

43607

**Brown Assessment of Beliefs Scale**PID# **BABS**

RPN# \* \* \* \* \* \*

Site: 2 1 0 0 0 2 . 0 1

Date  /  / Interviewer: 

For each item, fill in the bubble identifying the response that best characterizes the patient **over the past week**. The patient's specific belief can be incorporated into the question--for example, "How convinced are you of this belief that touching doorknobs will make you ill?" Optional questions are indicated in parentheses; instructions to the interviewer are italicized.

**1. Conviction**

How convinced are you of these ideas/beliefs? Are you certain your ideas/beliefs are accurate? (What do you base your certainty on?)

- 0 Completely convinced beliefs are false (0% certainty).
- 1 Beliefs are probably not true, or substantial doubt exists.
- 2 Beliefs may or may not be true, or unable to decide whether beliefs are true or not.
- 3 Fairly convinced that beliefs are true but an element of doubt exists.
- 4 Completely convinced about the reality of held beliefs (100% certainty).

**2. Perception of others views of beliefs**

What do you think other people (would) think of your beliefs? [PAUSE] How certain are you that most people think your beliefs make sense?

*(Interviewer should clarify, if necessary, that the patient answers this question assuming that others are giving their honest opinion.)*  
*(Interviewer should make sure that the patient answers according to what MOST people think not some people or selected people.)*

- 0 Completely certain that most people think these beliefs are unrealistic.
- 1 Fairly certain that most people think these beliefs are unrealistic.
- 2 Others may or may not think beliefs are unrealistic, or uncertain about others' views concerning these beliefs.
- 3 Fairly certain that most people think these beliefs are realistic.
- 4 Completely certain that beliefs are true; view of others is not accurate.

**3. Explanation of differing views**

You said that *(fill in response to item 1)*, but that *(fill in response to item 2)*. [PAUSE] How do you explain the difference between what you think and what others think about the accuracy of your beliefs? (Who's more likely to be right?)

*(Interviewer should not ask this item if responses on item 1 and 2 are the same. In that case, give the same score as items 1 and 2.)*

- 0 Completely certain that beliefs are unrealistic or absurd (e.g. "my mind is playing tricks on me.")
- 1 Fairly certain that beliefs are unrealistic or absurd.
- 2 Uncertain about why others don't agree - beliefs may or may not be true.
- 3 Fairly certain that beliefs are true; view of others is less accurate.
- 4 Completely certain that beliefs are true; view of others is not accurate.



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### 4. Fixity of ideas

If I were to question (or challenge) the accuracy of your beliefs, what would your reaction be? [PAUSE] Could I convince you that you are wrong? [PAUSE] Would you consider the possibility?

*(If necessary, supply a nonconfrontational example.)*

*(Rate on the basis of whether the patient could be convinced, not whether s/he wishes s/he could be convinced.)*

- 0 Eager to consider the possibility that beliefs may be false; demonstrates no reluctance to entertain this possibility.
- 1 Easily willing to consider the possibility that beliefs may be false; reluctance to do so is minimal.
- 2 Somewhat willing to consider the possibility that beliefs may be false, but moderate resistance is present.
- 3 Clearly reluctant to consider the possibility that beliefs may be false; reluctance is significant.
- 4 Absolutely refuses to consider the possibility that beliefs may be false - i.e. beliefs are fixed.

### 5. Attempt to disprove ideas

Over the past week, how often have you tried to convince yourself that your beliefs are wrong?

*(Interviewer should rate attempts patient makes to talk himself/herself out of the belief, not attempts to push the thoughts/ideas out of his/her mind or think about something else.)*

- 0 Always involved in trying to disprove beliefs, or not necessary to disprove because beliefs are not true.
- 1 Usually tries to disprove beliefs.
- 2 Sometimes tries to disprove beliefs.
- 3 Occasionally attempts to disprove beliefs.
- 4 Makes no attempt to disprove beliefs.

### 6. Insight

What do you think has caused you to have these beliefs? [PAUSE] Do they have a psychiatric (or psychological) cause, or are they actually true?

*(Interviewer should determine what the patient actually believes, not what s/he has been told or hopes is true. Psychological etiology should be considered equivalent to psychiatric illness.)*

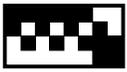
*(Recognition that the thoughts are excessive - i.e., taking up too much time - or causing problems for the patient should not be considered equivalent to psychiatric/psychological etiology. Instead, rate patient's awareness that the source/cause of the beliefs is psychiatric/psychological.)*

- 0 Beliefs definitely have a psychiatric/psychological cause.
- 1 Beliefs probably have a psychiatric/psychological cause.
- 2 Beliefs possibly have a psychiatric/psychological cause.
- 3 Beliefs probably do not have a psychiatric/psychological cause.
- 4 Beliefs definitely do not have a psychiatric/psychological cause.

TOTAL BABS SCORE

= SUM OF QUESTIONS 1 THROUGH 6



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### ADDITIONAL ITEM:

#### 7. Ideas/delusions of reference

Does it ever seem that people are talking about you or taking special notice of you because of *(fill in belief)*?

#### OPTIONAL:

What about receiving special messages from your environment because of *(fill in belief)*? (How certain are you of this?)

*(This question pertains only to the belief(s) being assessed by the BABS interviewer - not if patient thinks s/he is noticed for a reason unrelated to the beliefs being assessed.*

*Interviewer should NOT base answer on observable actions or compulsions; instead, rate core belief.)*

*(Do not include in total score)*

- 0 No, others definitely do not take special notice of me.
- 1 Others probably do not take special notice of me.
- 2 Others may or may not take special notice of me.
- 3 Others probably do take special notice of me.
- 4 Others definitely do take special notice of me.