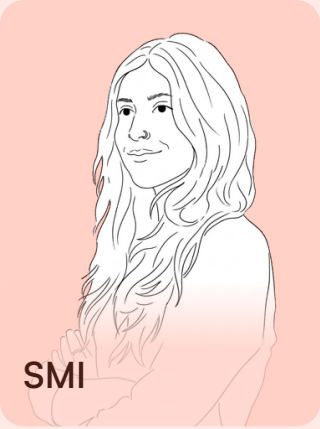


Schema Mode Inventory (SMI)

The Schema Mode Inventory (SMI) is a tool used to assess the presence and influence of different schema modes in individuals' psychological lives. Schema modes are emotional states of mind triggered by certain latent schemas, and they influence behavior, emotions, and thoughts. This test is often used in schema therapy to identify problematic modes and guide treatment.

Number of questions	124 questions
Estimated duration	30 minutes
Language	English
Original name	Schema Mode Inventory
Target audience	Adults
Authors	Jeffrey E. Young, Wendy Behary, David Bernstein (2009)
Category	General

Preview of the 124 questions

In general, how often does this statement apply to you?

I insist on being respected, by not letting myself be pushed around.

Never or almost never | Rarely | Occasionally | Often | Most of the time | All the time

In general, how often does this statement apply to you?

I feel loved and accepted.

Never or almost never | Rarely | Occasionally | Often | Most of the time | All the time

In general, how often does this statement apply to you?

I deny myself all pleasure because I don't deserve it.

Never or almost never | Rarely | Occasionally | Often | Most of the time | All the time

In general, how often does this statement apply to you?

I feel fundamentally inadequate, deficient, and imperfect.

Never or almost never | Rarely | Occasionally | Often | Most of the time | All the time

In general, how often does this statement apply to you?

I have an impulsive need to punish myself by hurting myself (e.g., by cutting myself).

Never or almost never | Rarely | Occasionally | Often | Most of the time | All the time

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Scoring & interpretation

Each mode is scored separately as the mean of its items on the frequency scale from 1 to 6, which makes the 14 modes comparable with one another even though they contain 4 to 10 items.

Each mean is then placed within the norms of version 1.1, established on a sample of non-patient participants and a sample of patients with a personality disorder. This yields five levels: very low, average, moderate, high, and very high. The “average” level corresponds to the general population range; “high” and “very high” indicate a mode that reaches or exceeds the mean level observed in patients.

Two modes, the Happy Child and the Healthy Adult, are adaptive and are read in reverse: for these, a low score constitutes the clinical sign, and their thresholds go down instead of up.

Interpretation focuses on the configuration of the dominant modes and on how they relate to one another, rather than on an isolated value. Since modes are temporary states rather than traits, the scoring reflects the current period and is most meaningful when compared from one administration to the next.

Usage

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 Romane L. - Online CBT Psychologist