

APPENDIX

The Beliefs About Voices Questionnaire - Revised (BAVQ - R)⁴ referred to on p. 121

There are many people who hear voices. It would help us to find out how you are feeling about your voices by completing this questionnaire. Please read each statement and tick the box which best describes the way you have been feeling in the *past week*.

If you hear more than one voice, please complete the questionnaire for the voice which is dominant.

		Disagree (score 0)	Unsure (score 1)	Slightly agree (score 2)	Strongly agree (score 3)
1	My voice is punishing me for something I have done				
2	My voice wants to help me				
3	My voice is very powerful				
4	My voice is persecuting me for no good reason				

4 Our recent analysis has suggested a shorter version of the BAVQ-R with power/control and harmful intention items combined as one factor. For further details please see Strauss, C., Hugdahl, K., Waters, F., Hayward, M., Bless, J. J., Falkenberg, L. E., ...Thomas, N. (2017). 'The Beliefs about Voices Questionnaire - Revised: A factor structure from 450 participants.' *Psychiatry Research*, 259, 95–103.

OVERCOMING DISTRESSING VOICES

5	My voice wants to protect me				
6	My voice seems to know everything about me				
7	My voice is evil				
8	My voice is helping to keep me sane				
9	My voice makes me do things I really don't want to do				
10	My voice wants to harm me				
11	My voice is helping me to develop my special powers or abilities				
12	I cannot control my voices				
13	My voice wants me to do bad things				
14	My voice is helping me to achieve my goal in life				

APPENDIX

15	My voice will harm or kill me if I disobey or resist it				
16	My voice is trying to corrupt or destroy me				
17	I am grateful for my voice				
18	My voice rules my life				
19	My voice reassures me				
20	My voice frightens me				
21	My voice makes me happy				
22	My voice makes me feel down				
23	My voice makes me feel angry				
24	My voice makes me feel calm				
25	My voice makes me feel anxious				
26	My voice makes me feel confident				

OVERCOMING DISTRESSING VOICES

When I hear my voice, usually ...

		Disagree (score 0)	Unsure (score 1)	Slightly agree (score 2)	Strongly agree (score 3)
27	I tell it to leave me alone				
28	I try and take my mind off it				
29	I try and stop it				
30	I do things to prevent it talking				
32	I listen to it because I want to				
33	I willingly follow what my voice tells me to do				
34	I have done things to start to get in contact with my voice				
35	I seek the advice of my voice				

APPENDIX

Malevolence

My voice is punishing me for something I have done. My voice is persecuting me for no good reason

My voice is evil

My voice wants to harm me

My voice wants to do bad things

My voice is trying to corrupt or destroy me

Benevolence

My voice wants to help me

My voice wants to protect me

My voice is helping to keep me sane

My voice is helping me to develop my special powers or abilities. My voice is helping me to achieve my goal in life

I am grateful for my voice

Omnipotence

My voice is very powerful

My voice seems to know everything about me

My voice makes me do things I really don't want to. I cannot control my voices

My voice will kill or harm me if I disobey or resist it. My voice rules my life

OVERCOMING DISTRESSING VOICES

Resistance

Feelings

My voice frightens me

My voice makes me feel down. My voice makes me feel angry. My voice makes me feel anxious

Behaviour

I tell it to leave me alone

I try and take my mind of it I try to stop it

I do things to prevent it talking. I am reluctant to obey it

Engagement

Feelings

My voice reassures me

My voice makes me happy. My voice makes me feel calm

My voice makes me feel anxious

Behaviour

I listen to it because I want to

I willingly follow what my voice tells me to do

I have done things to get in contact with my voice. I seek the advice of my voice