

Q8 questionnaire		Score
1	Why are you here? _____	_____(0/1)
2	Do you feel that you are ill? Yes/No	_____(0/1)
3	Which disease or disorder do you have? _____	_____(0/1)
4	What is the cause of this? _____	_____(0/1)
5	Do you suffer psychologically or do you experience feelings of guilt? Yes/No	_____(0/1)
6	Do you experience limitations in your professional life, your family life, or in your social life? Yes/No	_____(0/1)
7	How can we help you? _____	_____(0/1)
8	Do you think you can be treated? Yes/No	_____(0/1)
Q8 total score		_____(0/8)

Adapted and translated from Bourgeois ML, Koleck M, Jais E. Validation de l'échelle d'insight Q8 et évaluation de la conscience de la maladie chez 121 patients hospitalisés en psychiatrie [Validation of the insight Q8 scale and evaluation of the awareness disorder in 121 psychiatric inpatients]. *Ann Med Psychol*. 2002;160:512–517. Copyright ©2002 Éditions scientifiques et médicales Elsevier SAS. All rights reserved. Reproduced with permission.

Scoring (Bourgeois et al. 2002):

- Score 0–2 no illness insight
- Score 3–5 poor illness insight
- Score 6–8 good illness insight

Walvoort, S.J.W., Van der Heijden, P.T., Kessels, R.P.C., & Egger, J.I.M. (2016). Measuring illness insight in patients with alcohol-related cognitive dysfunctions using the Q8 questionnaire: A validation study. *Neuropsychiatric Disease and Treatment*, 2016(12), 1609-1615. doi: 10.2147/NDT.S104442