SOPS

Scale of Prodromal Symptoms (SOPS)

The Scale of Prodromal Symptoms (SOPS) is a clinical tool used to assess the severity of prodromal symptoms associated with an increased risk of developing a psychotic disorder, particularly schizophrenia. This scale is mainly used in specialized clinics with high-risk patients.

Number of questions	19 questions
Estimated duration	30 minutes
Language	English
Original name	Scale of Prodromal Symptoms
Target audience	Adolescents, young adults
Authors	Barbara A. Cornblatt, Thomas H. McGlashan, Scott W. Woods, Jean Addington (2001)

Preview of the 19 questions

P1. Unusual Thought Content/Delusional Ideas

0 - Absent | 1 - Questionably present | 2 - Mild | 3 - Moderate | 4 - Moderately severe | 5 - Severe but not psychotic | 6 - Severe and psychotic

P2. Suspiciousness/Persecutory Ideas

0 - Absent | 1 - Questionably present | 2 - Mild | 3 - Moderate | 4 - Moderately severe | 5 - Severe but not psychotic | 6 - Severe and psychotic

P3. Grandiose Ideas

0 - Absent | 1 - Questionably present | 2 - Mild | 3 - Moderate | 4 - Moderately severe | 5 - Severe but not psychotic | 6 - Severe and psychotic

P4. Perceptual Abnormalities/Hallucinations

0 - Absent | 1 - Questionably present | 2 - Mild | 3 - Moderate | 4 - Moderately severe | 5 - Severe but not psychotic | 6 - Severe and psychotic

P5. Disorganized Communication

0 - Absent | 1 - Questionably present | 2 - Mild | 3 - Moderate | 4 - Moderately severe | 5 - Severe but not psychotic | 6 - Severe and psychotic

Scoring & interpretation

The SOPS comprises 19 items divided into four domains: positive, negative, disorganization and general symptoms. Each item is rated from 0 (absent) to 6 (severe and psychotic). The total score and the subscale scores make it possible to describe the patient's symptom profile and to detect a possible risk of transition to psychosis.