

Paranoia Worries Questionnaire (PWQ)

The Paranoia Worries Questionnaire (PWQ) is a brief 5-item self-report questionnaire that measures, over the past month, the intensity of worries centered on the idea that other people are trying to upset, threaten or harm the person. Developed for clinical practice and research, it is particularly useful in adults with clinical paranoia, persecutory ideas or non-affective psychosis, especially for screening, monitoring symptom change and evaluating the effects of a psychological intervention.

Number of questions	5 questions
Estimated duration	2 minutes
Language	English
Original name	Paranoia Worries Questionnaire
Target audience	Adults
Authors	Daniel Freeman, Jessica C. Bird, Bao S. Loe, David Kingdon, Helen Startup, David M. Clark, Anke Ehlers, Emma Černis, Gail Wingham, Nicole Evans, Rachel Lister, Katherine Pugh, Jacinta Cordwell, Graham Dunn (2019)
Category	Personality disorders

Preview of the 5 questions

In the past month:

I've been worrying about someone trying to harm me

None of the time | Rarely | Some of the time | Often | All of the time

In the past month:

Anything and everything has set my mind thinking about people trying to upset me

None of the time | Rarely | Some of the time | Often | All of the time

In the past month:

It has been hard to clear my head of suspicions

None of the time | Rarely | Some of the time | Often | All of the time

In the past month:

Worries about someone trying to harm me have been really hard to control

None of the time | Rarely | Some of the time | Often | All of the time

In the past month:

Thinking about the possible attacks on me has made me feel stressed

None of the time | Rarely | Some of the time | Often | All of the time

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 from 0 to 4 according to frequency over the past month. Add up the 5 items to obtain a total score from 0 to 20. The higher the score, the greater the paranoid worry. A total score greater than or equal to 5 is indicative of a severe level of worry related to the fear that others intend to cause harm. Interpretation must be integrated into the overall clinical assessment.

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“Mentaal has become an indispensable ally for structuring my assessments and deepening my clinical understanding of my patients.”

Nolwenn P. - CBT Psychologist