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# MPSQ

## MULTI-PROBLEM SCREENING QUESTIONNAIRE INSTRUCTIONS

This questionnaire is designed to obtain information about problems you may be experiencing in eight different areas of personal and social functioning. 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** \_\_\_\_\_

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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: PERSONAL ADJUSTMENT***

1. \_\_\_\_\_ How often do you feel depressed?
2. \_\_\_\_\_ How often do you feel that your sense of personal worth or self-esteem is very poor?
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_ How often do you get into fights with others?
6. \_\_\_\_\_ How often do you have serious arguments with others?
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_ How often do you feel that someone is trying to cause you harm or embarrassment?
10. \_\_\_\_\_ How often do you feel an intense sense of guilt or shame?
11. \_\_\_\_\_
12. \_\_\_\_\_
13. \_\_\_\_\_ How often do you feel intense anger or rage?
14. \_\_\_\_\_

***SUBSCALE: PARTNER RELATIONSHIP***

15. \_\_\_\_\_ How often do you feel your relationship with your partner is breaking up or is in trouble?
16. \_\_\_\_\_
17. \_\_\_\_\_ How often do you feel there is no love left in your relationship?
18. \_\_\_\_\_
19. \_\_\_\_\_ How often do you feel you would like to end the relationship with your partner?
20. \_\_\_\_\_
21. \_\_\_\_\_ How often is sex with your partner unsatisfying to you?

***SUBSCALE: FAMILY ADJUSTMENT***

22. \_\_\_\_\_ How often do you feel that your family is breaking apart?
23. \_\_\_\_\_ How often do you feel that yours is a very unhappy family?
24. \_\_\_\_\_
25. \_\_\_\_\_
26. \_\_\_\_\_ How often does one or more of your family drink too much alcohol?
27. \_\_\_\_\_ How often do you suspect that a family member is being sexually abused?
28. \_\_\_\_\_
29. \_\_\_\_\_
30. \_\_\_\_\_ How often does a member of your family get into trouble with the police?

***SUBSCALE: WORK ADJUSTMENT***

31. \_\_\_\_\_ How often do you have problems with your boss?
32. \_\_\_\_\_
33. \_\_\_\_\_ How often do you stay away from work without a good reason?
34. \_\_\_\_\_
35. \_\_\_\_\_ How often do you feel that you dislike or even hate your job?
36. \_\_\_\_\_
37. \_\_\_\_\_ How often do you feel you have other kinds of serious problems with your job?

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 = Do not apply

# SAMPLE

## *SUBSCALE: SCHOOL ADJUSTMENT*

- 38. \_\_\_\_\_ How often do you feel that you hate school?
- 39. \_\_\_\_\_
- 40. \_\_\_\_\_ How often do you put off studies at school until the last minute?
- 41. \_\_\_\_\_
- 42. \_\_\_\_\_ How often do you play at school instead of doing your schoolwork?
- 43. \_\_\_\_\_
- 44. \_\_\_\_\_ How often do you feel that you are a good student at school? \*
- 45. \_\_\_\_\_

## *SUBSCALE: SOCIAL ADJUSTMENT*

- 46. \_\_\_\_\_ How often do you have fights with your neighbors?
- 47. \_\_\_\_\_
- 48. \_\_\_\_\_ How often do you feel that other people are mean or unfriendly?
- 49. \_\_\_\_\_
- 50. \_\_\_\_\_ How often do you feel really isolated from others?
- 51. \_\_\_\_\_
- 52. \_\_\_\_\_ How often do you enjoy being with other people? \*

## *SUBSCALE: FINANCIAL PROBLEMS*

- 53. \_\_\_\_\_ How often are you late in paying your bills?
- 54. \_\_\_\_\_
- 55. \_\_\_\_\_ How often do you feel you must avoid creditors?
- 56. \_\_\_\_\_
- 57. \_\_\_\_\_ How often do you find yourself short of cash?
- 58. \_\_\_\_\_
- 59. \_\_\_\_\_ How often do you feel that you spend more than you should?
- 60. \_\_\_\_\_

## *PLAY AND LEISURE*

- 61. \_\_\_\_\_ How often do you enjoy leisure activities? \*
- 62. \_\_\_\_\_
- 63. \_\_\_\_\_ How often do you rush through leisure activities just to get them out of the way?
- 64. \_\_\_\_\_
- 65. \_\_\_\_\_ How often do you avoid play and leisure because duty calls?

# MPSQ SUBSCALE SCORING BLANK

Subscale Name	A Total Items	B Items Used	C Item Sum	D (C - B) Sum - Used	E D*100/(B*6) Score
Personal Adjustment	14	_____	_____	_____	_____
Partner Relationship	7	_____	_____	_____	_____
Family Adjustment	9	_____	_____	_____	_____
Work Adjustment	7	_____	_____	_____	_____
School Adjustment	8	_____	_____	_____	_____
Social Adjustment	7	_____	_____	_____	_____
Financial Problems	8	_____	_____	_____	_____
Play & Leisure	5	_____	_____	_____	_____

# MPSQ SCORE PROFILE GRAPH

**Subscale Name**  
 Personal Adjustment  
 Partner Relationship  
 Family Adjustment  
 Work Adjustment  
 School Adjustment  
 Social Adjustment  
 Financial Problems  
 Play & Leisure

	0	10	20	30	40	50	60	70	80	90	100
Personal Adjustment											
Partner Relationship											
Family Adjustment											
Work Adjustment											
School Adjustment											
Social Adjustment											
Financial Problems											
Play & Leisure											