

The Oxford Paranoia Defence Behaviours Questionnaire

This questionnaire is interested in the types of things people do to reduce the risk of being harmed by others. When worried about being harmed by others, people can put up defences to keep themselves safe.

Part 1: Avoidance

Sometimes when people feel under threat from others, they avoid situations or activities to lower the risk of being harmed. Please select the number that best describes how often you have **avoided** the following places or people in the **past two weeks**.

Places and people I avoid to keep myself safe.		Never	Occasionally	Often	Always	
1.	My local shop.	0	1	2	3	
2.	Shopping centres.	0	1	2	3	
3.	Using public transport (e.g. bus, train).	0	1	2	3	
4.	Cafés.	0	1	2	3	
5.	Gyms.	0	1	2	3	
6.	Parks.	0	1	2	3	
7.	Walking on the street.	0	1	2	3	
8.	Open spaces.	0	1	2	3	
9.	People in authority (e.g. the police).	0	1	2	3	
10.	My neighbours.	0	1	2	3	
11.	GP surgery or health centre.	0	1	2	3	
12.	My workplace or place of education.	0	1	2	3	n/a

Part 2: In situation-defences

There may be times when a person can't avoid being in threatening situations. At these times, they may put up a number of defences to reduce the risk of being harmed by others.

Please circle the number that best describes how often you have **done each strategy** in the last **two weeks**.

Strategies to keep myself safe from others.	Never	Occasional ly	Often	Always
1. I keep the curtains closed so I can't be watched.	0	1	2	3
2. I only go out at certain times of the day that I think are safer.	0	1	2	3
3. I have an escape plan ready.	0	1	2	3
4. I check for smells that might indicate danger	0	1	2	3
5. I repeatedly check all the locks and windows.	0	1	2	3
6. I carefully plan my routes to avoid danger.	0	1	2	3
7. I position myself so that I have a clear view of everyone.	0	1	2	3
8. I keep my head down.	0	1	2	3
9. I check if the items in my home have been interfered with.	0	1	2	3
10. I keep someone with me for protection.	0	1	2	3
11. I watch out for signs of danger.	0	1	2	3
12. I try to do what I need to do as quickly as possible.	0	1	2	3
13. I don't stay anywhere for too long.	0	1	2	3
14. I stay away from the windows so I can't be watched.	0	1	2	3
15. I wear clothes that I can easily run away in.	0	1	2	3
16. I listen out for any sounds that might indicate danger.	0	1	2	3
17. I plan for the dangers that might exist.	0	1	2	3
18. I watch out for threatening body language.	0	1	2	3
19. I try to keep a low profile.	0	1	2	3
20. I avoid making eye contact to prevent others from harming me.	0	1	2	3

Scoring guidelines

Avoidance Scale (Items 1-12)

Subscale Scoring:

Indoor Spaces = Sum of items 1, 2, 3, 4, 5 (range: 0-15)

Item 1: My local shop

Item 2: Shopping centres

Item 3: Using public transport (e.g. bus, train)

Item 4: Cafes

Item 5: Gyms

Outdoor Spaces = Sum of items 6, 7, 8 (range: 0-9)

Item 6: Parks

Item 7: Walking on the street

Item 8: Open spaces

Interactions = Sum of items 9, 10, 11, 12 (range: 0-12)

Item 9: People in authority (e.g. the police)

Item 10: My neighbours

Item 11: GP surgery or health centre

Item 12: My workplace or place of education

Total Avoidance = Indoor Spaces + Outdoor Spaces + Interactions (range: 0-36)

Note about item 12: The avoidance scale has one N/A option for item 12 (My workplace or place of education). If N/A is selected, this item is scored with the mean item score, calculated from the other 11 items (item 12 = sum of items 1-11 divided by 11).

In-Situation Defences Scale (Items 1-20)

Subscale Scoring:

Maintaining Safety at Home = Sum of items 1, 5, 9, 14 (range: 0-12)

Item 1: I keep the curtains closed so I can't be watched

Item 5: I repeatedly check all the locks and windows

Item 9: I check if the items in my home have been interfered with

Item 14: I stay away from the windows so I can't be watched

Mitigating Risk = Sum of items 2, 6, 10 (range: 0-9)

Item 2: I only go out at certain times of the day that I think are safer

Item 6: I carefully plan my routes to avoid danger

Item 10: I keep someone with me for protection

Preparing for Escape = Sum of items 3, 15, 17 (range: 0-9)

Item 3: I have an escape plan ready

Item 15: I wear clothes that I can easily run away in

Item 17: I plan for the dangers that might exist

Staying Vigilant = Sum of items 4, 7, 11, 16, 18 (range: 0-15)

Item 4: I check for smells that might indicate danger

Item 7: I position myself so that I have a clear view of everyone

Item 11: I watch out for signs of danger

Item 16: I listen out for any sounds that might indicate danger

Item 18: I watch out for threatening body language

Keeping a Low Profile = Sum of items 8, 12, 13, 19, 20 (range: 0-15)

Item 8: I keep my head down

Item 12: I try to do what I need to do as quickly as possible

Item 13: I don't stay anywhere for too long

Item 19: I try to keep a low profile

Item 20: I avoid making eye contact to prevent others from harming me

Total In-Situation Defences = Sum of all 20 items (range: 0-60)