MIRACLE Counseling

The Revised Green et al. Paranoid Thoughts Scale (R-GPTS)

The R-GPTS is a measure of paranoia comprising two subscales to assess ideas of reference (Part A) and ideas of persecution (Part B). The R-GPTS has high reliability across the spectrum of severity, providing a precise assessment of paranoia for use in both non-clinical and clinical settings.

The two subscales are designed to be treated as distinct measures and should be scored separately. A total score for each subscale is obtained by adding together the items. Validated score ranges are presented below to aid clinical interpretation (Freeman et al., 2019).

An R-GPTS Persecution scale score of 18+ indicates clinically severe paranoid ideation and the likely presence of a persecutory delusion (Freeman et al. 2019). Scores above this level are present in over 81% of patients with a verified persecutory delusion. However, it is important to note that the R-GPTS only assesses the frequency of paranoid thoughts and does not measure an individual's conviction in these ideas. Clinical assessment is necessary to determine the presence of a delusion.

Table 1. R-GPTS score ranges and clinical cut-offs (Freeman et al., 2019)

Category	A: Reference (0-32)	B: Persecution (0-40)	Interpretation
Average	0-9	0-5	Normal level of paranoia at less than 0.35 SDs above average.
Elevated	10-15	6-10	Elevated paranoia at 0.40 - 0.75 SDs above average.
Moderately Severe	16-20	11-17	Moderately severe paranoia at 0.80 - 1.05 SDs above average. Persecution scores of 11+ indicate clinical levels persecutory ideation.
Severe	21-24	18-27	Severe paranoia at 1.10 – 1.45 SDs above average. Persecution scores of 18+ indicate likely presence of a persecutory delusion.
Very Severe	25+	28+	Very severe paranoia at over 1.50 SDs above average.

Note: SDs = standard deviations

Freeman, D., Loe, B., Kingdon, D., Startup, H., Molodynski, A., Rosebrock, L., Brown, P., Sheaves, B., Waite, F., & Bird, J.C. (2019). The Revised Green et al., Paranoid Thoughts Scale (R-GPTS): Psychometric properties, severity ranges, and clinical cut-offs. Psychological Medicine, 1-10. https://doi.org/10.1017/S0033291719003155

Part A

Please read each of the statements carefully. They refer to thoughts and feelings you may have had about others over the last month.

Think about the last month and indicate the extent of these feelings from 0 (Not at all) to 4 (Totally).

(Please do not rate items according to any experiences you may have had under the influence of drugs.)

		Not at all		Somewhat		Totally
1.	I spent time thinking about friends gossiping about me.	0	1	2	3	4
2.	I often heard people referring to me.	0	1	2	3	4
3.	I have been upset by friends and colleagues judging me critically.	0	1	2	3	4
4.	People definitely laughed at me behind my back.	0	1	2	3	4
5.	I have been thinking a lot about people avoiding me.	0	1	2	3	4
6.	People have been dropping hints for me.	0	1	2	3	4
7.	I believed that certain people were not what they seemed.	0	1	2	3	4
8.	People talking about me behind my back upset me.	0	1	2	3	4

R-GPTS - Worries about others

Part B

Please read each of the statements carefully. They refer to thoughts and feelings you may have had about others over the last month.

Think about the last month and indicate the extent of these feelings from 0 (Not at all) to 4 (Totally).

(Please do not rate items according to any experiences you may have had under the influence of drugs.)

		Not at all		Somewhat		Totally
1.	Certain individuals have had it in for me.	0	1	2	3	4
2.	People wanted me to feel threatened, so they stared at me.	0	1	2	3	4
3.	I was certain people did things in order to annoy me.	0	1	2	3	4
4.	I was convinced there was a conspiracy against me.	0	1	2	3	4
5.	I was sure someone wanted to hurt me.	0	1	2	3	4
6.	I couldn't stop thinking about people wanting to confuse me.	0	1	2	3	4
7.	I was distressed by being persecuted.	0	1	2	3	4
8.	It was difficult to stop thinking about people wanting to make me feel bad.	0	1	2	3	4
9	People have been hostile towards me on purpose.	0	1	2	3	4
10	I was angry that someone wanted to hurt me.	0	1	2	3	4

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