

**Children's Psychiatric Symptom Rating Scale**  
**Research Version (2009) ©**  
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The following is a symptom rating scale intended to cover the majority of the symptoms that bring children to psychiatric attention. Based upon *all of the information currently available to you* please indicate on each item your clinical judgment regarding this subject's behavior and psychological functioning *for the past week*. Every item is anchored by examples to assist the rater in judging the severity of each symptom.

Please do not leave any items blank.

Subject Name: \_\_\_\_\_

Rater Name: \_\_\_\_\_

Date of Rating: \_\_\_\_\_

Period of Rating: (Circle One)    Admission    Discharge    Other

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**Behavior Problems:**

**Hostility and Aggressive Behavior:** **Hostility** is defined as a negative emotional state that consists of verbal and nonverbal, overt or covert, expressions of anger, irritability, resentment, and maliciousness. **Aggressive behavior** is defined as offensive acts that may be expressed either physically (e.g., throwing an object, hitting, biting, etc.) or verbally (e.g., yelling, cursing, etc.) and may cause emotional distress or physical pain to those they are directed at.

0	1	2	3	4	5	6
None	Slight	Mild	Moderate	Marked	Severe	Extreme
	Sullen, irritable or passive-aggressive behaviors		Overt verbal behaviors or gestures of an antagonistic or insulting nature		Pt is occasionally pushy, threatening, or verbally assaultive	Subject is physically aggressive or violent

**Conduct Problems:** Behaviors, other than aggressive acts, in which societal norms or rules are violated. These violations may include behaviors such as destruction of property, theft, deceitfulness, school problems, and reckless behavior.

0	1	2	3	4	5	6
None	Slight	Mild	Moderate	Marked	Severe	Extreme
	Pt. occasionally breaks minor rules. e.g., failing to complete chores		Pt. frequently breaks minor rules		Pt. occasionally breaks major rules. e.g. stealing, lying, truancy.	Pt. frequently breaks major rules

**Inattention** is defined as an inability to focus or attend in a sustained manner to a particular task or cue in the presence or absence of extraneous stimuli. This may be characterized by difficulties in concentration, sustaining attention or effort on tasks, organizing activities, and attending to others when spoken to.

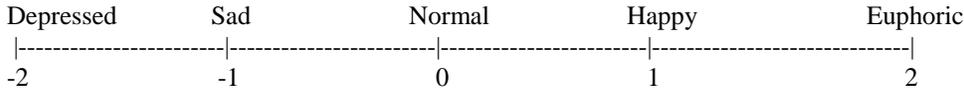
0	1	2	3	4	5	6
None	Slight	Mild	Moderate	Marked	Severe	Extreme
	Occasionally appears distracted or misses information, but easily re-oriented.		Frequently fails to attend to relevant information, only refocuses for short periods of time.		Unable to remain focused for more than a few seconds, difficult to re-orient when confronted.	

**Impulsivity** is defined as a failure to inhibit inappropriate behaviors or responses. It is driven by an emotional state or need, and is characterized by a lack of deliberation and a markedly diminished level of appreciation for the likely consequences. Some impulsive behaviors include blurting out answers before questions have been completed; difficulty waiting one's turn; and interrupting others.

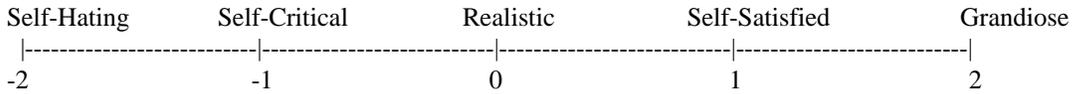
0	1	2	3	4	5	6
None	Slight	Mild	Moderate	Marked	Severe	Extreme
	Occasionally acts suddenly, without thinking, or without anticipating obvious consequences.		Pt. frequently acts in a hasty manner, ignoring signals, and acting in ways that appears to lack forethought.			Pt rarely pauses even briefly before taking action, typically missing important cues resulting in behaviors that are ineffective or lead to conflicts with others.

**Mood Problems.**

**Prevailing Mood State:** Prevailing mood state refers to the persistent tone that has dominated the subject's emotional condition *for the majority of the past week*. This does not refer to transient fluctuations in the immediate emotional state of the subject, but refers to the more predominant feeling-tone that has been evident throughout this period of time. This ranges from an extreme negative mood referred to as Depression, the more moderate negative state known as Dysphoria, through the Normal range, to the more positive emotional states of Happy and, at the pathological extreme, Euphoric.



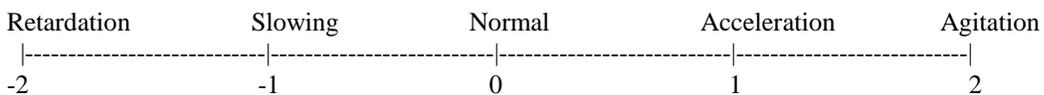
**Self-Esteem** is defined as an evaluation or belief of one's self. This ranges from extreme and unrealistic dislike of oneself to extreme and unrealistic over-estimation of one's importance or worth.



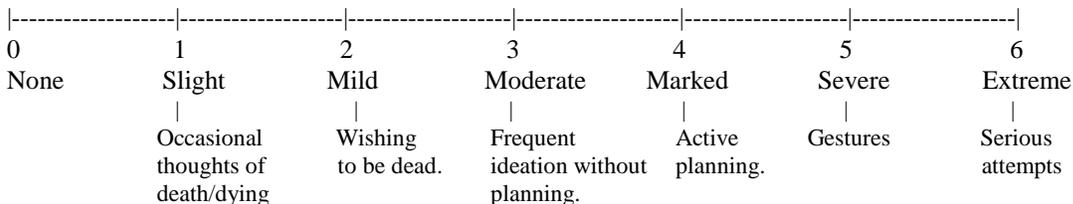
**Sleep Disturbance** refers to an array of problematic sleep patterns. These may include problems such as difficulty initiating sleep, maintaining sleep, insomnia, hypersomnia, night terrors, nightmares, and/or general disruptive sleep patterns. *Check off any of these that have been observed or reported in the past week:*

- Sleeping too much (Hypersomina)       Restless Sleep       Difficulty falling asleep (Initial Insomnia)
- Nightmares/Night-terrors       Interrupted Sleep       Sleepwalking
- Early Morning Awakening

**Psychomotor Activity Level:** **Psychomotor Retardation** is defined as a generalized slowing of physical, mental, and/or emotional reactions; it is the inhibition of normal motor activity. **Psychomotor Agitation** is defined as excessive motor activity that is usually unproductive and repetitive (e.g., pacing, wringing of hands, etc.).



**Suicidality** is defined as thoughts, ruminations, gestures, or acts pertaining to taking one's own life. Implicit in the concept of suicidality is a conscious intent to end one's life that is independent of self-mutilating or attention seeking behaviors.



**Emotional Characteristics.**

**Emotional Range:** Refers to the moment-by-moment changes in the individual's emotional state, rather than his or her prevailing mood. Emotional range can be normal, unusually limited, or unusually broad. When it is unusually limited, the individual either shows little or no emotion under circumstances that would normally elicit some emotional display, or shows only a single emotional state (e.g., is only sad, is only happy, etc.) rather than showing the spectrum of emotions that most people experience. When it is broader than normal the person appears to express a much wider range of emotion than most people, with a very complex spectrum of feelings being routinely expressed.

Constricted	Limited	Normal	Broad	Excessive
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-2	-1	0	1	2
No variation in emotion. Either no expression of emotion or only a single emotional state is evident.	Less than normal range of emotional expression.		Wider than normal range of emotions routinely expressed.	Emotional states routinely include joy, rage, sadness, and all of the other feelings.

**Emotional Intensity:** Refers to the intensity with which the person appears to routinely experience their emotional states, regardless of their tone. This can range from relatively bland emotional experiences in individuals whose feelings are rarely aroused, to the excessive, in which any emotion that the individual experiences appears to be more intense and dramatic than is normal for most people. A person who rarely becomes more than mildly annoyed would be judged to have limited emotional intensity, while the person whose anger almost always rises to the level of rage would be seen as excessively emotionally intense. This rating should be based not upon any single emotional state (e.g., sadness, happiness, anger, etc.) but rather upon the intensity with which the person typically appears to experience most of their emotions.

Flat	Bland	Normal	Intense	Excessive
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-2	-1	0	1	2
Little or no emotion evident under most circumstances.	Emotions typically expressed in a somewhat more limited fashion.		Emotions expressed in a livelier or more exuberant manner than typical for the subject's age.	Emotions almost always expressed with extreme intensity.

**Emotional Variability:** Refers to how rapidly one's emotional states typically change. This can range from labile emotionality, when the person's feelings fluctuate in a rapid and mercurial fashion, to immobility, in which the person's emotional state never appears to vary. Persons whose emotional states are quickly aroused and quickly dissipate, or rapidly shift across the spectrum (e.g., from sadness to joy) would be rated as having excessive emotional variability.

Unchanging	Limited	Normal	Variable	Labile
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-2	-1	0	1	2
No observable change in emotions.	Little variation in emotions.		Emotions seem to change or shift more quickly than normal.	Emotions fluctuate wildly from moment to moment.

**Physical Symptoms:**

**Enuresis** is defined as urinating outside of the toilet. List the *total number of incidents in the past week* that have occurred during the waking hours (**diurnal**) and at night in bed (**nocturnal**). If none have occurred please enter 0.

Daytime wetting = \_\_\_\_\_

Bed wetting = \_\_\_\_\_

**Encopresis** defecating outside of the toilet. List the total number of incidents in the past week that have occurred during the waking hours (**diurnal**) and at night in bed (**nocturnal**). If none have occurred please enter 0.

Daytime soiling = \_\_\_\_\_

Soiling in bed = \_\_\_\_\_

**Somatization** is defined as the tendency to react to psychological stress with physical symptoms (e.g., gastric discomfort, heart palpitations, skin rashes, etc.) that lack a clear organic origin.

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0	1	2	3	4	5	6
None	Slight	Mild	Moderate	Marked	Severe	Extreme
	Occasional complaints of physical distress, that appear unfounded or disproportionate, but have little effect on other behavior.		Frequent unrealistic complaints of physical distress, that interfere with more appropriate behaviors.		Constant, dramatic complaints of pain or of medical symptoms, without justification, that seriously interfere with age-appropriate behaviors.	

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**Anxiety Symptoms:**

**Anxiety** is defined as an apprehensive anticipation or a negative emotional state similar to fear but stemming from a more diffuse source. Anxiety ranges from nervousness to panic or feelings of doom.

0	1	2	3	4	5	6
None	Slight	Mild	Moderate	Marked	Severe	Extreme
	Slight tension, or minor worries.		Frequent nervousness, distraction, or apprehension.			Overt panic, or overwhelming dread

**Separation Anxiety** is defined as an excessive, unrealistic fear of being separated from parental figures or other caregiver that is beyond that which would be expected given the subject's age. This can range from unusual discomfort when left with strangers to overwhelming panic at the prospect of physical separation of any kind. A rating of 0/None should reflect the amount of separation anxiety that is normally expected for a child the same age as the child being rated.

0	1	2	3	4	5	6
None	Slight	Mild	Moderate	Marked	Severe	Extreme
	Unusual but minor expression of discomfort at being left with strangers.		Strong expression of distress when forced to separate from parent or caretaker.			Inability to tolerate being separated from parent or caretaker; or overt panic when forced to separate.

**Obsessions** are persistent, recurrent, and unwelcome impulses, thoughts and/or images that cannot be ignored and cause marked distress and anxiety.

0	1	2	3	4	5	6
None	Slight	Mild	Moderate	Marked	Severe	Extreme
	Occasional thoughts or images intruding on pt's consciousness, but no obvious interference with functioning.		Frequent thoughts or images intruding on pt. with significant but manageable impact on functioning.			Constant disruption by intrusive thoughts & images, with severe interference with functioning.

**Compulsions** are repetitive behaviors (e.g., hand washing, checking, etc.) or mental acts that one feels driven to perform and unable to resist.

0	1	2	3	4	5	6
None	Slight	Mild	Moderate	Marked	Severe	Extreme
	Occasional urges to perform unwanted acts, without obvious impact on functioning.		Frequent urges to perform unwanted acts, with significant but manageable impact on functioning.			Continual urges to perform unwanted actions, that subject cannot resist and clearly disrupt functioning

**Social Functioning:**

**Social Withdrawal** is defined as a tendency to isolate one's self from others. Such individuals prefer solitary activities. They appear quiet and shy, experience discomfort in social situations, are easily embarrassed in the presence of others, and often fear meeting new people or participating in novel social situations.

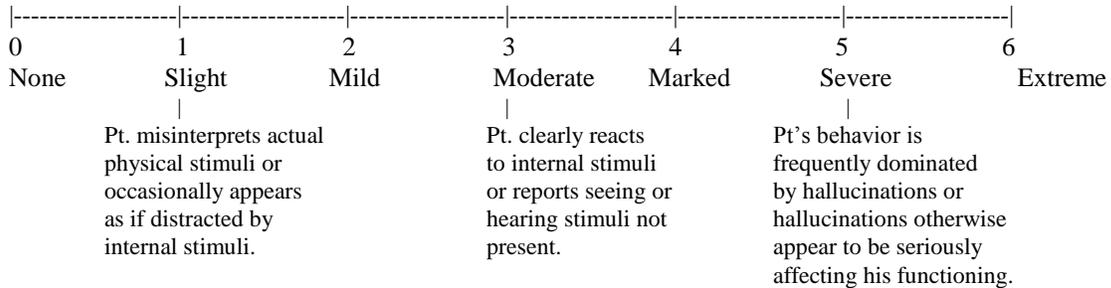
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0            1            2            3            4            5            6
None        Slight        Mild        Moderate    Marked       Severe       Extreme
Pt. is shy in novel situations but will interact appropriately with others, and initiate social contact. Tends to make little spontaneous conversation.
Pt. experiences unusual embarrassment & discomfort which occasionally prevents normal social contact. Unusually quiet, limited response when spoken to.
Pt. is isolative & avoids social activity and contact with others. Refuses to talk to others.

**Sexually Inappropriate Behavior** is defined as knowledge, interest and activities involving sexual matters that are inappropriate for the subject's age. This may be reflected in frequent conversations about sexual matters, the use of terminology that indicates an inappropriate knowledge of sex, touching oneself in an inappropriate fashion or in inappropriate settings, attempting to persuade others to engage in sexual interactions, or forcing others into sexual contact. The more overt and forceful the sexual behavior, the more severe the rating should be.

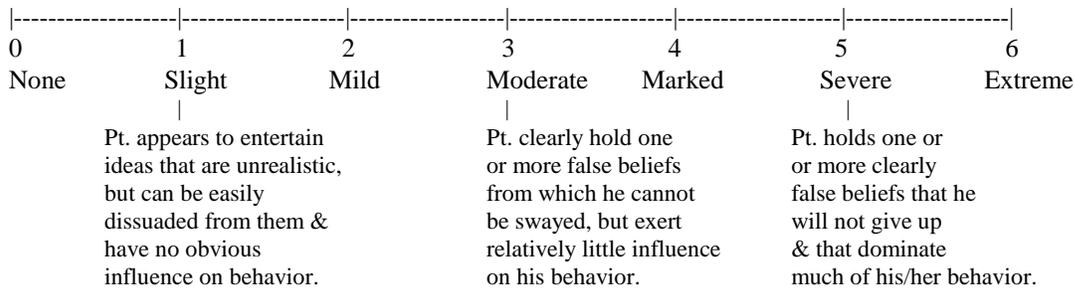
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0            1            2            3            4            5            6
None        Slight        Mild        Moderate    Marked       Severe       Extreme
Child displays unusual or age-inappropriate knowledge of sexual matters, or excessive interest in sexual topics and activities.
Child engages or attempts to engage others in age-inappropriate sexual behaviors, e.g., public masturbation, displaying genitals, promiscuous sexual contacts, etc.
Child's inappropriate sexual behaviors include overt contact with others, both with and without consent, e.g., grabbing others, attempting to force others into sexual interaction, etc.

**Psychotic Symptoms:**

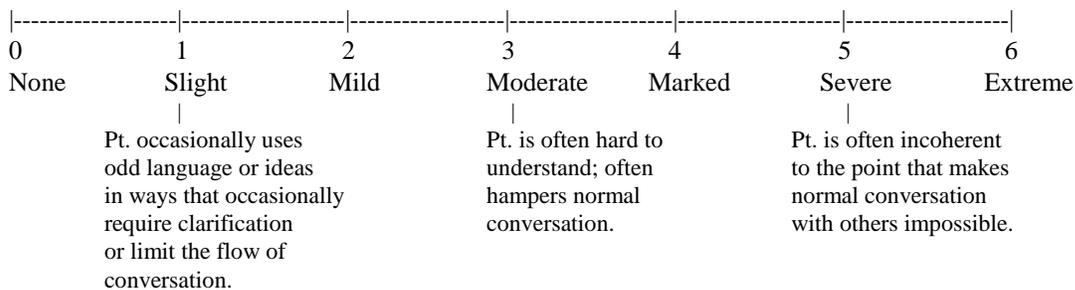
**Hallucinations** are defined as perceptual experiences that may involve any sensory modality and that occur in the absence of an external stimulus. For example, visual hallucinations may involve seeing images or figures that are not really there; auditory hallucinations may involve hearing one or several voices. Hallucinations may be threatening or non-threatening in nature.



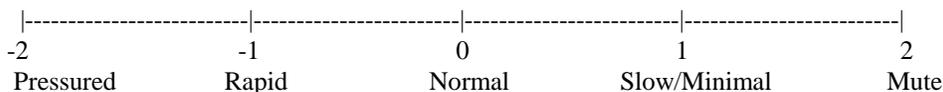
**Delusions** are defined as unrealistic and idiosyncratic beliefs that lack appropriate supporting evidence and are not due to one's religious and socio-cultural background. For example, delusions of persecution involve the belief that one is being attacked, persecuted, or conspired against; delusions of grandeur involves an exaggerated sense of importance, knowledge, and/or power.



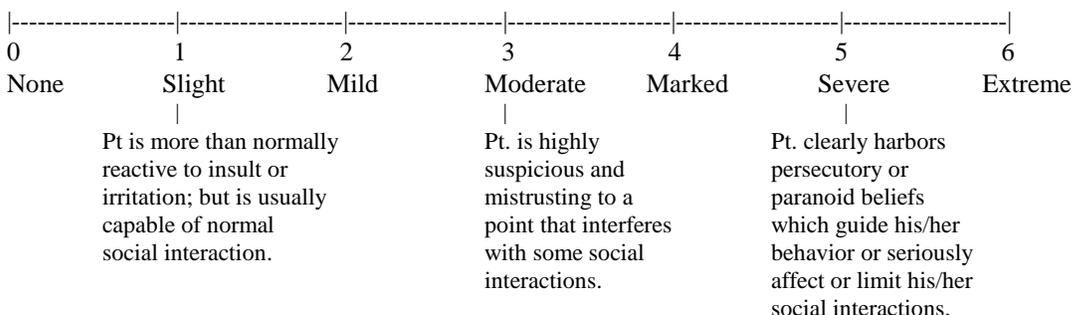
**Thought Disorder** refers to disorganized or illogical thinking characterized by loosening of associations, tangential or circumstantial speech, idiosyncratic or inappropriate use of words, incoherent or uncommunicative speech, irrational combinations of ideas, or illogical reasoning.



**Verbal Productivity** refers to quantity of verbal output ranging from pressured speech to frank mutism. *Pressured speech* is rapid, unrelenting, and often difficult to interrupt. Children with pressured speech may not only speak in a rapid, uninterruptable fashion, but may rapidly jump from topic to topic in ways that may not always make good sense. *Rapid* speech is clearly abnormally rapid, but can be interrupted and is not as persistent as truly pressured speech. *Mute* refers to either the inability or refusal to speak for extended periods of time, even when prompted to speak by others. *Slow/minimal* speech refers to a clear reduction in the rate and amount of speech that is abnormal but does not make conversation impossible.



**Suspiciousness and Paranoia** is defined as an unreasonable or excessive belief or suspiciousness of others that one is being persecuted, harassed, or unfairly treated.



## Global Psychopathology Rating (GPR)

Please indicate your judgment about the subject's Global level of pathology *for the past week* by circling the value that best characterizes him or her. Use the past 7 days as your time frame, make your rating on the basis of the subject's poorest functioning during that time.

**Base your rating on ALL AVAILABLE INFORMATION.**

**8 - Extreme**

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**7 - Severe >>>>** Major impairment in multiple areas of functioning. Severe mood disturbance is apparent, hallucinations and delusions are obviously present, thinking is clearly disorganized, **or** judgment is grossly inappropriate. Subject's conduct is unmanageable due to frequent and severe aggression, serious rule-breaking, or active efforts to injure self. Subject is unable to care for self, or is unable to participate in role functioning (e.g., school).

**6 - Marked**

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**5 - Substantial >** Marginal functioning. Many symptoms are present that cause significant distress; conduct brings subject into repeated serious conflict with the environment; reality testing, thinking, and judgment are inconsistent or unpredictable; **or** subject's ability to fulfill demands of school or to participate in family life is seriously limited.

**4 - Moderate**

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**3 - Mild >>>>>** General functioning is mildly impaired. Some complaints of distress; occasional misconduct; mild dysphoria or anxiety; some odd, eccentric, or hostile behavior noted; however, reality testing is generally intact and subject is able to meet most of the demands of school, family, and social life.

**2 - Slight**

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**1 - Minimal >>** Few problems noted. Little apparent distress. Social, academic, and family functioning generally within normal limits.

**0 - Absent**