

Young Parenting Inventory (YPI)

The YPI is a self-report questionnaire designed to assess the perception of parental attitudes during childhood. It identifies emotional schemas potentially stemming from parenting style, and helps to better understand the origins of maladaptive schemas according to Jeffrey Young's schema theory. It serves as a complement to clinical assessment, particularly in schema therapy.

Number of questions	144 questions
Estimated duration	36 minutes
Language	English
Original name	Young Parenting Inventory
Target audience	Adults
Authors	Jeffrey E. Young (1995)
Category	General

Preview of the 144 questions

Loved me, treated me like someone special

Completely false | Mostly false | More true than false | Moderately true | Mostly true | Describes her or him perfectly

Spent time with me, was attentive to me

Completely false | Mostly false | More true than false | Moderately true | Mostly true | Describes her or him perfectly

Gave me useful advice and guided me

Completely false | Mostly false | More true than false | Moderately true | Mostly true | Describes her or him perfectly

Listened to me, understood me, shared his or her feelings with me

Completely false | Mostly false | More true than false | Moderately true | Mostly true | Describes her or him perfectly

Was warm and showed physical affection

Completely false	Mostly false	More true than false	Moderately true	Mostly true	Describes her or him perfectly

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 of the 72 statements is rated from 1 (completely untrue) to 6 (describes him/her perfectly) for each parent. High scores on certain items or domains signal problematic parenting styles associated with early maladaptive schemas. Interpretation is generally done by domains grouping items related to specific schemas.

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- Automatic scoring
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“Mentaal has truly simplified my online practice, thanks to automatic scoring and seamless questionnaire sending.”

Basile R. - Clinical Psychologist