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MPSI

MULTI-PROBLEM SCREENING INVENTORY INSTRUCTIONS

This questionnaire is designed to obtain information about a wide range of possible problem areas. Answer each item as carefully and as accurately as possible by placing a number between each one that follows.

SAMPLE

- 1 = Rarely or never
- 2 = Rarely
- 3 = A little of the time
- 4 = Some of the time
- 5 = A good part of the time
- 6 = Most of the time
- 7 = All of the time
- X = Does not apply

You may discover that some of the items do not apply to you or your personal situation. For any such item, please enter an x or X but *do not leave any item blank.*

When you begin to complete the items on this questionnaire you will see that you can very easily make yourself look as good or as bad as you wish. *Please do not do that.* It is extremely important for you to provide the most accurate answers possible even though you may feel embarrassed or uncomfortable. If you provide incorrect or misleading information to those who are trying to assist you, it will be very difficult to provide you with the help that you are seeking.

Name _____

Address _____

City _____ State/Prov _____ Postal Code _____

Age _____ Gender: _____ Male _____ Female Race _____

ID _____ Date _____

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Answer Key

1 = None of the time

2 = Very rarely

3 = A little of the time

4 = Some of the time

5 = A good part of the time

6 = Most of the time

7 = All of the time

8 = Does not apply

SAMPLE

SUBSCALE: DEPRESSION

1. _____ I feel powerless to do anything about my life.
2. _____ I feel blue.
3. _____
4. _____
5. _____ I have a hard time getting started on things that I need to do.
6. _____ I get very depressed.
7. _____
8. _____
9. _____ I feel downhearted.
10. _____
11. _____
12. _____ I enjoy being active and busy.

SUBSCALE: SELF-ESTEEM

13. _____ I think my friends find me interesting.
14. _____ I think I have a good sense of humor.
15. _____
16. _____
17. _____ I feel that people have a good time when they are with me.
18. _____ I feel that people do not enjoy my company.
19. _____
20. _____
21. _____ I feel that people really like me very much.
22. _____
23. _____
24. _____ My friends think very highly of me.

SUBSCALE: PARTNER RELATIONSHIP PROBLEMS

25. _____ My partner is affectionate enough.
26. _____ My partner treats me badly.
27. _____
28. _____
29. _____ I feel that I can really trust my partner.
30. _____ I feel that our relationship is breaking up.
31. _____
32. _____
33. _____ Ours is a very happy relationship.
34. _____
35. _____
36. _____
37. _____ Ours is a very close relationship.

Answer Key

1 = None of the time

2 = Very rarely

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5 = A good part of the time

6 = Most of the time

7 = All of the time

8 = Does not apply

SAMPLE

SUBSCALE: SEXUAL CORP

- 38. _____ I feel that my partner enjoys our sex life.
- 39. _____ Our sex life is very exciting.
- 40. _____
- 41. _____
- 42. _____ I feel that our sex is dirty and disgusting.
- 43. _____ Our sex life is monotonous.
- 44. _____
- 45. _____
- 46. _____ My partner is sexually very exciting.
- 47. _____
- 48. _____
- 49. _____ I think that our sex life is wonderful.

SUBSCALE: PROBLEMS WITH MY CHILD

- 50. _____ My child gets on my nerves.
- 51. _____ I get along well with my child.
- 52. _____
- 53. _____
- 54. _____ My child is well behaved.
- 55. _____ My child is too demanding.
- 56. _____
- 57. _____
- 58. _____ I have a hard time controlling my child.
- 59. _____
- 60. _____
- 61. _____ I think my child is terrific.
- 62. _____

SUBSCALE: PROBLEMS WITH MOTHER

- 63. _____ My mother is very patient with me.
- 64. _____ I really like my mother.
- 65. _____
- 66. _____
- 67. _____ My mother's very irritating.
- 68. _____ I feel very angry toward my mother.
- 69. _____
- 70. _____
- 71. _____ I wish my mother was more like others I know.
- 72. _____
- 73. _____
- 74. _____ I feel ashamed of my mother.

Answer Key

1 = None of the time

2 = Very rarely

3 = A little of the time

4 = Some of the time

5 = A good part of the time

6 = Most of the time

7 = Almost all the time

8 = Does not apply

SAMPLE

SUBSCALE: PROBLEMS WITH FATHER

- 75. _____ My father gets on my nerves.
- 76. _____ I get along well with my father.
- 77. _____
- 78. _____
- 79. _____ My father's behavior embarrasses me.
- 80. _____ My father's too demanding.
- 81. _____
- 82. _____
- 83. _____ My father puts too many limits on me.
- 84. _____
- 85. _____
- 86. _____ I think my father's terrific.
- 87. _____

SUBSCALE: PERSONAL STRESS

- 88. _____ I feel very panicked.
- 89. _____ I feel like I am on the verge of a total collapse.
- 90. _____
- 91. _____
- 92. _____ I feel wound up like a coiled spring.
- 93. _____ I feel that I cannot keep up with all the demands on me.
- 94. _____
- 95. _____
- 96. _____
- 97. _____ I feel that I just cannot keep up with everything.
- 98. _____
- 99. _____ I feel very much on edge.

SUBSCALE: PROBLEMS WITH FRIENDS

- 100. _____ I get along very well with my friends.
- 101. _____ My friends act like they do not care about me.
- 102. _____
- 103. _____
- 104. _____ I do not feel like I am "part of the group" with my friends.
- 105. _____ My friends are a bunch of snobs.
- 106. _____
- 107. _____
- 108. _____
- 109. _____ I hate my present group of friends.
- 110. _____
- 111. _____ I really like my present group of friends.
- 112. _____

Answer Key

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SAMPLE

SUBSCALE: PROBLEMS WITH NEIGHBORS

- 113. _____ I really feel that I am disliked by my neighbors.
- 114. _____ I wish I had a different group of neighbors.
- 115. _____
- 116. _____
- 117. _____ My neighbors think I am important to them.
- 118. _____ My neighbors are real source of pleasure to me.
- 119. _____
- 120. _____
- 121. _____ My neighbors regards my ideas and opinions very highly.
- 122. _____
- 123. _____ I cannot stand to be around my neighbors.
- 124. _____
- 125. _____ My neighbors really do not interest me.

SUBSCALE: PROBLEMS WITH SCHOOL

- 126. _____ I hate school.
- 127. _____ I enjoy my school work and studies.
- 128. _____
- 129. _____
- 130. _____ School is not for study, it is for parties and play!
- 131. _____
- 132. _____
- 133. _____ I think my schoolwork will help my future.
- 134. _____
- 135. _____ I feel I learned a great deal at school.

SUBSCALE: AGGRESSION

- 136. _____ When I have to, I really do not mind punching someone out.
- 137. _____ I get into fights.
- 138. _____
- 139. _____
- 140. _____ I push others around before they have a chance to push me around.
- 141. _____ People tell me I have a bad temper.
- 142. _____
- 143. _____ I threaten people with a fight.
- 144. _____
- 145. _____ If punches are thrown, mine go first!

SUBSCALE: PROBLEMS WITH WORK ASSOCIATES

- 146. _____ I get along very well with my work associates.
- 147. _____ My work associates act like they do not care about me.
- 148. _____
- 149. _____

Answer Key

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SAMPLE

150. _____ I do not feel like I am part of the group in my work associates.

151. _____ My work associates are a lot of fun.

152. _____

153. _____ My work associates seem to like me very much.

154. _____

155. _____ I hate my present group of work associates.

156. _____

157. _____ I really like my work associates.

SUBSCALE: FAMILY RELATIONSHIP PROBLEMS

158. _____ There is too much hatred in my family.

159. _____ Members of my family are really good to one another.

160. _____

161. _____

162. _____ There is a lot of love in my family.

163. _____ Members of my family get along well together.

164. _____

165. _____

166. _____

167. _____ Other family seem to get along better than mine.

168. _____

169. _____ I feel "left out" of my family.

170. _____

SUBSCALE: SUICIDAL THOUGHTS

171. _____ I think about ending my life.

172. _____ My life is so grim that I have considered ending it.

173. _____

174. _____

175. _____ I actually think about different ways that I could kill myself.

176. _____ I have actually decided that I am going to take my own life and I now think about my final plans for doing that.

177. _____

178. _____

179. _____

180. _____ I feel that my agony is too great for me to continue living.

181. _____

SUBSCALE: NONPHYSICAL ABUSE

182. _____ My partner belittles me.

183. _____ My partner demands obedience to his or her whims.

184. _____

185. _____

186. _____ My partner becomes very upset if my work is not done when he or she thinks it should be.

187. _____ My partner does not want me to have any friends.

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SAMPLE

- 188. _____
- 189. _____ My partner tells me I really should not marry or take care of myself without him.
- 190. _____ My partner acts like I am his or her personal servant.
- 191. _____
- 192. _____ My partner becomes very angry if I disagree with his or her point of view.
- 193. _____
- 194. _____ My partner belittles me intellectually.

SUBSCALE: PHYSICAL ABUSE

- 195. _____ My partner tries to choke or strangle me.
- 196. _____ My partner knocks me down and then kicks or stomps me.
- 197. _____
- 198. _____
- 199. _____ My partner bites or scratches me so badly that I bleed or have bruises.
- 200. _____ My partner violently pinches or twists my skin.
- 201. _____
- 202. _____
- 203. _____ My partner tries to suffocate me with pillows, towels, or other objects.
- 204. _____
- 205. _____ My partner has broken one or more of my bones.
- 206. _____

SUBSCALE: FEARFULNESS

- 207. _____ I experience a great deal of fear.
- 208. _____ A sense of terror washes over my entire body.
- 209. _____
- 210. _____
- 211. _____ I become afraid very easily.
- 212. _____ I feel panic stricken and terrified.
- 213. _____
- 214. _____
- 215. _____ I am frightened very easily.
- 216. _____ I am very afraid that I will be hurt or damaged.
- 217. _____
- 218. _____
- 219. _____ I break out in cold sweats of fear and panic.
- 220. _____ I am terrified that something really bad will happen to me.
- 221. _____
- 222. _____ I become so afraid that I can hardly move.
- 223. _____
- 224. _____ Fear courses through my body.
- 225. _____

SUBSCALE: IDEAS OF REFERENCE

- 226. _____ I think people talk about me behind my back.

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SAMPLE

- 227. _____ People are definitely "out to get me."
- 228. _____
- 229. _____
- 230. _____ People who are supposed to be my friends are really out to stab me in the back.
- 231. _____ Various people keep talking about me.
- 232. _____
- 233. _____
- 234. _____ Secret agents keep spying on me.
- 235. _____ People sneak around and try to cause me trouble.
- 236. _____
- 237. _____
- 238. _____ People are plotting to kill me.
- 239. _____
- 240. _____ Government agents are plotting my downfall.
- 241. _____
- 242. _____ People around me really resent my ability and talent.
- 243. _____
- 244. _____ There are people who would really like to get rid of me.
- 245. _____

SUBSCALE: PHOBIAS

- 246. _____ I feel extremely nervous when I must go to high places or look down from them.
- 247. _____ I am extremely frightened or nervous when I am in crowds of people.
- 248. _____
- 249. _____
- 250. _____ I am extremely nervous when I fly in airplanes.
- 251. _____ I am terrified of driving in even moderate traffic.
- 252. _____
- 253. _____
- 254. _____ I am extremely nervous, even panicked, when I meet people for the first time.
- 255. _____ I feel completely incapacitated at the thought of public speaking.
- 256. _____
- 257. _____
- 258. _____ I feel afraid I will faint in public.
- 259. _____
- 260. _____ I feel nervousness or shakiness inside.
- 261. _____
- 262. _____ I feel comfortable when I am left alone.
- 263. _____
- 264. _____ Due to my fears, I avoid social situations, whenever possible.
- 265. _____

SUBSCALE: FEELINGS OF GUILT

- 266. _____ I seem to feel guilty for no good reason.
- 267. _____ When things go wrong, I feel I should apologize even if it is not my fault.
- 268. _____

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7 = All of the time

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SAMPLE

- 269. _____
- 270. _____ I have this nagging feeling that I have done something wrong.
- 271. _____ I have the feeling I should be punished even when I have done nothing for which to be punished.
- 272. _____
- 273. _____
- 274. _____ Deep inside, I feel that I am really a "bad" person.
- 275. _____

SUBSCALE: PROBLEMS WITH WORK

- 276. _____ My job is very boring.
- 277. _____
- 278. _____ I cannot stand my boss.
- 279. _____
- 280. _____ I really like my job.
- 281. _____
- 282. _____ I get to work on time.
- 283. _____
- 284. _____ The best part of my job is coffee breaks, lunch, and vacations.
- 285. _____

SUBSCALE: CONFUSED THINKING

- 286. _____ I have difficulty keeping my thoughts straight.
- 287. _____
- 288. _____ I cannot seem to keep things straight in my mind.
- 289. _____
- 290. _____ Some of the strangest ideas just pop into my mind.
- 291. _____
- 292. _____

SUBSCALE: DISTURBING THOUGHTS

- 293. _____ I have ideas and thoughts that disturb me greatly.
- 294. _____
- 295. _____ I think about ugly or horrible things.
- 296. _____
- 297. _____ I cannot get certain bad thoughts out of my mind.
- 298. _____
- 299. _____ I worry about the horrible thoughts that I have.
- 300. _____
- 301. _____

SUBSCALE: MEMORY LOSS

- 302. _____ I forget where I put my keys, glasses, or other objects that I use daily.
- 303. _____

Answer Key

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7 = All the time

8 = Do not apply

SAMPLE

304. _____ I forgot what day it is.

305. _____

306. _____ I have difficulty remembering things that I should easily remember.

307. _____

308. _____ I forget important things about my work or school.

309. _____

SUBSCALE: ALCOHOL ABUSE

310. _____ When I have a drink with friends, I usually drink more than they do.

311. _____ My drinking causes problems with my family or friends.

312. _____

313. _____

314. _____ After I have been drinking, I get the shakes.

315. _____ When I am drinking, I have three or fewer drinks.

316. _____

317. _____

318. _____ I drink so much that I pass out.

319. _____

320. _____

321. _____

322. _____ My friends avoid me when I am drinking.

323. _____

324. _____ I drink several times a week.

SUBSCALE: DRUG USE

325. _____ I take drugs to calm my nerves or make me feel better.

326. _____

327. _____ My drug use causes problems with my family or friends.

328. _____

329. _____ I take drugs when I am alone.

330. _____

331. _____ I take drugs when things are not going well for me.

332. _____

333. _____ My personal life gets very troublesome when I take drugs.

334. _____

MPSI SCORE PROFILE GRAPH

| Subscale Name | 0 | 10 | 20 | 30 | 40 | 50 | 60 | 70 | 80 | 90 | 100 |
|---------------------|---|----|----|----|----|----|----|----|----|----|-----|
| Depression | | | | | | | | | | | |
| Self-Esteem | | | | | | | | | | | |
| Partner Problems | | | | | | | | | | | |
| Sexual Discord | | | | | | | | | | | |
| Child Problems | | | | | | | | | | | |
| Mother Problems | | | | | | | | | | | |
| Father Problems | | | | | | | | | | | |
| Personal Stress | | | | | | | | | | | |
| Friend Problems | | | | | | | | | | | |
| Neighbor Problems | | | | | | | | | | | |
| School Problems | | | | | | | | | | | |
| Aggression | | | | | | | | | | | |
| Work Associates | | | | | | | | | | | |
| Family Problems | | | | | | | | | | | |
| Suicide | | | | | | | | | | | |
| Non-Physical Abuse | | | | | | | | | | | |
| Physical Abuse | | | | | | | | | | | |
| Fearfulness | | | | | | | | | | | |
| Ideas of Reference | | | | | | | | | | | |
| Phobias | | | | | | | | | | | |
| Guilt | | | | | | | | | | | |
| Work Problems | | | | | | | | | | | |
| Confused Thinking | | | | | | | | | | | |
| Disturbing Thoughts | | | | | | | | | | | |
| Memory Loss | | | | | | | | | | | |
| Alcohol Abuse | | | | | | | | | | | |
| Drug Abuse | | | | | | | | | | | |