

The Bird Checklist of Adolescent Paranoia (B-CAP)

The B-CAP is a self-report questionnaire that assesses paranoid thoughts in adolescents. Three components of paranoia are assessed: ideas of social harm, conspiracy, and physical threat.

The B-CAP has been extensively validated in adolescents and shows excellent reliability across a wide range of paranoia severity, with the highest reliability at clinically elevated levels. The B-CAP therefore provides a precise measure of paranoia in young people for use in both mental health services and the general population (Bird et al. 2020).

All 18 items can be added together to provide a total score representing the overall frequency of paranoid thoughts. Subscale scores can also be obtained by adding together responses for items 1–8 (social harm), 9–13 (conspiracy), and 14–18 (physical threat).

Validated total score ranges are presented below to aid the clinical interpretation of severity.

B-CAP Score Ranges		
Category	Score range	Interpretation
Average	0-22	Scores in this range represent normal levels of suspicious thinking at less than 0.70 SDs above average for adolescents
Mildly elevated	23-39	Scores in this range represent mildly elevated suspiciousness at 0.75-1.40 SDs above average for adolescents.
Moderate	40-53	Scores in this range represent moderate paranoia at 1.45-1.95 SDs above average for adolescents.
High	54-70	Scores in this range represent high levels of paranoia at 2.00-2.60 SDs above average for adolescents.
Severe	71-90	Scores in this range represent severe levels of paranoia at greater than 2.65 SDs above average for adolescents

Note: SDs = standard deviations

Bird JC, Loe BS, Kirkham M, Fergusson EC, Shearn C, Stratford H, Teale A-L, Waite F, & Freeman D. (2020). The assessment of paranoia in young people: Item and test properties of the Bird Checklist of Adolescent Paranoia. *Schizophrenia Research*, 220, 116-122.

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B-CAP

Name: _____ Date: _____

This form is about worries you may have about other people. Please circle how often you have had each thought over the last **2 weeks**.

	Never	Once	Couple of times	Few times a week	Every day	All the time
1. People at school are trying to make me feel unwanted	0	1	2	3	4	5
2. I'm sure people are gossiping about me on social media	0	1	2	3	4	5
3. I am being pushed out of conversations on purpose	0	1	2	3	4	5
4. My friends or partner are ignoring my messages to upset me	0	1	2	3	4	5
5. People are trying to embarrass me in class on purpose	0	1	2	3	4	5
6. People are making sly comments to upset me	0	1	2	3	4	5
7. I think people are lying to me on purpose	0	1	2	3	4	5
8. People say things under their breath to wind me up	0	1	2	3	4	5
9. Nasty tricks are being played on me	0	1	2	3	4	5
10. People are trying to confuse me on purpose	0	1	2	3	4	5
11. Groups of people are planning against me	0	1	2	3	4	5
12. People are collecting my information or photos to use against me	0	1	2	3	4	5
13. I'm sure people are seeking revenge on me	0	1	2	3	4	5
14. I feel like I am being followed or stalked	0	1	2	3	4	5
15. I am scared of what strangers will do to me	0	1	2	3	4	5
16. People will try to kidnap me	0	1	2	3	4	5
17. I could be attacked at any time	0	1	2	3	4	5
18. I feel unsafe around people everywhere I go	0	1	2	3	4	5