

## Risk Checklist for Psychoses

When persisting changes in character or performance occur in young people, the possibility of an emerging psychosis should always be considered. Please be aware of the following possible early signs or risk factors, in particular when they have newly occurred during the last years.

<b>A</b>	<b>Early symptoms</b>
	<b>Changes in character</b>
	<input type="checkbox"/> Restlessness, nervousness, excitability <input type="checkbox"/> Increased sensitivity, hypersensitivity, irritability <input type="checkbox"/> Disturbed sleep, loss of appetite <input type="checkbox"/> Self-neglect <input type="checkbox"/> Sudden loss of interest, initiative, energy, drive
	<b>Changes in emotions</b>
	<input type="checkbox"/> Depression, flattened affect or strong mood swings <input type="checkbox"/> Fears, especially fear of being harmed / threatened
	<b>Changes in performance</b>
	<input type="checkbox"/> Low resilience, especially when faced with stress <input type="checkbox"/> Poor concentration, increased distractibility <input type="checkbox"/> Marked decline in performance
	<b>Changes in social domains</b>
	<input type="checkbox"/> Suspiciousness <input type="checkbox"/> Social withdrawal, isolation <input type="checkbox"/> Problems in social relationships
	<b>Changes in interests</b>
	<input type="checkbox"/> Sudden unusual interests, e.g. in religious, spiritual, esoteric, paranormal or magic phenomena
	<b>Changes in perception and experience</b>
	<input type="checkbox"/> Strange ideas, unusual experience <input type="checkbox"/> Unusual perceptions (e.g., intensification or changes of sounds or colors; feeling that oneself or the environment has changed) <input type="checkbox"/> Ideas of reference (refers everything to himself / herself); feeling of being watched <input type="checkbox"/> Experience of being influenced (feeling that others can access me or my thoughts, control me, steer me) <input type="checkbox"/> Hearing or seeing unusual things (when nobody / nothing is present)
<b>B</b>	<b>Kink in the lifeline / social decline</b>
	<input type="checkbox"/> Marked impairment of performance and functioning with difficulties at school, job, etc <input type="checkbox"/> Professional decline, loss of training place or job <input type="checkbox"/> Marked worsening in interpersonal abilities (partnership, family, profession, etc.)
<b>C</b>	<b>Psychiatric disorders in the family</b>
	<input type="checkbox"/> Known or suspected psychosis in the family / in relatives <input type="checkbox"/> Psychiatric disorders in the family of origin
<b>D</b>	<b>Drugs</b>
	<input type="checkbox"/> Regular use of drugs (alcohol, cannabis, cocaine, opioids, amphetamines, etc.)
<b>E</b>	<b>Age</b>
	<input type="checkbox"/> Is the patient less than 30 years old (later onset is possible)?