

## Supplementary materials 2: Questionnaires

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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.

<b>ACTIVELY LISTENING TO NASTY VOICES</b>					
		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

<b>PASSIVELY LISTENING TO NASTY VOICES</b>					
		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

<b>BELIEVING NASTY VOICES</b>					
		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

<b>DISREGARDING NASTY VOICES</b>					
		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.

<b>LISTENING TO UNDERSTAND THEM, TO DEAL WITH THE THREAT</b>						
		Not true for me	A bit true for me	Some what true for me	Mostly true for me	Totally true for me
<b><i>I pay attention to what the nasty voices say because...</i></b>						
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
<b><i>I pay attention to what the nasty voices say because...</i></b>						
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
<b><i>I pay attention to what the nasty voices say because...</i></b>						
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

<b>I SPEND TIME BY MYSELF SO I HAVE TIME AND SPACE TO LISTEN</b>						
		Not true for me	A bit true for me	Some what true for me	Mostly true for me	Totally true for me
<b><i>I pay attention to what the nasty voices say because...</i></b>						
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
<b><i>I pay attention to what the nasty voices say because...</i></b>						
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

<b>THEY ARE JUST LIKE REAL PEOPLE</b>						
		Not true for me	A bit true for me	Some what true for me	Mostly true for me	Totally true for me
<b><i>I pay attention to what the nasty voices say because...</i></b>						
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

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