DPSS-R

Disgust Propensity and Sensitivity Scale-Revised (DPSS-R)

The DPSS-R is a 16-item self-report questionnaire that measures two dimensions of trait disgust: disgust propensity and disgust sensitivity. Propensity refers to how easily or how often a person experiences disgust, while sensitivity describes how unpleasant, worrying, or hard to tolerate this experience is perceived to be. The tool is particularly useful in clinical psychology and research for exploring the role of disgust in specific phobias, fear of blood and injections, contamination concerns, certain obsessive-compulsive symptoms, and various anxiety presentations. Its main value is to assess disgust across situations, without being limited to specific triggering objects or situations, which helps refine the functional analysis and the hypotheses about what maintains the symptoms.

Number of questions	16 questions
Estimated duration	4 minutes
Language	English
Original name	Disgust Propensity and Sensitivity Scale-Revised
Target audience	Adults
Authors	W. J. M. van Overveld, Peter J. de Jong, Madelon L. Peters, Kate Cavanagh, Graham C. L. Davey (2006)
Category	Phobias

Preview of the 16 questions

I avoid disgusting things.

Never | Rarely | Sometimes | Often | Always

When I feel disgusted, I worry that I might pass out.

Never | Rarely | Sometimes | Often | Always

It scares me when I feel nauseous.

Never | Rarely | Sometimes | Often | Always

I think disgusting items could cause me illness/infection.

Never | Rarely | Sometimes | Often | Always

I feel repulsed.

Never | Rarely | Sometimes | Often | Always

Administer your questionnaires online

Send your patient a link: they answer from their phone or computer, and you receive the scored results by email.

View the questionnaire on mentaal.org ›

Scoring & interpretation

Each item is scored from 1 to 5, from never to always. The disgust propensity score is the sum of items 1, 5, 6, 7, 9, 10, 12, and 14. The disgust sensitivity score is the sum of items 2, 3, 4, 8, 11, 13, 15, and 16. Each subscore ranges from 8 to 40 and the total score from 16 to 80. High scores reflect, respectively, a more frequent tendency to experience disgust and an experience of disgust perceived as more aversive or threatening. Interpretation is preferably based on the two subscores rather than on the total alone. There is no universally accepted diagnostic cutoff for this tool.

Are you a psychologist?

With Mentaal, get meaningful insights to support your patients.

- Standardized tests
- Automatic scoring
- Results sent by email

Try it for free | See all questionnaires

★★★★★

“I now use the platform every day, it's so comprehensive, reliable and remarkably easy to use.”

Laura V. - Online Psychologist