

# CAINS (v1.0)

ID: \_\_\_\_\_ DATE: \_\_\_\_\_ RATER: \_\_\_\_\_

**Overall Introduction:** *In this interview, I'll be asking you some questions about things you have been doing over the past week. In the first section, I'm going to ask you some questions about your family, romantic partners, and friends, including how motivated you have been to spend time with them and how you felt when you were around them.*

## I. SOCIAL (MOTIVATION & PLEASURE)

### **ITEM 1: MOTIVATION FOR CLOSE FAMILY/SPOUSE/PARTNER RELATIONSHIPS**

[Note: Romantic relationships can be rated in either Item 1 or Item 2 but NOT both. A spouse/ partner relationship in which the couple is living together should be assessed in Item 1. A dating/romantic relationship in which the couple is not living together should be assessed in Item 2.]

**The following questions are about your family. This can include relatives like parents, brothers or sisters and other relatives, as well as your spouse [if married] or live-in partner. Have you been in contact with or visited with any family members in the past week (in person, phone, email)? Any contact with a spouse or partner?**

#### **IF CONTACT:**

- *Who have you been in contact with? Anybody else?*
- *What things have you done with your family?*
- *IF RELEVANT: What things have you done with your spouse/partner?*
- *How much time did you spend together?*

#### Behavior

- *What have you done to see or contact your [family/spouse/partner] in the past week?*
- *When you were with your [family/spouse/partner] who decided what you would do?*
- *Who started the conversation? Did you start it? Did your [family/spouse/partner]? Were you involved in the conversation?*
- *Did you ever find that you quickly wanted to end your interactions with your [family/spouse/partner]? Did you want them to last longer?*

#### Motivation & Interest in Closeness

- *Have you been motivated to be around or in touch with your [family/spouse/partner] in the past week? (Why is that?)*
- *What did you talk about? Can you talk about good and bad times with your [family/spouse/partner]?*
- *How close do you feel to your [family/spouse/partner]? What does being close mean for you?*
- *Were there times in the past week when you just didn't want to be around or in touch with your [family/spouse/partner]?*
- *How important is being part of a family to you?*
- *What about that is important to you? Have you felt this way throughout the past week?*

#### **IF NO FAMILY CONTACT:**

[NOTE: This section applies when not part of a close family or if available relatives could be contacted but person has chosen not to interact. If the person is not currently in a relationship with a live-in spouse/partner, interest in romantic relationships is assessed in Item 2.]

- *Has your family tried to contact you or visit you in the last week?*
- *Has anything kept you or held you back from being in contact with your family?*
- *Do you wish you were closer to your family? OR Do you wish you were part of a close family?*
- *Did you miss interacting with your family in the past week?*
- *Is having a relationship with your family important to you? What about having a relationship is important to you?*
- *Have you preferred to spend your time alone rather than with your family?*

### **Item 1 – Motivation for Close Family/Spouse/Partner Relationships**

**0 = No impairment:** VERY INTERESTED in and highly values close family bonds as one of the most important parts of life. Strongly desires and is highly motivated to be in contact with family. Regularly initiates and persists in interactions with family and actively engages in these interactions; good and bad times are openly discussed. Well within normal limits.

**1 = Mild deficit:** GENERALLY INTERESTED in and values close family bonds though response suggests some minor or questionable reduction. Generally desires and is motivated to maintain contact with family. Has a close relationship with family member(s) in which good and bad times can be discussed. Mild deficit in initiating and persisting in regular interactions with family – generally actively engaged when interactions occur.

**2 = Moderate deficit:** SOMEWHAT INTERESTED in family relationships and considers them somewhat important. May occasionally miss close connections with family but is only somewhat motivated to seek out interaction with family. Notable deficit in initiating and persistently engaging in interactions; discussion of good and bad times is limited. Interactions with family members may occur but are largely superficial and participation is best characterized as “going through the motions”; interactions are more likely initiated by family with mostly passive involvement of the person.

**3 = Moderately severe deficit:** LITTLE INTEREST in family relationships (could “take it or leave it”) and does not describe family bonds as important. Describes hardly any motivation and minimal effort to have close family relationships. Rarely has discussion of good and bad times with family members. Contact and engagement with family is superficial and passive with almost all initiation and efforts to engage coming from others.

**4 = Severe deficit:** NO INTEREST in family relationships and does not consider them at all important. Prefers to be alone and is not at all motivated to be with family. If person does see family, it is done so grudgingly, passively and with no interest.

### **ITEM 2: MOTIVATION FOR CLOSE FRIENDSHIPS & ROMANTIC RELATIONSHIPS**

***Let’s talk about friends (and dating or romantic relationships) now. By friends, I mean people who you know and spend time with, anyone you consider a friend, or people you can rely on and count on. Have you had any contact with friends in the last week (in person, phone, email)? IF RELEVANT: have you been in contact with a romantic partner or dating in the last week?***

#### **IF CONTACT:**

- *In the past week, what have you done with your [friends/partner/dates]?*
- *Tell me about what you did [or what you talked about] during that [visit, activity, conversation]?*
- *How much time did you spend together with [friends/partners/dates]?*

#### **Behavior**

- *What steps did you take to see or contact your [friends/partner/dates] in the past week?*
- *When you were with your [friends/partner/dates], who decided what you would do?*
- *When you spoke with your [friends/partner/dates], who started the conversation? Did you?*
- *Did you ever find that you quickly wanted to end your interaction with your [friends/partner/dates]? Did you want them to last longer?*

### Motivation & Interest in Closeness

- *Have you been motivated to be around your friends (partner/dates) in the past week? Why is that?*
- *Can you talk about both good times and bad times?*
- *Were there times in the past week when you just didn't feel like being around your friends (partner/dates)?*
- *How important is having friendships (partner/dates) to you? What about that is important to you?*
- *How close do you feel to your friends (partner/dates)? What does being close mean for you?*

#### **IF NO FRIENDS/ROMANTIC CONTACT:**

- *Are you interested in having friends or dating?*
- *Is having friendships [or being in a romantic relationship] important to you? If Yes, what about [specify friendships/romantic partner] is important?*
- *Did you miss these types of relationships in the past week?*
- *Would you like to have friends [or a romantic partner] with whom you could talk about good and bad times?*
- *(If any indication of interest) Have you taken any steps to meet someone who might be a friend (or romantic partner)?*
- *Has anything kept you or held you back from being in contact with your friends?*
- *Would you prefer to have friendships [or a romantic relationship] or would you prefer to be alone?*

### **Item 2 – Motivation for Close Friendships & Romantic Relationships**

**0 = No impairment:** VERY INTERESTED in and highly values friend/romantic relationships as one of the most important parts of life. Strongly desires and is very motivated to engage in friendships. Regularly initiates and persists in interactions with friends/partner and actively engages in these interactions; good and bad times are openly discussed. Well within normal limits.

**1 = Mild deficit:** GENERALLY INTERESTED in and values friend/romantic relationships though response suggests some minor or questionable reduction. Generally desires and is motivated to engage in friendships. Has friendships/relationship in which good and bad times can be discussed though this may be less consistent. Mild deficit in initiating or persistently engaging during interactions with friends/partner. If no friends/relationship, misses friend/romantic relationships, is motivated to have friends/relationship, and makes efforts to seek out friends/relationship.

**2 = Moderate deficit:** SOMEWHAT INTERESTED in friend/romantic relationships and considers them somewhat important. May occasionally miss close connections with friends/partner and is somewhat motivated to have friends/partner. Notable deficit in initiating and persistently engaging in interactions; discussion of good and bad times is limited. Interactions with friends/romantic partner may occur but are largely superficial and participation is best characterized as “going through the motions”; interactions are initiated by others with mostly passive involvement of the person. If no friend/romantic relationships, is only somewhat motivated to have friends/partner and rarely if ever seeks out friends/partner.

**3 = Moderately severe deficit:** LITTLE INTEREST in friend/romantic relationships (could “take it or leave it”) and does not describe friends/partner as important. Describes hardly any motivation to have friendships, and would just as soon be alone. Contact and engagement with others is superficial and passive with almost all initiation and efforts to engage coming from others.

**4 = Severe deficit:** NO INTEREST in friend/romantic relationships and does not consider them at all important. Prefers to be alone and is not at all motivated to have friends/partner.

### **ITEM 3: FREQUENCY OF PLEASURABLE SOCIAL ACTIVITIES – PAST WEEK**

[NOTE: Ratings are based on **NUMBER OF DAYS IN THE WEEK** that pleasurable activity with other people is experienced. When there are reports of several different activities occurring, clarify if these happened on same or different days.]

**Now, I want to talk to you about how you felt during the times you spent with or were in contact with others during the past week. You can include times with any of the people we have talked about so far or anyone else. Did you have any enjoyable interactions with other people, such as:**

- Family (PAUSE)
- Romantic or dating partners (PAUSE)
- Friends (PAUSE)
- Any other enjoyable social interactions or time spent with people? (PAUSE)
- **IF NEEDED:** Ask about people brought up in other sections **that were described as enjoyable interactions**

Sun	Mon	Tue	Wed	Thu	Fri	Sat

**IF YES:**

- *What about that was enjoyable?*
- *How many days did you enjoy/get pleasure from these interactions [time spent with xx person(s)] (for each)?*
- *[If many (i.e., 5 or 6) days mentioned or if not clear which days of week interactions were enjoyed] Were there any days that you did not have enjoyable interactions with other people?*

**Item 3 – Frequency of Pleasurable Social Activities – Past Week**

- 0 = No impairment:** Pleasure experienced daily.
- 1 = Mild deficit:** Pleasure experienced 5-6 days.
- 2 = Moderate deficit:** Pleasure experienced 3-4 days.
- 3 = Moderately severe deficit:** Pleasure experienced 1-2 days.
- 4 = Severe deficit:** No pleasure reported

**ITEM 4: FREQUENCY OF EXPECTED PLEASURABLE SOCIAL ACTIVITIES – NEXT WEEK**

[NOTE: Ratings are based on total **NUMBER OF EXPECTED PLEASURABLE ACTIVITIES**, regardless of days on which they are expected to occur].

**Now I would like you to think ahead to NEXT week (next 7 days), thinking about whom you will spend time with. You can include people you have already talked about or anyone else. What do you think you will enjoy doing in the NEXT week with other people?**

**FOR EACH ANSWER PROVIDED:**

- *What about it do you expect to enjoy?*
- *How often do you think you will enjoy this in the next week?*

**FOLLOW UP**

- *Are there other experiences with people you think you will enjoy in the next week?*

**ITEM 4 – Frequency of Expected Pleasurable Social Activities – Next week**

- 0 = No impairment:** Expecting MANY (7 or more) pleasurable experiences.
- 1 = Mild deficit:** Expecting enjoyment from SEVERAL (5-6) pleasurable experiences.
- 2 = Moderate deficit:** Expecting enjoyment from a FEW (3-4) pleasurable experiences.
- 3 = Moderately severe deficit:** Expecting a COUPLE (1-2) pleasurable experiences.
- 4 = Severe deficit:** Expecting NO pleasurable experiences.

## II. WORK & SCHOOL (MOTIVATION & PLEASURE)

### ITEM 5: MOTIVATION FOR WORK & SCHOOL ACTIVITIES

*Now I am going to ask you some questions about work and school, including how motivated you have been for work or school activities and how you felt while doing these things over the past week. Have you been working or going to school over the past week? Any volunteer work? Are you in a work-related treatment program?*

#### **IF IN A RELEVANT ROLE:**

- *Tell me about what you do in your [insert role here]*
- *How much time has this involved over the past week?*

#### Behavior

- *Have you been able to complete tasks at [insert role here]?*
- *In the past week has anyone raised any concerns with your [insert role here] performance?*
- *Have you missed any days in the past week? Why?*
- *Does someone need to remind you about [insert role here]? Why is that?*
- *Were there things you meant to do or were supposed to do but just never got around to doing them? Why?*

#### Motivation

- *How do you feel about [insert role here]?*
- *Have you been motivated to do your [insert role here]?*
- *What motivates you to do your [insert role here]?*
- *Were there times during the past week when you just didn't feel like [insert role here]?*
- *How important is your [insert role here] to you? What about it is important?*

#### **IF NO CURRENT ROLE:**

- *Is there a reason why you are not currently (work/school/volunteer)?*
- *Has anything held you back from looking for (work/school/volunteer)?*
- *How do you feel about working or going to school or volunteering?*
- *Have you felt much interest in work/school/volunteer? {Tell me more}*
- *Is working important to you? What about working/going to school/volunteering is important?*
- *Do you miss work/school/volunteer?*
- *Have you tried to take any steps to start working/going to school/volunteering? What steps have you taken? How often have you looked into work/school/volunteer?*

### **ITEM 5 – Motivation for Work & School Activities**

**0 = No impairment:** Person is VERY MOTIVATED to seek out work or school, or new opportunities in work or school; initiates and persists in work, school, or job-seeking on a regular basis. Well within normal limits.

**1 = Mild deficit:** Person is GENERALLY MOTIVATED to seek out work or school or new opportunities in work or school; a mild deficit in initiating and persisting; may report instances of initiating, but with moderate persistence.

**2= Moderate deficit:** Person is SOMEWHAT MOTIVATED to seek out work or school or new opportunities in work or school; notable deficit in initiating; may have initiated activities, but needed reminders on multiple occasions, and/or not initiated any new activities, and/or not persisted for very long.

**3 = Moderately severe deficit:** Person is only SLIGHTLY MOTIVATED to seek out work or school or new opportunities in work or school; significant deficit in initiating; may have needed constant reminders, and/or initiated a few activities; did not persist for very long.

**4 = Severe deficit:** Person is NOT AT ALL MOTIVATED to seek out work / school; nearly total lack of initiation and persistence in work, school, or job seeking.

**ITEM 6: FREQUENCY OF EXPECTED PLEASURABLE WORK & SCHOOL ACTIVITIES - NEXT WEEK**

[NOTE: Ratings are based on total **NUMBER OF EXPECTED PLEASURABLE ACTIVITIES**, regardless of days on which they are expected to occur].

**Now I would like you to think ahead to NEXT week (next 7 days); thinking about work/volunteer/school.**

**IF HAS A RELEVANT ROLE:**

- *What do you think you will enjoy doing in the NEXT week at work/volunteer/school, etc.*

**IF NO RELEVANT ROLE:**

- *Do you think you will enjoy anything related to seeking paid or volunteer work, or school?*

**FOR EACH ANSWER PROVIDED:**

- *What about it do you expect to enjoy?*
- *How often do you think you will enjoy this in the next week?*

**FOLLOW UP:**

- *Are there other work/school experiences you think you will enjoy in the next week?*

**ITEM 6 – Frequency of Expected Pleasurable Work & School Activities – Next Week**

- 0 = No impairment:** Expecting MANY (7 or more) pleasurable experiences.
- 1 = Mild deficit:** Expecting enjoyment from SEVERAL (5-6) pleasurable experiences.
- 2 = Moderate deficit:** Expecting enjoyment from a FEW (3-4) pleasurable experiences.
- 3 = Moderately severe deficit:** Expecting a COUPLE (1-2) pleasurable experiences.
- 4 = Severe deficit:** Expecting NO pleasurable experiences.

**III. RECREATION (MOTIVATION & PLEASURE)****ITEM 7: MOTIVATION FOR RECREATIONAL ACTIVITIES**

***In the next section, I am going to ask you some questions about what you do in your free time – any hobbies or recreational activities. I will ask about your motivation and feelings about the things that you have done in your free time over the past week.***

- *What have you done in your free time in the past week?*
- *Have you participated in any hobbies or leisure activities such as sports or games, going to church, TV, music, reading, internet, walking or other such activities during the past week?*

**IF YES:**Behavior

- *Tell me about (activity). How much time has this involved over the past week? Did you want to do (activity) more than that? Did it last longer than you had hoped? Why did it only last for (xx)?*
- *Did anything get in the way of doing these activities over the past week? What was that?*
- *Who initiated these activities? Did someone need to remind you to participate in these activities?*



### ITEM 8 – Frequency of Pleasurable Recreational Activities - Past Week

- 0 = No impairment:** At least A FEW (3) different types of pleasurable experiences, experienced daily.
- 1 = Mild deficit:** At least A FEW (3) different types of pleasurable experiences, experienced more days than not.
- 2 = Moderate deficit:** 1 or 2 different types of pleasurable experiences, experienced more days than not.
- 3 = Moderately severe deficit:** 1 type of pleasurable experience, experienced on just a few days.
- 4 = Severe deficit:** No pleasurable experiences.

### ITEM 9: FREQUENCY OF EXPECTED PLEASURABLE RECREATIONAL ACTIVITIES – NEXT WEEK

[NOTE: Ratings are based on total **NUMBER OF EXPECTED PLEASURABLE ACTIVITIES**, regardless of days on which they are expected to occur]

*Now I would like you to think ahead to NEXT week (next 7 days), thinking about your free time/hobbies/ recreation. You can include any of the activities you have already talked about or anything else. What do you think you will enjoy doing in the NEXT WEEK in your recreational/free time?*

#### FOR EACH ANSWER PROVIDED:

- *What about it do you expect to enjoy?*
- *How often do you think you will enjoy [activity] in the next week?*

#### FOLLOW UP:

- *Are there other things you do in your free time like hobbies or recreational activities that you think you will enjoy in the next week?*

### ITEM 9 – Frequency of Expected Pleasurable Recreational Activities – Next Week

- 0 = No impairment:** Expecting MANY (7 or more) pleasurable experiences.
- 1 = Mild deficit:** Expecting enjoyment from SEVERAL (5-6) pleasurable experiences.
- 2 = Moderate deficit:** Expecting enjoyment from a FEW (3-4) pleasurable experiences.
- 3 = Moderately severe deficit:** Expecting a COUPLE (1-2) pleasurable experiences.
- 4 = Severe deficit:** Expecting NO pleasurable experiences.

## IV. EXPRESSION

### ITEM 10: FACIAL EXPRESSION

When making the facial expression rating, consider facial movements across all parts of the face, including in the eyes (e.g., raised brows when surprised), mouth (smiling or grimacing), and mid-face (e.g., wrinkled nose when disgusted).

### ITEM 10 - Facial Expression

- 0 = No impairment:** WITHIN NORMAL LIMITS; frequent expressions throughout the interview.
- 1 = Mild deficit:** MILD DECREASE in the frequency of facial expressions, with limited facial expressions during a few parts of the interview.
- 2 = Moderate deficit:** NOTABLE DECREASE in the frequency of facial expressions, with diminished facial expressions during several parts of the interview.
- 3 = Moderately severe deficit:** SIGNIFICANT LACK of facial expressions, with only a few changes in facial expression throughout most of the interview.
- 4 = Severe deficit:** NEARLY TOTAL LACK of facial expressions throughout the interview.



**ITEM 11: VOCAL EXPRESSION**

This item refers to prosodic features of the voice. This item reflects changes in tone during the course of speech. Speech rate, amount, or content of speech is not assessed.

**Item 11 - Vocal Expression**

- 0 = No impairment:** WITHIN NORMAL LIMITS. Normal variation in vocal intonation across interview. Speech is expressive and animated.
- 1 = Mild deficit:** MILD DECREASE in vocal intonation. Variation in intonation occurs with a limited intonation during a few parts of the interview.
- 2 = Moderate deficit:** NOTABLE DECREASE in vocal intonation. Diminished intonation during several parts of the interview. Much of speech is lacking variability in intonation but prosodic changes occur in several parts of the interview.
- 3 = Moderately severe deficit:** SIGNIFICANT LACK of vocal intonation with only a few changes in intonation throughout most of the interview. Most of speech is flat and lacking variability, only isolated instance of prosodic change.
- 4 = Severe deficit:** NEARLY TOTAL LACK OF change in vocal intonation with characteristic flat or monotone speech throughout the interview.

**ITEM 12: EXPRESSIVE GESTURES**

Expressive gestures are used to emphasize what is communicated verbally through gestures made with the hands, head (nodding), shoulders (shrugging), and trunk (leaning forward, leaning back).

**ITEM - 12 Expressive Gestures**

- 0 = No impairment:** WITHIN NORMAL LIMITS; uses frequent gestures throughout the interview.
- 1 = Mild deficit:** MILD DECREASE in the frequency of expressive gestures, with limited gestures in a few parts of the interview.
- 2 = Moderate deficit:** NOTABLE DECREASE in the frequency of expressive gestures, with lack of gestures during several parts of the interview.
- 3 = Moderately severe deficit:** SIGNIFICANT LACK of expressive gestures, with only a few gestures throughout most of the interview.
- 4 = Severe deficit:** NEARLY TOTAL LACK of expressive gestures.

**ITEM 13: QUANTITY OF SPEECH**

This item refers to the quantity of words spoken. Other speech abnormalities, such as disorganization, neologisms, or psychotic content are not rated here. For instance, a disorganized person may produce a large quantity of speech and have a low (normal) score on this item.

**ITEM - 13 Quantity of speech**

- 0 = No impairment:** NORMAL AMOUNT of speech throughout the interview. Replies provide sufficient information with frequent spontaneous elaboration.
- 1 = Mild deficit:** MILD DECREASE in the quantity of speech, with brief responses during a few parts of the interview.
- 2 = Moderate deficit:** NOTABLE DECREASE in speech output, with brief responses during several parts of the interview.
- 3 = Moderately severe deficit:** SIGNIFICANT LACK of speech, with very brief answers (only several words) in responses throughout most of the interview.
- 4 = Severe deficit:** All or nearly all replies are one or two words throughout the entire interview.