

# Listening to and believing nasty voices questionnaires

**The scales are suitable for:** Any person who hears voices that make threats or are critical/derogatory towards them. We refer to these as nasty voices. The scales have been validated with data from a participant group who hear nasty voices and have a range of different mental health diagnoses.

Individuals with lived experience of hearing nasty voices collaborated on the design and testing of the scales.

**The psychometric properties of the scales are available in the following paper:**

Sheaves, B., Johns, L., Loe, B., Bold, E., Černis, E., The McPin Hearing Voices Lived Experience Advisory Panel, Molodynski, A., & Freeman, D. (2022). Listening to and Believing Derogatory and Threatening Voices. *Schizophrenia Bulletin*, <https://doi.org/10.1093/schbul/sbac101>

## **Scoring instructions:**

### **Listening and believing – assessment**

The listening and believing assessment scale includes four sub-scales: active listening, passive listening, believing and disregarding derogatory and threatening ('nasty') voices. Items making up each of these four sub-scales can be totalled to make for example a total 'believing' score. The active listening, passive listening and disregarding questions (the first 12 items) can also be summed to create a total 'listening and believing score'. Here, higher scores indicate a more severe problem with listening to and believing derogatory and threatening voices. The disregarding sub-scale is the reverse, whereby higher scores indicate a greater ability to disregard or tune out the nasty voices, and lower scores indicate a more severe problem.

### **Listening and believing – reasons**

There are three different versions of this questionnaire:

1. The full questionnaire (28 items) is recommended for a comprehensive clinical assessment of the reasons for listening to and believing nasty voices. It can be used to assess individual groups of reasons for listening and believing (e.g. listening to understand the nasty voices; I listen because I'm too worn down etc). The total score of individual sub-scales can be used (listening to understand; being too worn down, etc). Additionally, all items can be summed to create a total reasons for listening and believing score.
2. The short form scale (16 items) is comprised of items that are the most predictive items for listening to and believing. These 16 items can be summed to create a total listening and believing – reasons (short form) score.

3. The very brief version (5 items) comprises the top five most predictive items for listening to and believing nasty voices, across five different sub-scales. This is designed for a 'light touch' assessment of the reasons for listening and believing. The five items can be summed to create a total score.

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# Listening and believing - Assessment

Name \_\_\_\_\_

Date \_\_\_\_\_

Below are a range of statements about listening to and believing nasty voices. These are any voices which threaten you or put you down. Please *do not* consider positive voices, or neutral voices when completing this questionnaire, only those that are threatening or put you down.

Please rate the degree to which you agree with each statement, based on your experience over the past week.

ACTIVELY LISTENING TO NASTY VOICES					
		Never	A bit of the time	Most of the time	All the time
1	I want to keep listening to what the nasty voices have to say.	0	1	2	3
2	I want to hear what the nasty voices are saying when they start.	0	1	2	3
3	I listen hard to the nasty voices to make sure I've heard what they are saying.	0	1	2	3
4	I listen out for the nasty voices.	0	1	2	3

PASSIVELY LISTENING TO NASTY VOICES					
		Never	A bit of the time	Most of the time	All the time
5	There's nothing I can do but listen to what the nasty voices say.	0	1	2	3
6	When the nasty voices start it's almost impossible to ignore what they say.	0	1	2	3
7	I take in every word the nasty voices say.	0	1	2	3
8	I get sucked into the world of the nasty voices.	0	1	2	3

BELIEVING NASTY VOICES					
		Never	A bit of the time	Most of the time	All the time
9	I believe what the nasty voices say.	0	1	2	3
10	I have a gut feeling that what the nasty voices are saying is true.	0	1	2	3
11	The nasty voices are right in what they say.	0	1	2	3
12	I'm convinced what the nasty voices say is true.	0	1	2	3

DISREGARDING NASTY VOICES					
		Never	A bit of the time	Most of the time	All the time
13	When the nasty voices start, I find a way to ignore them.	0	1	2	3
14	I tune out the nasty voices.	0	1	2	3
15	I avoid getting sucked into the world of the nasty voices.	0	1	2	3
16	I just don't care what the nasty voices say.	0	1	2	3
17	What the nasty voices say doesn't matter to me.	0	1	2	3
18	I can brush off all the negative things that the nasty voices say.	0	1	2	3

# Listening and believing - Reasons (L&B-R-28)

Name \_\_\_\_\_

Date \_\_\_\_\_

Below are a range of statements about why people listen to and believe nasty voices (voices which threaten you or put you down). Please *do not* consider positive voices, or neutral voices when completing this questionnaire, only those that are threatening or put you down.

Please rate the extent to which each statement describes your experience of hearing these voices over the past week.

LISTENING TO UNDERSTAND THEM, TO DEAL WITH THE THREAT						
		Not true for me	A bit true for me	Some what true for me	Mostly true for me	Totally true for me
<i>I pay attention to what the nasty voices say because...</i>						
1	I'm trying to figure out why this is happening.	0	1	2	3	4
2	It might help me work out who the voices are.	0	1	2	3	4
3	It might help me work out what they could do to me.	0	1	2	3	4
4	I want to be ready to deal with them.	0	1	2	3	4
5	I don't want to let them win, so I listen to fight them.	0	1	2	3	4

I LISTEN BECAUSE I'M WORN DOWN						
		Not true for me	A bit true for me	Some what true for me	Mostly true for me	Totally true for me
<i>I pay attention to what the nasty voices say because...</i>						
6	I don't have the confidence to ignore the nasty voices.	0	1	2	3	4
7	I don't have the confidence to trust my own mind.	0	1	2	3	4
8	They've worn me down, so I have to listen.	0	1	2	3	4
9	I feel defeated by them.	0	1	2	3	4
10	I'm so anxious that I can't do anything but listen.	0	1	2	3	4
11	I don't have the energy to do anything but listen to them.	0	1	2	3	4

I LISTEN TO THE NASTY VOICES BECAUSE I MIGHT LEARN SOMETHING HELPFUL						
		Not true for me	A bit true for me	Some what true for me	Mostly true for me	Totally true for me
<i>I pay attention to what the nasty voices say because...</i>						
12	Listening to the voice will help me to learn about myself.	0	1	2	3	4
13	The voice knows more than I do so I might learn something.	0	1	2	3	4
14	Listening will make me smart, because the voices are smart.	0	1	2	3	4
15	Listening to voices is important to my spiritual or cultural beliefs.	0	1	2	3	4



I SPEND TIME BY MYSELF SO I HAVE TIME AND SPACE TO LISTEN						
		Not true for me	A bit true for me	Some what true for me	Mostly true for me	Totally true for me
<i>I pay attention to what the nasty voices say because...</i>						
16	I spend time by myself so there's nothing else to listen to.	0	1	2	3	4
17	I spend time by myself so there are no distractions from what they say.	0	1	2	3	4
18	I spend time by myself so I have time to listen to them.	0	1	2	3	4

THE NASTY VOICES USE STRATEGIES TO CAPTURE MY ATTENTION						
		Not true for me	A bit true for me	Some what true for me	Mostly true for me	Totally true for me
<i>I pay attention to what the nasty voices say because...</i>						
19	They are putting on a performance for me.	0	1	2	3	4
20	They are whispering (or very quiet) so I have to listen harder to hear what they are saying.	0	1	2	3	4
21	They lull me into a false sense of security by saying nice things, so I start to trust them and listen to what they say.	0	1	2	3	4
22	They're intelligent and trick me into listening.	0	1	2	3	4
23	They tell a convincing story that sucks you in to their world.	0	1	2	3	4

THEY ARE JUST LIKE REAL PEOPLE						
		Not true for me	A bit true for me	Some what true for me	Mostly true for me	Totally true for me
<i>I pay attention to what the nasty voices say because...</i>						
24	They are just like real people.	0	1	2	3	4
25	They sound so real.	0	1	2	3	4
26	They're unpredictable and come out of no-where.	0	1	2	3	4

I HEAR THE VOICE OF SOMEONE I KNOW						
		Not true for me	A bit true for me	Some what true for me	Mostly true for me	Totally true for me
<i>I pay attention to what the nasty voices say because...</i>						
27	I hear the voice of someone I know, and I want to work out why they are saying horrible things when they are usually nice.	0	1	2	3	4
28	I hear the voice of someone I know, and I usually believe that person so I'm more likely to be convinced by what they say.	0	1	2	3	4

# Listening and believing - Reasons (L&B-R-16)

Name \_\_\_\_\_

Date \_\_\_\_\_

Below are a range of statements about why people listen and believe nasty voices (voices which threaten you, or put you down). It's important that you *do not* consider positive voices, or neutral voices when completing this questionnaire, only those that are threatening or put you down.

Please rate the extent to which each statement describes your experience of hearing these voices over the past week.

		Not true for me	A bit true for me	Somewhat true for me	Mostly true for me	Totally true for me
<i>I pay attention to what the nasty voices say because...</i>						
1	It might help me work out who the voices are.	0	1	2	3	4
2	I spend time by myself so I have time to listen to them.	0	1	2	3	4
3	They sound so real.	0	1	2	3	4
4	I don't have the confidence to ignore the nasty voices.	0	1	2	3	4
5	They tell a convincing story that sucks you in to their world.	0	1	2	3	4

		Not true for me	A bit true for me	Somewhat true for me	Mostly true for me	Totally true for me
6	I'm trying to figure out why this is happening.	0	1	2	3	4
7	I'm so anxious that I can't do anything but listen.	0	1	2	3	4
8	It might help me work out what they could do to me.	0	1	2	3	4
9	They've worn me down, so I have to listen.	0	1	2	3	4
10	I don't have the confidence to trust my own mind.	0	1	2	3	4
11	Listening to the voice will help me to learn about myself.	0	1	2	3	4
12	They are just like real people.	0	1	2	3	4
13	They are whispering (or very quiet) so I have to listen harder to hear what they are saying.	0	1	2	3	4
14	The voice knows more than I do so I might learn something.	0	1	2	3	4

		Not true for me	A bit true for me	Somewhat true for me	Mostly true for me	Totally true for me
15	I spend time by myself so there's nothing else to listen to.	0	1	2	3	4
16	I feel defeated by them.	0	1	2	3	4

## Listening and believing - Reasons (L&B-R-5)

Name \_\_\_\_\_

Date \_\_\_\_\_

Below are a range of statements about why people listen and believe nasty voices (voices which threaten you, or put you down). It's important that you *do not* consider positive voices, or neutral voices when completing this questionnaire, only those that are threatening or put you down.

Please rate the extent to which each statement describes your experience of hearing these voices over the past week.

	Not true for me	A bit true for me	Somewhat true for me	Mostly true for me	Totally true for me
<i>I pay attention to what the nasty voices say because...</i>					
I'm so anxious that I can't do anything but listen.	0	1	2	3	4
I'm trying to figure out why this is happening.	0	1	2	3	4
They sound so real.	0	1	2	3	4
The voice knows more than I do so I might learn something.	0	1	2	3	4
They tell a convincing story that sucks you in to their world.	0	1	2	3	4