

Appendix 3

PERSONALITY STRUCTURE QUESTIONNAIRE (PSQ)

The aim of this questionnaire is to obtain an account of certain aspects of your personality. People vary greatly in all sorts of ways: the aim of this form is to find out how far you feel yourself to be constant and 'all of a piece' or variable and made up of a number of distinct 'sub-personalities' or liable to experience yourself as shifting between two or more quite distinct and sharply differentiated states of mind.

Most of us experience ourselves as somewhere between these contrasted ways. A *state of mind* is recognised by a typical mood, a particular sense of oneself and of others and by how far one is in touch with, and in control of, feelings. Such states are definite, recognisable ways of being; one is either clearly in a given state or one is not. They often affect one quite suddenly; they may be of brief duration or they last for days. Sometimes, but not always, changes of state happen because of a change in circumstances or an event of some kind.

Please indicate which description applies to you most closely by shading the appropriate circle

**Please complete
ALL questions**

Shade circles like this: ●
Not like this: ⊗ ⊕

**Shade one circle
per question only**

**THANK YOU FOR YOUR HELP. ALL INFORMATION WILL BE TREATED AS
PRIVATE AND CONFIDENTIAL**

SHADE ONE CIRCLE PER QUESTION ONLY

	1 Very true	2 True	3 May or may not be true	4 True	5 Very true	
1. My sense of myself is always the same	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	How I act or feel is constantly changing
2. The various people in my life see me in much the same way	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	The various people in my life have different views of me as if I were not the same person
3. I have a stable and unchanging sense of myself	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	I am so different at different times that I wonder who I really am
4. I have no sense of opposed sides to my nature	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	I feel I am split between two (or more) ways of being, sharply differentiated from each other
5. My mood and sense of self seldom change suddenly	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	My mood can change abruptly in ways which make me feel unreal or out of control
6. My mood changes are always understandable	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	I am often confused by my mood changes which seem either unprovoked or quite out of scale with what provoked them
7. I never lose control	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	I get into states in which I lose control and do harm to myself and/or others
8. I never regret what I have said or done	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	I get into states in which I do and say things which I later deeply regret

From: Pollock, P.H., Broadbent, M., Clarke, S., Dorrian, A.J. and Ryle, A. (2001) The Personality Structure Questionnaire (PSQ): A measure of the multiple self states model of identity disturbance in cognitive analytic therapy. *Clinical Psychology and Psychotherapy*, 8, 59-72. © John Wiley & Sons, Ltd. Reproduced with permission.