



Maladaptive Schema Scale - Young Schema Questionnaire Aligned (MSS-YSQ)

Instructions:

This assessment will take about 30 minutes to complete. Below are statements that you might agree or disagree with. Please read each statement and indicate your level of agreement. Try not to spend too much time on a single question or be overly factual in your responses, rather base your answers on what you intuitively feel.

		Strongly disagree	Disagree	Neutral	Agree	Strongly agree
1	I fear that my important relationships will end unexpectedly.	0	1	2	3	4
2	I worry that people I love can't be there for me in a committed way.	0	1	2	3	4
3	I feel confident that other people will be there for me when I need them.	4	3	2	1	0
4	I worry about losing people that I rely on.	0	1	2	3	4
5	I have others I can depend on for advice and emotional support.	4	3	2	1	0
6	If I was in trouble, I wouldn't know who to call.	0	1	2	3	4
7	Other people don't care about my emotional needs.	0	1	2	3	4
8	I feel unsupported by others, so I wouldn't share my emotions.	0	1	2	3	4
9	People usually conceal their real intentions.	0	1	2	3	4
10	I don't trust people.	0	1	2	3	4
11	I don't believe what people say at face value.	0	1	2	3	4
12	People usually tell the truth.	4	3	2	1	0
13	I'm inherently different from everyone else.	0	1	2	3	4
14	I haven't met anyone that thinks like me.	0	1	2	3	4
15	I am typically accepted by people.	4	3	2	1	0



		Strongly disagree	Disagree	Neutral	Agree	Strongly agree
16	I am an outsider.	0	1	2	3	4
17	If people knew the real me, they wouldn't like me.	0	1	2	3	4
18	I am inherently defective.	0	1	2	3	4
19	My flaws make me unlovable.	0	1	2	3	4
20	I have reasons to be ashamed of myself and my character	0	1	2	3	4
21	I'm afraid of venturing too far because there are so many bad things happening.	0	1	2	3	4
22	The world is safe for me.	4	3	2	1	0
23	The world is a dangerous and unforgiving place, and I worry it will spiral into catastrophe.	0	1	2	3	4
24	The world is a bad place and will harm me.	0	1	2	3	4
25	I cannot take care of myself, so I need others to take care of me.	0	1	2	3	4
26	I feel incapable of managing daily tasks without help from others.	0	1	2	3	4
27	I often worry about making decisions on my own and prefer someone else to make them for me.	0	1	2	3	4
28	I feel confident making decisions on my own.	4	3	2	1	0
29	If a task is difficult, I'm unlikely to be able to accomplish it.	0	1	2	3	4
30	I can rarely come up with solutions to my own problems.	0	1	2	3	4
31	I can handle anything that comes my way.	4	3	2	1	0
32	Most problems are too hard for me to deal with.	0	1	2	3	4
33	Most other people have achieved more than me.	0	1	2	3	4
34	I feel proud of my accomplishments.	4	3	2	1	0
35	I feel inferior when I think of the accomplishments of others.	0	1	2	3	4



		Strongly disagree	Disagree	Neutral	Agree	Strongly agree
36	I compare my achievements with others and feel that I am not as successful.	0	1	2	3	4
37	I am responsible for the emotions of the person I am closest to.	0	1	2	3	4
38	With those closest to me, I don't know where my needs and emotions end and where theirs begin.	0	1	2	3	4
39	I am so close to someone it feels like I have merged with them.	0	1	2	3	4
40	The needs of the person closest to me consume me.	0	1	2	3	4
41	Other people know better than I do.	0	1	2	3	4
42	I should always do as I'm told.	0	1	2	3	4
43	Other people know what is best for me.	0	1	2	3	4
44	I feel like I have to let others take control in relationships.	0	1	2	3	4
45	I always prioritise others no matter what's going on for me.	0	1	2	3	4
46	I believe it is my duty to listen to other people's problems.	0	1	2	3	4
47	My needs are as important as other people's needs.	4	3	2	1	0
48	No matter how much I give to others, I can never give enough.	0	1	2	3	4
49	Gaining the approval of others is often more important to me than following my own desires.	0	1	2	3	4
50	I want people to like me, so I would tend to agree with people even if I know they are factually wrong.	0	1	2	3	4
51	Even if I don't like someone, I still strongly desire for them to like me.	0	1	2	3	4
52	I find it hard to make a decision unless I know what other people think.	0	1	2	3	4
53	Tuning into my emotions is helpful.	4	3	2	1	0
54	My emotions do more harm than good.	0	1	2	3	4
55	Emotions are not useful, so I need to ignore them.	0	1	2	3	4



		Strongly disagree	Disagree	Neutral	Agree	Strongly agree
56	It is dangerous to feel emotions too strongly.	0	1	2	3	4
57	Things almost always go wrong for me.	0	1	2	3	4
58	In uncertain times, I usually expect the best.	4	3	2	1	0
59	Things inevitably don't go my way, so I prefer to expect the worst to avoid disappointment.	0	1	2	3	4
60	I am pessimistic about the future.	0	1	2	3	4
61	If I make a mistake, I can let it go easily.	4	3	2	1	0
62	Achieving high standards is more important than my own happiness.	0	1	2	3	4
63	I should always perform at an extremely high level.	0	1	2	3	4
64	It is ok for me not to be a high performer.	4	3	2	1	0
65	I try to be compassionate and understanding to myself when I make a mistake.	4	3	2	1	0
66	If something goes wrong, I shouldn't get away with it.	0	1	2	3	4
67	If I fail, I should suffer the consequences.	0	1	2	3	4
68	It doesn't matter how small a mistake I make is, I deserve to be punished for it.	0	1	2	3	4
69	I try to be compassionate and understanding to others when they make a mistake.	4	3	2	1	0
70	People should be held to account for their failings.	0	1	2	3	4
71	If someone fails, they should face the consequences.	0	1	2	3	4
72	People deserve to be disciplined for their mistakes.	0	1	2	3	4
73	When I ask someone for something they should agree to it.	0	1	2	3	4
74	I am above the usual rules that others follow.	0	1	2	3	4
75	Other people should appreciate how unique I am.	0	1	2	3	4



	Strongly disagree	Disagree	Neutral	Agree	Strongly agree
76 I deserve special privileges.	0	1	2	3	4

Developer Reference:

Buchanan. B., Bartholomew. E., Smyth. C., Hegarty. D. (2024). The Maladaptive Schema Scale Young Schema Questionnaire Aligned. Corresponding author: Dr Ben Buchanan - ben@novopsych.com

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