

## **Oxford\*-Liverpool inventory of feelings and experiences (O-LIFE) (Short Form)**

**Please read the instructions before continuing:**

**This questionnaire contains questions that may relate to your thoughts, feelings, experiences and preferences. There are no right or wrong answers or trick questions so please be as honest as possible. For each question place a circle around either the “YES” or the “NO”. Do not spend too much time deliberating any question but put the answer closest to your own. Please do not discuss the questionnaire with anyone who may also complete it as this may affect their answers. It is best completed in private, without the need to hurry.**

1	When in the dark do you often see shapes and forms even though there is nothing there?	YES	NO
2	Are you easily confused if too much happens at the same time?	YES	NO
3	Are you much too independent to get involved with other people?	YES	NO
4	Do you at times have an urge to do something harmful or shocking?	YES	NO
5	Is trying new foods something you have always enjoyed?	YES	NO
6	Do you think that you could learn to read other's minds if you wanted to?	YES	NO
7	Have you ever felt the urge to injure yourself?	YES	NO
8	Has dancing or the idea of it always seemed dull to you?	YES	NO
9	Do you dread going into a room by yourself where other people have already gathered and are talking?	YES	NO
10	Do you feel that your accidents are caused by mysterious forces?	YES	NO
11	Do you often feel the impulse to spend money which you know you can't afford?	YES	NO
12	Do you ever feel that your speech is difficult to understand because the words are all mixed up and don't make sense?	YES	NO
13	Do you often overindulge in alcohol or food?	YES	NO
14	Have you often felt uncomfortable when your friends touch you?	YES	NO
15	Do you ever have a sense of vague danger or sudden dread for reasons that you do not understand?	YES	NO
16	Are you a person whose mood goes up and down easily?	YES	NO
17	Do you often have difficulties in controlling your thoughts?	YES	NO
18	Do ideas and insights sometimes come to you so fast that you cannot express them all?	YES	NO
19	Do you feel very close to your friends?	YES	NO
20	Would you like other people to be afraid of you?	YES	NO
21	Do you prefer watching television to going out with people?	YES	NO
22	Do you find it difficult to keep interested in the same thing for a long time?	YES	NO
23	Can some people make you aware of them just by thinking about you?	YES	NO

24	Do you stop to think things over before doing anything?	YES	NO
25	Are there very few things that you have ever enjoyed doing?	YES	NO
26	When in a crowded room, do you often have difficulty in following a conversation?	YES	NO
27	Does a passing thought ever seem so real it frightens you?	YES	NO
28	Do you love having your back massaged?	YES	NO
29	When you look in the mirror does your face sometimes seem quite different from usual?	YES	NO
30	Are you usually in an average kind of mood, not too high and not too low?	YES	NO
31	Do you find the bright lights of a city exciting to look at?	YES	NO
32	Does your sense of smell sometimes become unusually strong?	YES	NO
33	Are your thoughts sometimes so strong that you can almost hear them?	YES	NO
34	Do you like mixing with people?	YES	NO
35	Do you often feel like doing the opposite of what other people suggest even though you know they are right?	YES	NO
36	Are you easily distracted when you read or talk to someone?	YES	NO
37	Do you ever have the urge to break or smash things?	YES	NO
38	Have you ever thought that you had special, almost magical powers?	YES	NO
39	Do you frequently have difficulty in starting to do things?	YES	NO
40	Have you sometimes sensed an evil presence around you, even though you could not see it?	YES	NO
41	Are you easily distracted from work by daydreams?	YES	NO
42	Do you consider yourself to be pretty much an average sort of person?	YES	NO
43	Is it hard for you to make decisions?	YES	NO