

Brief Symptom Inventory

(53-item version)

Patient name: _____ Date: _____

Instructions: Here is a list of list of problems people sometimes have. Read each statement and indicate HOW MUCH THAT PROBLEM HAS DISTRESSED OR BOTHERED YOU DURING THE PAST 7 DAYS, INCLUDING TODAY.

Use the following scale when answering:

- 0 = Not at all
- 1 = A little bit
- 2 = Moderately
- 3 = Quite a bit
- 4 = Extremely
- R = Refused

DURING THE PAST 7 DAYS,

how much were you distressed by:

Not at all A little bit Moderately Quite a bit Extremely Refused

1. Nervousness or shakiness inside

0 1 2 3 4 R

2. Faintness or dizziness

0 1 2 3 4 R

3. The idea that someone else can control your thoughts

0 1 2 3 4 R

4. Feeling others are to blame for most of your troubles

0 1 2 3 4 R

5. Trouble remembering things

0 1 2 3 4 R

6. Feeling easily annoyed or irritated

0 1 2 3 4 R

7. Pains in the heart or chest

0 1 2 3 4 R

8. Feeling afraid in open spaces

0 1 2 3 4 R

9. Thoughts of ending your life

0 1 2 3 4 R

**DURING THE PAST 7 DAYS,
how much were you distressed by:**

Not at all A little bit Moderately Quite a bit Extremely Refused

10. Feeling that most people cannot be trusted	<input type="radio"/> 0	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> R
11. Poor appetite	<input type="radio"/> 0	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> R
12. Suddenly scared for no reason	<input type="radio"/> 0	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> R
13. Temper outbursts that you could not control	<input type="radio"/> 0	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> R
14. Feeling lonely even when you are with people	<input type="radio"/> 0	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> R
15. Feeling blocked in getting things done	<input type="radio"/> 0	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> R
16. Feeling lonely	<input type="radio"/> 0	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> R
17. Feeling blue	<input type="radio"/> 0	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> R
18. Feeling no interest in things	<input type="radio"/> 0	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> R

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19. Feeling fearful	<input type="radio"/> 0	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> R
20. Your feelings are easily hurt	<input type="radio"/> 0	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> R
21. Feeling that people are unfriendly or dislike you	<input type="radio"/> 0	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> R
22. Feeling inferior to others	<input type="radio"/> 0	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> R

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23. Nausea or upset stomach	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	0	1	2	3	4	R

24. Feeling that you are watched or talked about by others	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	0	1	2	3	4	R

25. Trouble falling asleep	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	0	1	2	3	4	R

26. Having to check and double-check what you do	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	0	1	2	3	4	R

27. Difficulty making decisions	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	0	1	2	3	4	R

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28. Feeling afraid to travel on buses, subways, or trains	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	0	1	2	3	4	R

29. Trouble getting your breath	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	0	1	2	3	4	R

30. Hot or cold spells	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	0	1	2	3	4	R

31. Having to avoid certain things, places, or activities because they frighten you	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	0	1	2	3	4	R

32. Your mind going blank	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	0	1	2	3	4	R

33. Numbness or tingling in parts of your body	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	0	1	2	3	4	R

**DURING THE PAST 7 DAYS,
how much were you distressed by:**

Not at all A little bit Moderately Quite a bit Extremely Refused

34. The idea that you should be punished for your sins	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	0	1	2	3	4	R

35. Feeling hopeless about the future	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	0	1	2	3	4	R

36. Trouble concentrating	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	0	1	2	3	4	R

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37. Feeling weak in parts of your body	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	0	1	2	3	4	R

38. Feeling tense or keyed up	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	0	1	2	3	4	R

39. Thoughts of death or dying	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	0	1	2	3	4	R

40. Having urges to beat, injure, or harm someone	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	0	1	2	3	4	R

41. Having urges to break or smash things	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	0	1	2	3	4	R

42. Feeling very self-conscious with others	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	0	1	2	3	4	R

43. Feeling uneasy in crowds	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	0	1	2	3	4	R

44. Never feeling close to another person	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	0	1	2	3	4	R

45. Spells of terror or panic	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	0	1	2	3	4	R

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how much were you distressed by:**

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46. Getting into frequent arguments	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	0	1	2	3	4	R

47. Feeling nervous when you are left alone	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	0	1	2	3	4	R

48. Others not giving you proper credit for your achievements	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	0	1	2	3	4	R

49. Feeling so restless you couldn't sit still	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	0	1	2	3	4	R

50. Feelings of worthlessness	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	0	1	2	3	4	R

51. Feeling that people will take advantage of you if you let them	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	0	1	2	3	4	R

52. Feeling of guilt	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	0	1	2	3	4	R

53. The idea that something is wrong with your mind	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	0	1	2	3	4	R

Dimension and total scores

Somatization: _____ Obsession-compulsion: _____
Interpersonal sensitivity: _____ Depression: _____
Anxiety: _____ Hostility: _____ Phobic anxiety: _____
Paranoid ideation: _____ Psychoticism: _____ Total score: _____

Global indices scores

Global Severity Index: _____ Positive Symptom Total: _____
Positive Symptom Distress Index: _____

Scoring

Dimension scoring

Respondents rank each feeling item (e.g., “your feelings being easily hurt”) on a 5-point scale ranging from 0 (not at all) to 4 (extremely). Rankings characterize the intensity of distress during the past seven days.

The items comprising each of the 9 primary symptom dimensions are as follows:

- Somatization: Items 2, 7, 23, 29, 30, 33, and 37
- Obsession-compulsion: Items 5, 15, 26, 27, 32, and 36
- Interpersonal sensitivity: Items 20, 21, 22, and 42
- Depression: Items 9, 16, 17, 18, 35, and 50
- Anxiety: Items 1, 12, 19, 38, 45, and 49
- Hostility: Items 6, 13, 40, 41, and 46
- Phobic anxiety: Items 8, 28, 31, 43, and 47
- Paranoid ideation: Items 4, 10, 24, 48, and 51
- Psychoticism: Items 3, 14, 34, 44, and 53

Items 11, 25, 39, and 52 do not factor into any of the dimensions but are included because they are clinically important. For example, the presence of conscious feelings of guilt is useful information to a clinician. These items are included when calculating grand total scores.

Dimension scores are calculated by summing the values for the items included in that dimension and dividing by the number of items endorsed in that dimension.

Global indices

Calculating scores for the three global indices is done as follows:

- **Global Severity Index (GSI):** The GSI is calculated using the sums for the nine symptom dimensions plus the four additional items not included in any of the dimension scores and divided by the total number of items to which the individual responded. If no items were skipped, the GSI will be the mean for all 53 items. Of the three global indices, the GSI is the most sensitive indicator of the respondent’s distress level, combining information about the number of symptoms and the intensity of distress.
- **Positive Symptom Total (PST):** The PST is a count of all the items with non-zero responses and reveals the number of symptoms the respondent reports experiencing.
- **Positive Symptom Distress Index (PSDI):** The PSDI is the sum of the values of the items receiving non-zero responses divided by the PST. This index provides information about the average level of distress the respondent experiences.

Scores are interpreted by comparison to age-appropriate norms. Normative data are available for both clinical and non-clinical samples of adolescents (over 13 years) and adults (Derogatis, 1993; Derogatis & Spencer, 1982). This appropriate comparison group for LONGSCAN caregiver respondents is non-patient adult females.

For this group, a T-score of 60 corresponds to the 84th percentile, a T-score of 70 corresponds to the 93rd percentile, and a T-score of 80 corresponds to the 98th percentile. GSI T scores of 63 or above are considered clinical, as are cases in which two of the dimension scores are 63 or above.

References

- Derogatis, L. R. (1993). *BSI brief symptom inventory: Administration, scoring, and procedures manual (4th ed.)*. Minneapolis, MN: National Computer Systems.
- Derogatis, L. R., & Spencer, P. M. (1982). *The Brief Symptom Inventory (BSI): Administration and Procedures Manual-I*. Baltimore, MD: Clinical Psychometric Research.