

Supplementary material.

Northoff Scale for Subjective Experience in Catatonia (NSSC) - extended and modified version

Patient ID: _____

Date: _____

This questionnaire was designed to describe your inner state of mind during the time when you experienced different catatonia symptoms. You should state how you are currently experiencing your catatonic symptoms or have experienced them in the last 7 days. Please mark your own view of the catatonia symptoms right now or within the last 7 days in the questions listed below.

Quantification: applied to each item respectively

0: abnormality absent

1: abnormality definitely present, but moderately and occasionally present with possibility of interruptions

2: abnormality constantly and severely present without any possibility of interruption

Before you start answering the questions, consider how well you can remember the time of the catatonic state within the last 7 days. Only if you check "very well" or "partially", it makes sense to continue with answering the other questions.

0 I remember that time

"very well"

"partially"

"not at all"

1 Performance of movements (Akinesia)

0 I had no problems performing movements.

1 I definitely had problems performing movements, but only moderately and occasionally.

2 I was unable to perform any movements.

2 Volition (Will and Ambivalence)

- 0 My will was completely free and not blocked/influenced.
- 1 My will was definitely blocked, but only moderately and occasionally affected.
- 2 My will was severely blocked/influenced.

3 Expression - Problems expressing myself (Mutism)

- 0 I had no problems speaking.
- 1 I definitely had problems speaking, but only moderately and occasionally.
- 2 My ability to speak was severely affected.

4 - Performing ideas motorically (e.g. "I wanted to go to the fridge, but I could not initiate the movement to do so").

- 0 I was able to move freely at will.
- 1 I definitely had problems initiating movement at will, but only moderately and occasionally.
- 2 My ability to initiate movement at will was severely affected

5 – Happiness

- 0 I had intense feelings of happiness.
- 1 I definitely had feelings of happiness, but only moderately and occasionally.
- 2 I had no feelings of happiness.

6 – Fear

- 0 I had no fear
- 1 I definitely had feelings of fear, but only moderately and occasionally.
- 2 I had intense feelings of fear.

7 – Feelings

- 0 These feelings did not bother me.
- 1 These feelings definitely bothered me, but only moderately and occasionally.
- 2 These feelings completely overwhelmed and blocked me.

8 - Inability to move

- 0 These feelings did not stop me from moving.
- 1 These feelings definitely made me unable to move, but only moderately and occasionally.
- 2 These feelings made me completely stiff and immobile.

9 - Control over emotions

- 0 I had full control over my feelings.
- 1 Control over my feelings was definitely affected, but only moderately and occasionally.
- 2 I had no control and influence over my feelings at all.

10 - Control over thoughts

- 0 I had full control over my thoughts.
- 1 Control over my thoughts was definitely impaired, but only moderately and occasionally.
- 2 I had no control over my thoughts at all.

11 - Isolation from the environment

- 0 I did not feel isolated from the environment.
- 1 I definitely felt isolated from the environment, but only moderately and occasionally.
- 2 I felt completely isolated from the environment.

12 - Automatic obedience (in the sense of automatically obeying the examiner's requests)

- 0 I had my own willpower.
- 1 My free will was definitely limited, but only moderately and occasionally.
- 2 I felt completely limited in my free will.

13 – Mannerisms

- 0 I did not feel compelled to perform strange, bizarre movements.
- 1 I definitely felt compelled to make strange, bizarre movements, but only moderately and occasionally.
- 2 I constantly felt compelled to perform strange, bizarre movements.

14 – Stereotypies

- 0 I did not feel compelled to make repetitive meaningless movements.

- 1 I definitely compelled to make repetitive meaningless movements, but only moderately and occasionally.
- 2 I felt compelled to make repetitive meaningless movements all the time.

15- Dyskinesia

- 0 I did not feel I had to perform abnormal, involuntary, and/or rapid uncontrolled movements.
- 1 I definitely felt I had to make abnormal, involuntary, and/or rapid uncontrolled movements, but only moderately and occasionally.
- 2 I constantly felt I had to perform abnormal, involuntary, and/or rapid uncontrolled movements.

16 – Posing

- 0 I did not feel uncontrolled urges to strike poses.
- 1 I definitely felt uncontrolled urges to strike poses, but only moderately and occasionally.
- 2 I constantly felt an uncontrolled urge to strike poses.

17 – Catalepsy

- 0 I felt able to change positions that others put my body into.
- 1 I definitely felt my ability to change position that others put my body into, but only moderately and occasionally.
- 2 I constantly felt stuck in positions that others put my body into.

18 – Hypotonus

- 0 My muscles were not slack and loose.
- 1 My muscles were definitely slack and loose, but only moderately and occasionally.
- 2 My muscles were constantly slack and loose.

19 – Impulsivity

- 0 I have not exhibited sudden and inappropriate emotional reactions and behaviors that I later regretted.
- 1 I definitely exhibited sudden and inappropriate emotional reactions and behaviors that I later regretted, but only moderately and occasionally.
- 2 I constantly exhibited sudden and inappropriate emotional reactions and behaviors that I have later regretted.

20 - Aggression against other people

- 0 I did not verbally or physically assault people.
- 1 I definitely verbally or physically assaulted people, but only moderately and occasionally.
- 2 I repeatedly assaulted people verbally and/or physically.

21 - Aggression against objects

- 0 I have not destroyed any objects in anger.
- 1 I definitely destroyed objects in anger, but only moderately and occasionally.
- 2 I repeatedly destroyed objects in anger.

22 – Flat Affect

- 0 I was able to express my feelings normally.
- 1 My expression of feelings was definitely reduced, but only moderately and occasionally.
- 2 I could not show my feelings at all.

23 - Verbigeration

- 0 I did not repeat words or phrases that did not fit in context.
- 1 I definitely repeated words or phrases that did not fit in context, but only moderately and occasionally.
- 2 I constantly repeated words or phrases that did not fit in context.

24 - Autonomous dysregulation/vegetative abnormalities

- 0 I did not experience one or more of the these symptoms: sweating, shivering, elevated temperature, elevated blood pressure, accelerated pulse, shallow breathing.
- 1 I definitely experienced sweating, shivering, and/or elevated temperature, blood pressure, heart rate, or shallow breathing.
- 2 I was constantly sweating, shivering, and had elevated temperature, blood pressure, heart rate and/or my breathing was shallow.

25 - Valence - I found the condition pleasant

- 0 I found the condition very pleasant.
- 1 I found the condition tolerable.
- 2 I found the condition terrible.

Scoring instructions:

- Patients with catatonia should be able to give informed consent and to answer the questionnaire despite their psychopathological symptoms (e.g. akinesia and/or amnesia).
- Catatonia patients should state how they are currently experiencing their catatonic symptoms or have experienced them in the last 7 days.
- The patients should only continue scoring, if question #0 was at least answered with 1: partially
- The NSSC total score is the sum of the ratings for items #1-#24.
- Item #25 should be considered only for valence rating to gain insight into the emotional valence of the state.