

## What's the best rating scale to use?

### **Jonathan Rogers:**

Which rating scale to use is a complex question. And it probably depends a little bit on the population you're investigating and what your purpose is. When we wrote the BAP guidelines for catatonia, we thought that, overall, all things considered, the Bush-Francis Catatonia Rating Scale was the best one because it's been widely studied, it's been shown to be reliable, and has been validated against a Lorazepam challenge. However, it is not perfect. We don't know how well it performs in neurodiverse populations, and it's not validated in children. There's a variant of it, the Pediatric Catatonia Rating Scale, which is subtly different for children. And there are also probably a couple of items on the Bush-Francis that, with the benefit of 30 years of research, we might change now.

There are other helpful catatonia rating scales. The one that I also use in research is the Northoff Catatonia Rating Scale, and it takes a bit longer to administer. It gives a little bit more detail of the phenotype of someone with catatonia. It doesn't have as much clinical validation, but in research, I find it helpful to use alongside the responses.