



Brief Hierarchical Taxonomy of Psychopathology (B-HiTOP)

Instructions:

Please consider whether there have been significant times during the last 12 months during which the following statements applied to you. Then please select the option that best describes how well each statement described you during that period.

		Not at all	A little	Moderately	A lot
1	I paid my bills late or missed other important deadlines.	1	2	3	4
2	Reading articles about disease made me worry about my health.	1	2	3	4
3	I was bothered by several bodily symptoms (e.g., headache, fatigue or stomach problems) for which there was no clear or sufficient medical explanation.	1	2	3	4
4	My mind was flooded with troubling images of a bad experience.	1	2	3	4
5	I found it easy to manipulate others.	1	2	3	4
6	People told me I was coldhearted.	1	2	3	4
7	I had trouble telling whether something really happened or I just imagined it.	1	2	3	4
8	I noticed small changes to how my body feels.	1	2	3	4
9	My fantasies felt very real to me.	1	2	3	4
10	I felt like I was outside of my body.	1	2	3	4
11	I was disgusted with myself.	1	2	3	4
12	I did things to get others to notice me.	1	2	3	4
13	I made decisions quickly without thinking them through.	1	2	3	4
14	I was frustrated with having to convince others I had a real illness.	1	2	3	4
15	I had trouble planning and keeping to schedules.	1	2	3	4
16	I liked attracting the attention of others.	1	2	3	4



		Not at all	A little	Moderately	A lot
17	Even when I was very careful, I worried whether I had done something correctly.	1	2	3	4
18	I found it easy to deceive others.	1	2	3	4
19	I felt on guard and on edge.	1	2	3	4
20	I had pains in several parts of my body.	1	2	3	4
21	I said things without thinking.	1	2	3	4
22	Romantic relationships seemed like a hassle to me.	1	2	3	4
23	My moods were intense and unpredictable.	1	2	3	4
24	I deserved special treatment.	1	2	3	4
25	When I had the chance, I chose to be alone rather than with other people.	1	2	3	4
26	I felt something was wrong with my body.	1	2	3	4
27	I bought much more than I needed.	1	2	3	4
28	I was afraid that I might suffer from a serious illness	1	2	3	4
29	Things went best when I told others what to do.	1	2	3	4
30	I was a messy person.	1	2	3	4
31	I could feel changes in my body.	1	2	3	4
32	I had no interest in romantic relationships.	1	2	3	4
33	I lost things that I needed.	1	2	3	4
34	I saw things that were not really there.	1	2	3	4
35	I heard things that no one else could hear.	1	2	3	4
36	I felt that I did not want to be in a close relationship.	1	2	3	4



		Not at all	A little	Moderately	A lot
37	I was never on time.	1	2	3	4
38	I was happiest when I was alone.	1	2	3	4
39	I expected to get treated better than others.	1	2	3	4
40	I liked having power.	1	2	3	4
41	I thought a lot about death.	1	2	3	4
42	I had a hard time asserting myself to others.	1	2	3	4
43	I was overwhelmed by anxiety.	1	2	3	4
44	I quit tasks that became too challenging.	1	2	3	4
45	I felt that things around me were not real.	1	2	3	4

Developer Reference:

HiTOP Consortium. (2025). Hierarchical Taxonomy of Psychopathology (HiTOP) B-HiTOP Overview. <https://www.hitop-system.org/hitop-self-report-measures>

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