


## SmartTalk in Schizophrenia

Conversation  
Starter




Your healthcare team cares a lot about how well your treatment is helping with your symptoms, for example the hallucinations such as hearing voices and delusions. They also care just as much about how your condition and the treatment is affecting your body, emotions, mood and ability to do everyday activities.

This worksheet has been developed to support you in having useful conversations with your healthcare team. This will help you to remember how you've been feeling since your last appointment. Being aware of this can help you see how you are getting on with your treatment plan.

**Try to complete the sheet before your appointment,** based on how you have been feeling since you last saw your healthcare team. Try to answer the questions as honestly and accurately as you can. This will help your healthcare team have a better understanding of how you are doing. It will also let them know if there are any areas that need to be talked about or where you may need extra help and support.

It is also helpful to think about any important events that have happened since your last appointment. Did any of these have a big impact on you?





Date:

Tick the statements that best describe how you have been feeling and write about any big events that have stood out since your last appointment

Overall mood



How have you been feeling most days?

- I have been feeling positive
- I have been feeling ok
- I have been feeling negative
- I am not sure

Physical well-being



- I have been feeling in good shape
- I have been feeling reasonably well
- I have been feeling physically unwell

Sleep



- My sleep has been good
- My sleep has been ok
- My sleep has been disturbed

Thinking about your response in more detail

Have any life events affected your overall mood? What happened?

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Were there any days when you felt very tired or full of energy? What happened?

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Were there any days where you couldn't sleep? What happened?

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Do you have any questions about how you've been feeling?

e.g. What can I do to improve my mood?

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e.g. What kind of exercise should I be doing?

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e.g. What can I do to sleep better?

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Date:

Tick the statements that best describe how you have been feeling and write about any big events that have stood out since your last appointment

Usual level of activity/everyday tasks



Social activities



Support



How have you been feeling most days?

- My level of activity has been better than usual
- My level of activity has been the same as usual
- My level of activity has not been as high as usual

- I have joined in with social activities
- I have joined in with some social activities
- I have not been able to take part in any social activities

- I feel supported by my family/friends
- I feel quite supported by my family/friends
- I feel unsupported by my family/friends
- I am not sure

Thinking about your response in more detail

Have any particular events impacted your level of activity? What happened?

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Have there been any events which have changed your ability/desire to take part in social activities? What happened?

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Were there specific situations when you felt supported/unsupported? What happened?

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Do you have any questions about how you've been feeling?

e.g. How can I improve my activity?

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What social activities might be useful? Are there any local support groups available?

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e.g. What additional support is available to me?

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Date:



**Notes**

*Make a note of anything else that you would like to discuss further.  
Has anything had a positive impact on you, or made you feel worse?*



Area with horizontal dotted lines for writing notes.

