



Maladaptive Schema Scale (MSS-v1.3)

Instructions:

This assessment will take about 20 minutes to complete. Below are statements that you might agree or disagree with. Please read each statement and indicate your level of agreement with each. 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 always depend on myself and never on other people.	0	1	2	3	4
6	I feel uneasy when people get too close.	0	1	2	3	4
7	I feel extremely uncomfortable depending on other people.	0	1	2	3	4
8	The last thing I want to do is bother people with my problems.	0	1	2	3	4
9	I have others I can depend on for advice and emotional support.	4	3	2	1	0
10	If I was in trouble, I wouldn't know who to call.	0	1	2	3	4
11	Other people don't care about my emotional needs.	0	1	2	3	4
12	I feel unsupported by others, so I wouldn't share my emotions.	0	1	2	3	4
13	People usually conceal their real intentions.	0	1	2	3	4
14	I don't trust people.	0	1	2	3	4
15	I don't believe what people say at face value.	0	1	2	3	4



		Strongly disagree	Disagree	Neutral	Agree	Strongly agree
16	People usually tell the truth.	4	3	2	1	0
17	Many people are selfish and unkind.	0	1	2	3	4
18	People rarely care about the wellbeing of others.	0	1	2	3	4
19	Violence is a major part of human nature.	0	1	2	3	4
20	At their core, many people are bad.	0	1	2	3	4
21	I'm inherently different from everyone else.	0	1	2	3	4
22	I haven't met anyone that thinks like me.	0	1	2	3	4
23	I am typically accepted by people.	4	3	2	1	0
24	I am an outsider.	0	1	2	3	4
25	If people knew the real me, they wouldn't like me.	0	1	2	3	4
26	I am inherently defective.	0	1	2	3	4
27	My flaws make me unlovable.	0	1	2	3	4
28	I have reasons to be ashamed of myself and my character.	0	1	2	3	4
29	I'm afraid of venturing too far because there are so many bad things happening.	0	1	2	3	4
30	The world is safe for me.	4	3	2	1	0
31	The world is a dangerous and unforgiving place, and I worry it will spiral into catastrophe.	0	1	2	3	4
32	The world is a bad place and will harm me.	0	1	2	3	4
33	I cannot take care of myself, so I need others to take care of me.	0	1	2	3	4
34	I feel incapable of managing daily tasks without help from others.	0	1	2	3	4
35	I often worry about making decisions on my own and prefer someone else to make them for me.	0	1	2	3	4



		Strongly disagree	Disagree	Neutral	Agree	Strongly agree
36	I feel confident making decisions on my own.	4	3	2	1	0
37	Most other people have achieved more than me.	0	1	2	3	4
38	I feel proud of my accomplishments.	4	3	2	1	0
39	I feel inferior when I think of the accomplishments of others.	4	3	2	1	0
40	I compare my achievements with others and feel that I am not as successful.	0	1	2	3	4
41	If a task is difficult, I'm unlikely to be able to accomplish it.	0	1	2	3	4
42	I can rarely come up with solutions to my own problems.	0	1	2	3	4
43	I can handle anything that comes my way.	4	3	2	1	0
44	Most problems are too hard for me to deal with.	0	1	2	3	4
45	The course of our lives are largely determined by chance; we have very little influence.	0	1	2	3	4
46	No matter what I do, the outcomes of events are outside my control.	0	1	2	3	4
47	There is no point trying to influence the future, because outside forces have more influence.	0	1	2	3	4
48	I am in control of my future.	4	3	2	1	0
49	I am responsible for the emotions of the person I am closest to.	0	1	2	3	4
50	I would feel guilty keeping secrets from the people closest to me.	0	1	2	3	4
51	I feel guilty if I don't keep in contact regularly with people closest to me, when we are apart.	0	1	2	3	4
52	With those closest to me, I don't know where my needs and emotions end and where theirs begin.	0	1	2	3	4
53	I am so close to someone it feels like I have merged with them.	0	1	2	3	4
54	Other people know better than I do.	0	1	2	3	4
55	I should always do as I'm told.	0	1	2	3	4



		Strongly disagree	Disagree	Neutral	Agree	Strongly agree
56	Other people know what is best for me.	0	1	2	3	4
57	I feel like I have to let others take control in relationships.	0	1	2	3	4
58	If I was to do what I wanted, something bad might happen.	0	1	2	3	4
59	I always prioritise others no matter what's going on for me.	0	1	2	3	4
60	I believe it is my duty to listen to other people's problems.	0	1	2	3	4
61	My needs are as important as other people's needs.	4	3	2	1	0
62	No matter how much I give to others, I can never give enough.	0	1	2	3	4
63	Gaining the approval of others is often more important to me than following my own desires.	0	1	2	3	4
64	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
65	Even if I don't like someone, I still strongly desire for them to like me.	0	1	2	3	4
66	I find it hard to make a decision unless I know what other people think.	0	1	2	3	4
67	Things almost always go wrong for me.	0	1	2	3	4
68	In uncertain times, I usually expect the best.	4	3	2	1	0
69	Things inevitably don't go my way, so I prefer to expect the worst to avoid disappointment.	0	1	2	3	4
70	I am pessimistic about the future.	0	1	2	3	4
71	Tuning into my emotions is helpful.	4	3	2	1	0
72	My emotions do more harm than good.	0	1	2	3	4
73	Emotions are not useful, so I need to ignore them.	0	1	2	3	4
74	It is dangerous to feel emotions too strongly.	0	1	2	3	4
75	If I make a mistake, I can let it go easily.	4	3	2	1	0



		Strongly disagree	Disagree	Neutral	Agree	Strongly agree
76	Achieving high standards is more important than my own happiness.	0	1	2	3	4
77	I should always perform at an extremely high level.	0	1	2	3	4
78	It is ok for me not to be a high performer.	4	3	2	1	0
79	I try to be compassionate and understanding to myself when I make a mistake.	4	3	2	1	0
80	If something goes wrong, I shouldn't get away with it.	0	1	2	3	4
81	If I fail, I should suffer the consequences.	0	1	2	3	4
82	It doesn't matter how small a mistake I make is, I deserve to be punished for it.	0	1	2	3	4
83	I try to be compassionate and understanding to others when they make a mistake.	4	3	2	1	0
84	People should be held to account for their failings.	0	1	2	3	4
85	If someone fails, they should face the consequences.	0	1	2	3	4
86	People deserve to be disciplined for their mistakes.	0	1	2	3	4
87	I am a special or important person.	0	1	2	3	4
88	When I ask someone for something they should agree to it.	0	1	2	3	4
89	I am above the usual rules that others follow.	0	1	2	3	4
90	People should listen to me because of who I am.	0	1	2	3	4
91	If people just listened to me, the world would be a better place.	0	1	2	3	4
92	Other people should appreciate how unique I am.	0	1	2	3	4
93	There is no justice in society.	0	1	2	3	4
94	I am often treated unfairly.	0	1	2	3	4
95	I commonly receive bad outcomes that I don't deserve.	0	1	2	3	4



		Strongly disagree	Disagree	Neutral	Agree	Strongly agree
96	Good things happen to other people but not to me.	0	1	2	3	4
97	I am in complete control of my future.	0	1	2	3	4
98	There are limits to what I can do.	4	3	2	1	0
99	If I exert enough willpower, I can change anything.	0	1	2	3	4
100	I always maintain control so nothing is left up to chance.	0	1	2	3	4
101	I have no purpose in the world.	0	1	2	3	4
102	It is pointless to search for life's meaning or purpose.	0	1	2	3	4
103	Everything I do will always be fundamentally meaningless.	0	1	2	3	4
104	Humans lead pointless lives.	0	1	2	3	4
105	To search for a purpose in life is a worthwhile goal.	4	3	2	1	0
106	I struggle to maintain a consistent sense of who I am.	0	1	2	3	4
107	I don't know what my personal interests and beliefs truly are.	0	1	2	3	4
108	I feel detached from myself.	0	1	2	3	4
109	My view of myself changes frequently.	0	1	2	3	4
110	Other people have more flaws than I do.	0	1	2	3	4
111	I look at myself objectively.	0	1	2	3	4
112	I have experienced jealousy at others' good fortune.	4	3	2	1	0
113	I am always a good listener.	0	1	2	3	4
114	I have done things before that I am ashamed of.	4	3	2	1	0
115	If I feel a strong emotion about a matter I'm more likely to be correct about it.	0	1	2	3	4



		Strongly disagree	Disagree	Neutral	Agree	Strongly agree
116	When my head says one thing and my heart says another, I listen to my heart.	0	1	2	3	4
117	My feelings are a reliable way to make decisions.	0	1	2	3	4
118	My emotional reactions are accurate reflections of reality.	0	1	2	3	4
119	When I face a problem I prefer to use my intuition rather than thinking.	0	1	2	3	4
120	My emotions mislead me.	4	3	2	1	0
121	The needs of the person closest to me consume me.	4	3	2	1	0
122	I don't have privacy from the people closest to me.	0	1	2	3	4
123	I deserve special privileges.	0	1	2	3	4
124	I hate it when people think they know better than me.	0	1	2	3	4
125	I am superior to others.	0	1	2	3	4

Developer Reference:

Buchanan. B., Bartholomew. E., Smyth. C., Hegarty. D. (2024). A comprehensive questionnaire for schemas related to psychopathology: The Maladaptive Schema Scale - Version 1.3 Corresponding author: Dr Ben Buchanan - ben@novopsych.com

[Administer Now](#)