

SOMATIC SYMPTOMS SCALE

Raulin, M. L., Chapman, L. J., & Chapman, J. P. (1978). Somatic Symptoms Scale. Unpublished Scale.

Typically, this scale has been combined with other scales of schizotypic signs with the items intermixed on a single form. The following general instructions are given for testing.

Here are some statements about attitudes and experiences. Please mark each statement as true or false to describe your own attitudes and experiences. We want you to describe yourself as you have been during most of your adult life. Some of the items may refer to experiences that you have had while taking drugs or medications. Unless you have had the experience at times other than when you were taking drugs, mark the item as j having had the experience. Please mark every statement, even if you are not quite sure about the answer.

1. I frequently feel suddenly hot all over without knowing why. (True)
2. My face or neck seldom becomes blotchy or flushed. (False)
3. My vision almost never blurs. (False)
4. My skin seldom feels irritated. (False)
5. Often all my clothes feel scratchy. (True)
6. My hands or legs have never felt paralyzed. (False)
7. When I'm under stress, I sometimes develop a fever. (True)
8. Some days I have great difficulty in tying my shoelaces. (True)
9. On many days my skin is so sensitive that I am bothered by anything that rubs against my skin. (True)
10. Some days my hands feel so clumsy that I wouldn't want to try eating a bowl of soup with a spoon. (True)
11. Often one of my eyes becomes noticeably weaker than the other for a day or two. (True)
12. I often find a room much colder than other people do. (True)
13. I sometimes lose my appetite for days at a time, even when I don't seem ill. (True)
14. I'm puzzled about why I speak much softer than usual on some days. (True)
15. Frequently I feel like everything around me is tilting. (True)
16. Often my voice leaves me or changes and I don't know why. (True)
17. Frequently for no apparent reason my face gets red and hot. (True)
18. I have sometimes felt dizzy most of a day and don't know why. (True)
19. I have never had any unexplained loss of strength of my muscles. (False)
20. I am sometimes surprised to find myself talking much slower than usual. (True)
21. I sometimes have a fever without apparent physical illness. (True)
22. Frequently my speech speeds up much more than I want it to. (True)
23. I often feel in danger of losing my balance in walking. (True)

24. Sometimes I get red spots on many parts of my body. (True)
25. Often my skin itches so bad that scratching doesn't help. (True)
26. My ability to hear changes greatly from day to day. (True)
27. My speech often thickens or slurs in a puzzling way. (True)
28. Some days I find myself speaking so softly that others find it hard to hear me. (True)
29. There are many days when my hearing is much worse than usual. (True)
30. Often my hands tremble or shake even when I am not feeling upset. (True)
31. My thinking often gets "cloudy" for no apparent reason. (True)
32. I have often had a puzzling tremor or trembling in only one of my two hands. (True)
33. I have often had a puzzling numbness in some part of my body. (True)
34. I have spells of weakness of my voice so that I have trouble speaking. (True)
35. My vision has often blurred when I'm nervous. (True)
36. I often have days when I have trouble hearing what people are saying. (True)
37. Usually when I've been under a lot of pressure, my hearing or vision is affected. (True)
38. There have been many days when I'm so clumsy that I have trouble keeping my balance. (True)
39. My eyes often go out of focus unexpectedly so that I have trouble reading. (True)
40. I have often felt very dizzy for no apparent reason. (True)