Space and Time Experience for Psychosis-(STEP)

Please rate according to the last 6 months.

Time subscale

1- Past Time Experience

Description

There is a disconnection between past and present/future due to excess of traumatic memories or even the feeling of past as non-existing.

Clinical Examples:

“The past does not have meaning for me”

“The past matters everyday, which causes a lot of stress for me. My everyday life is influenced by thousands of memories.”

“The past cannot be changed”

|  |  |
| --- | --- |
| Score | Description |
| 1 | Absent if definitevely absent or never experienced |
| 2 | Possibly present if questionably present or perhaps experienced |
| 3 | Present if past is experienced as disconnected from present and future because the past cannot be changed due to excess of traumatic memories |
| 4 | If past is experienced as disconnected from present and future because past is felt as non-existing |

2-Present time experience

Description

Present is experienced with difficulties of sharing a normal and active life with or even with significant passivity.

Clinical Examples

“My great wish in the present moment is to have a normal life where I can share my present with others and become less isolated”

“The present seems useless or insufficently utilizable and without meaning”

“I am unable of being enagaged in the present moment because I am a passive spectator of my own life”

|  |  |
| --- | --- |
| Score | Description |
| 1 | Absent if definitively absent or never experienced |
| 2 | Possibly present if questionably present or perhaps experienced |
| 3 | Present if there is a desire to have a shared and active life with others in the present |
| 4 | Present if the patient feels as a passive spectator of his own life |

3--Desintegration of Time Speed

Description

Time speed is experienced as slower and faster simultaneously.

Clinical Examples

“ the subject experiences her own actions, thoughts, or emotions as immobile or very slow while people and events move at a normal or faster pace”

“It was as if time was moving very slowly or quickly.”

|  |  |
| --- | --- |
| Score | Description |
| 1 | Absent if never experienced |
| 2 | Possibly present if questionably present or perhaps experienced |
| 3 | There is an experience of temporal desintegration with time being felt as fast and slow simultaneously which occurs monthy |
| 4 | There is an experience of temporal desintegration with time being felt as fast and slow simultaneously which occurs weekly or daily |

4-Time Irregularity/Imprecision

Description

Time is experinced as fragmented, with disconnectivity in its synthesis. This may manifest as time being felt as a series of photographs, snapshops or even like a zigue-zague.

Clinical Example:

“Time is like a serious of different and isolated time points and in the interval between them there is nothing” (our participant 14...not a schizophrenic but a schizoid/schizotypical/paranoid personality disorder...so it belongs to the schizophrenia spectrum disorders).

|  |  |
| --- | --- |
| Score | Description |
| 1 | Absent if never experienced |
| 2 | Possibly present if questionably present or perhaps experienced |
| 3 | Present if time is experienced as a series of photographs, snapshops or felt as a zigue-zague which occurs monthly |
| 4 | Present if time is experienced as a series of photographs, snapshops or felt as a zigue-zague which occurs weekly or even daily |

5-Affective Consequences of Time Desintegration

Description

Due to subjective experience of time fragmentation there are emotional consequences derived from it. Emotional time becomes also somewhat fragmented with feelings of both positive and negative valence simultaneously.

Clinical Examples

“....(silence)...my affective time is discontinous, there is always a crescendo with a return but then everything goes back to zero”

“The course of time is strange, too. Time splits up and doesn’t

run forward anymore. There arise uncountable disparate now,

now, now, all crazy and without rule or order.”

“Time is like a window of opportunity where I am happy but then it gets long and painful and I get down”

|  |  |
| --- | --- |
| Score | Description |
| 1 | Absent if never experienced |
| 2 | Possibly present if questionably present or perhaps experienced |
| 3 | Present if time discontinuity disturbs emotional stability which occurs monthly |
| 4 | Severely Present if time discontinuity disturbs emotional stability which occurs weekly or even daily |

6-Cognitive and Social Consequences of Temporal Desintegration

Description

Due to the subjective experience of temporal fragmentation there is conscious awareness that the former has important implications in the ability to shynchronize with other people.

Clinical Examples:

“When I am centered in myself time passes very quickly because I think about many things”

“When I am alone time goes faster and when I am with others it goes slower”

“When I am attached to others I am more connected between these two times”

“When I am more active in a social situation time is more balanced”

|  |  |
| --- | --- |
| Score | Description |
| 1 | Absent if never experienced |
| 2 | Possibly present if questionably present or perhaps experienced |
| 3 | There is an experience of temporal fragmentation which is related to the awareness of lack of personal shychronizing with others which occurs monthy |
| 4 | There is an experience of temporal fragmentation which is related to the awareness of lack of personal synchronizing with others which occurs weeky or even daily |

7-Future experienced as threatening

Description

Future is experienced as a series of premonitions where sometimes something threatening is about to happen and other times future is felt as indifferent or even non existing.

Clinical Examples:

“Future events lack emotional significance or charge”

“...to the point of being a danger to his existence. He may describe behaviours used to avoid thinking of the future”

“The subject is unable to think or imagine or even conceive the possibility of a future time period”

|  |  |
| --- | --- |
| Score | Description |
| 1 | Absent if definitevely absent or never experienced |
| 2 | Possibly present if questionably present or perhaps experienced |
| 3 | Present if future is felt as threatening |
| 4 | Severely present if future is felt as indifferent or non existing |

8- Mental Time Travelling

Description

Patients may feel difficulties in mental time traveling between past, present and future. This may manifest as feelings of life being restricted or stuck in the present.

Clinical Examples:

“My life is restricted to the present because I cannot move into my congealed past nor move into a future with new projects”

“It seems that I am always stuck in the present”

|  |  |
| --- | --- |
| Score | Description |
| 1 | Absent if definitevely absent or never experienced |
| 2 | Possibly present if questionably present or perhaps experienced |
| 3 | Present if restriction is experienced monthly |
| 4 | Severely Present if restriction is experienced weekly or daily |

Space subscale

9-Body Discoordination

Description

The bodily actions are not syncronized and constituted as a whole, but rather pieced together as sucessions of singular, fragmented movements with rigid, angular and slow features.

Clinical Example:

“There were periods in which I felt extremely badly coordinated, when I just made a movement with the arm and the arm had moved further than I wanted it to move”.

|  |  |
| --- | --- |
| Score | Description |
| 1 | Absent if definitevely absent or never experienced |
| 2 | Possibly present if questionably present or perhaps experienced |
| 3 | If this experience occurs monthly |
| 4 | Moderatly present if this experience occurs weekly or daily |

10-Body Vitality

Description

A pervasive or frequently recurrent sense of inexplicable mental or physical fatigue, dampening of immediate aliveness, diminished energy, spontaneity, “elán”.

Clinical Examples:

“I have no energy, no inner spark”

“I always feel tired and exhausted”

“I have lost all form of desire. I have no contact with myself, I feel like a zombie”

|  |  |
| --- | --- |
| Score | Description |
| 1 | Absent if definitevely absent or never experienced |
| 2 | Possibly present if questionably present or perhaps experienced |
| 3 | Mildly present if occurs monthly |
| 4 | Moderatly present if occurs weekly or daily |

11-Detachment from other people

Description

Patients may feel detached from other people. This may manifest as a sense of remoteness from other people.

Clinical Examples:

“I cut myself off from other people and became shut up in myself”

|  |  |
| --- | --- |
| Score | Description |
| 1 | Absent if definitevely absent or never experienced |
| 2 | Possibly present if questionably present or perhaps experienced |
| 3 | If there is a sense of remoteness from other people which occurs monthly |
| 4 | Moderatly present if there is a sense of remotedness from other people which occurs weekly or daily |

12-Body Identity

Description

It may include perception of dimishment or constriction of single body parts or the experience of body parts or the whole body becoming thiner, shorter, enlarged, being pressed down or dimished. Also the body parts might be experienced as strange, alien, lifeless, isolated, separated from each other, dislocated or not existing.

Clinical Examples:

“It seems that my genitals are too small”

“When I look down ate the lower part of my body, it constantly feels twisted and dispalced to the left, compared to the rest of the body”

“I have the strange feeling that it´s somebody else´s body”

|  |  |
| --- | --- |
| Score | Description |
| 1 | Absent if definitevely absent or never experienced |
| 2 | Possibly present if questionably present or perhaps experienced |
| 3 | There is an experience of body parts with alterations in size, dislocated or even not existing which occurs monthly |
| 4 | There is an experience of body parts with alterations in size, dislocated or even not exixting which occurs weekly or even daily |

13-External Space experienced as overwhelming

Description

Patients feel the external space as too much overstimulating with a lot of details and too much overwhelming. They feel confused and desorientated because they seem to experience sensorial bombardment. Patients experience stimuli coming from everywhere at the same time.

Clinical Example

“When I enter in the room I feel flooded by too much details, people, objects and notices that are coming from everywhere and from all directions which I cannot organize and structure all. I get confused, anxious and agitated because everything seems disconnected and unrelated”.

“I cannot keep stimuli and objects at a distance in my perception, I cannot put them into the larger spatial and temporal context of other stimuli; I only perceive details and single items but no longer the gestalt or the whole”

“When I go to the supermarket I only preceive other people details but no supermarket gestalt anymore”

|  |  |
| --- | --- |
| Score | Description |
| 1 | Absent if definitevely absent or never experienced |
| 2 | Possibly present if questionably present or perhaps experienced |
| 3 | If there is an experience of excess of bombardment of stimuli which occurs monthly |
| 4 | Moderatly present if there is an experience of bombardment of stimuli which occurs weekly or daily |

14-Spatial Disorientation

Description

Though in a familiar or comprehensive location, subjects feel completely lost or disorientated. Spatial perspetives become misleading. These experiences are accompanyied by subjective sates of disorientation and confusion.

Clinical Example:

“there was a time when I went for a walk and didn´t know where I was”

“I cannot find my way, I am often without orientation and do not know where and how to go and move on.”

“I feel often paralysed and stuck in specific positions and points of time”

“I cannot decide where to go and how to go”

|  |  |
| --- | --- |
| Score | Description |
| 1 | Absent if definitevely absent or never experienced |
| 2 | Possibly present if questionably present or perhaps experienced |
| 3 | There is the experience of spatial desorientation which occurs monthly |
| 4 | Moderatly present if there is the experience of spatial desorientation which occurs weekly or daily |