

Green Paranoid Thought Scales (GPTS)

The GPTS is a self-report questionnaire designed to assess the extent and severity of paranoid thoughts in the adult population. It has two distinct subscales, one covering ideas of persecution and the other ideas of reference, allowing a detailed and nuanced assessment of the paranoid spectrum.

Number of questions	32 questions
Estimated duration	10 minutes
Language	English
Original name	Green Paranoid Thought Scales
Target audience	Adults
Authors	Daniel Freeman, Philippa Garety, David Fowler, Paul Bebbington, Elizabeth Dunn, Graham Kuipers (2008)

Preview of the 32 questions

Over the last month:

I spent time thinking about friends gossiping about me

1 - Not at all | 2 | 3 - Somewhat | 4 | 5 - Totally

Over the last month:

I often heard people referring to me

1 - Not at all | 2 | 3 - Somewhat | 4 | 5 - Totally

Over the last month:

I have been upset by friends and colleagues judging me critically

1 - Not at all | 2 | 3 - Somewhat | 4 | 5 - Totally

Over the last month:

People definitely laughed at me behind my back

1 - Not at all | 2 | 3 - Somewhat | 4 | 5 - Totally

Over the last month:

I have been thinking a lot about people avoiding me

1 - Not at all | 2 | 3 - Somewhat | 4 | 5 - Totally

Administer your questionnaires online

Send your patient a link: they answer from their phone or computer, and you receive the scored results by email.

View the questionnaire on mentaal.org ›

Scoring & interpretation

Each item is rated on a 5-point Likert scale ranging from 'Not at all' to 'Totally'. The subscale scores (persecution and reference) are summed to obtain overall and subdimension scores. Higher scores indicate a greater level of paranoid thinking.

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Benjamin G. - Occupational Psychologist