

AVHRS-Q – A self-report questionnaire about hearing voices

Gender*: **M / F**

Date of Birth: _____

Today's Date: _____

**please circle the correct answer*

The AVHRS-Q (Van de Willige G, Bartels-Velthuis AA and Jenner JA, 2010) is the self-report version of an interview about hearing voices, the Auditory Vocal Hallucination Rating Scale (AVHRS; Jenner JA and Van de Willige G, 2002).

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In this questionnaire you will be asked about the experiences you have had with hearing voices. Your answers should reflect your **average** experiences in the **past month**. Please select the answer that is most applicable to you. For each question only one answer should be selected.

(1) In the past month, did you always hear just one voice or did you sometimes hear more than one voice?

- always just one voice
- more than one voice: number of different voices =

In case you always heard just one voice in the past month, you can skip question 2.

(2) When you heard more than one voice, were these voices speaking separately (one at a time) or together at the same time?

- the voices were always speaking separately (one by one)
- the voices were speaking *both* separately *and* together at the same time
- the voices were always speaking together at the same time

The next questions are written in the form of hearing more than one voice. In case you hear just one voice, please answer the questions about that one voice.

(3) How often do you hear voices?

- not more than once in the past month
- about once a week
- about once a day
- about once an hour
- more than once an hour

(4) How long do the voices generally persist?

- briefly, only a few seconds
- a few minutes
- more than a few minutes to about 15 minutes
- 15 minutes to about an hour
- more than one hour to (almost) constantly

(5) When do you hear the voices?

- only when falling asleep (when I am almost asleep)
- only when waking up (when I am not yet fully awake)
- both when falling asleep and when waking up, but not at other times
- the voices occur at all times of the day

(6) Do the voices seem to come from inside your head or from outside your head?

- usually from inside my head
- usually both from inside my head and from the outside environment
- usually from the outside environment, in the immediate vicinity
- usually from the outside environment, from further away

(7) Do the voices speak to you or about you? Or do they usually say what you are thinking?

- the voices usually are saying what I am thinking
- the voices usually are speaking to me
- the voices are both speaking to me and about me
- the voices usually are speaking about me or commenting on what I am doing

(8) How loud are the voices?

- usually a soft whispering or murmuring
- usually louder than a soft whisper but more quiet than my own voice
- usually about as loud as my own voice
- usually noticeably louder than my own voice
- usually much louder than my own voice (also yelling, shouting or screaming)

(9) Are the voices positive or negative?

- always positive
- mostly positive, but occasionally negative, unpleasant or annoying
- mostly neutral or equally positive and negative
- mostly negative, unpleasant or annoying
- always negative, unpleasant or annoying

When you have selected 'always positive' for this question, you can skip question 10 and move to question 11.

(10) How unpleasant are the negative things that the voices are saying?

- the voice are unpleasant indeed, but they do not say negative things about myself or others
- the voices mostly say negative things about what I am doing (or what others are doing)
- the voices mostly say negative things about what or how I am (or how others are)
- the voices are threatening me or are giving commands to hurt myself or others

(11) Do the voices make you feel anxious or frightened at times?

- never
- occasionally
- about half of the time
- most of the time
- all of the time (or sometimes I completely panic because of the voices)

(12) Do the voices interfere with your daily life? Do they disturb or hinder the daily routine?

- never
- occasionally
- about half of the time
- most of the time
- all of the time

(13) Do the voices control or interfere with your thoughts, so that you cannot think well or clearly?

- never
- occasionally
- about half of the time
- most of the time
- all of the time

(14) Do you feel that you can manage your voices? Do you have them under control? For example, can you evoke them or make them disappear?

- I always have control over my voices
- I have control over my voices most of the time
- I have control over my voices about half of the time
- I do not have control over my voices most of the time
- I never have control over my voices

(15) **What do you think is the cause of your voices?
Are they caused by things that concern you (for example your own thoughts, feelings or distress) or are they caused by outside influences (for example other people, computers, ghosts or extraterrestrial beings)?**

- the voices only concern myself
- the voices mostly concern myself
- the voices equally concern myself as much as they are caused by outside influences
- the voices are mostly caused by outside influences
- the voices are fully caused by outside influences

(16) **Please indicate on the scale (ranging from 1 to 10) how often you were bothered by the voices in the past month; '1' means 'never' and '10' means 'always'.**

1	2	3	4	5	6	7	8	9	10
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never.....always

(17) **Please indicate on the scale (ranging from 1 to 10) how severely or how much you suffered from the voices in the past month; '1' means 'not at all' and '10' means 'extremely'.**

1	2	3	4	5	6	7	8	9	10
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not at all.....extremely

Finally:

When was the first time you heard one or more voices?

Number = months / years ago (please circle the answer that is applicable)