

Young Schema Questionnaire (Long Version) (YSQ-L3)

The Young Schema Questionnaire is used to identify dysfunctional cognitive schemas in adults. It is an integral part of schema therapy, which aims to change the deep-seated thought patterns that influence behaviors and emotions.

Number of questions	232 questions
Estimated duration	27 minutes
Language	English
Original name	Young Schema Questionnaire (Long Version)
Target audience	Adults
Authors	Jeffrey E. Young (2005)
Category	General

Preview of the 232 questions

Other people have not met my emotional needs.

This is completely false for me | Mostly false for me | More true than false for me | Fairly true for me | Mostly true for me | Describes me perfectly

I have not received enough love and attention.

This is completely false for me | Mostly false for me | More true than false for me | Fairly true for me | Mostly true for me | Describes me perfectly

On the whole, I have had no one I could count on for advice or emotional support.

This is completely false for me | Mostly false for me | More true than false for me | Fairly true for me | Mostly true for me | Describes me perfectly

Most of the time, I have had no one to help me grow, to share their inner world with me, or to care deeply about everything that happens to me.

This is completely false for me | Mostly false for me | More true than false for me | Fairly true for me | Mostly true for me | Describes me perfectly

For most of my life, I have had no one who wanted to be close to me and spend a lot of time with me.

This is completely false for me | Mostly false for me | More true than false for me | Fairly true for me | Mostly true for me | Describes me 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 question is rated on a scale from 1 to 6 according to the respondent's agreement with the statement. Higher scores indicate a greater identification with the schema in question. The results help target the schemas to work on in therapy.

Usage

This tool isn't available on Mentaal. To use this questionnaire in your practice, you need a valid license. We invite you to send it directly from the publisher's website.

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

 Laura V. - Online Psychologist