand you?
8. Are you struggling with maintaining social relationships, employment, and/or academic demands?
9. Do you feel that you are being tracked, followed, or watched at home or outside?
10. Do other people have a difficult time guessing your emotions by your facial expressions?