



WALMYR PUBLISHING COMPANY

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 you can by placing a number beside each one as follows:

- 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
- 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** _____

Copyright © 1990, Walmyr Publishing Company

No part of the *Multi-Problem Screening Inventory* (MPSI) may be copied or reproduced in any manner without written permission from the publisher.

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. _____ I feel that I am needed.
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. _____ I feel that I am a likable person.
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. _____ Our life together is dull.
35. _____
36. _____
37. _____ Ours is a very close relationship.

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: 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. _____ I enjoy the sex techniques that my partner likes or uses.
- 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. _____ My child interferes with my activities.
- 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. _____ My mother does not understand me.
- 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 = All of 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. _____ My father interferes with my activities.
- 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. _____ I feel I must race from one task to the next.
- 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. _____ I really feel "left out" by my friends.
- 109. _____ I hate my present group of friends.
- 110. _____
- 111. _____ I really like my present group of friends.
- 112. _____

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 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. _____ I wish I were not part of this neighborhood.
- 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. _____ I study very hard at school.
- 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

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 the time

8 = Does not apply

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. _____ I feel proud of my family.
- 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. _____ I feel that the only way to end my shame is to end my life.
- 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.

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

- 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.

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

- 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. _____

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

- 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. _____ I feel very guilty and ashamed.
- 274. _____
- 275. _____ I feel that people would be ashamed of me if they really knew me very well.

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. _____ I worry about the way my mind seems strange.

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. _____ I just cannot get certain bad thoughts out of my mind.

SUBSCALE: MEMORY LOSS

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

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 the time

8 = Do not apply

SAMPLE

- 304. _____ I forget 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. _____
- 312. _____ My drinking causes problems with my work.
- 313. _____
- 314. _____ After I have been drinking, I get the shakes.
- 315. _____
- 316. _____ I drink to calm my nerves or make me feel better.
- 317. _____
- 318. _____ I drink so much that I pass out.
- 319. _____
- 320. _____ I have one or more drinks when things are not going well for me.
- 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											