

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 may last for days. Sometimes, but not always, changes of state happen because of change in circumstances or an event of some kind.

This questionnaire is useful in that it helps us to measure integration of self states or parts of our personality. At the beginning of therapy or self-help the scores might indicate a rather split or fragmented sense of self. With some therapy or self-reflection these shifts may become less extreme, giving lower scores, indicating that we have managed a greater integration.

- Indicate which description applies to you most closely by shading the appropriate circle
- Complete ALL questions
- Shade one circle per question only

The PSQ was developed by M. Broadbent, S. Clarke and A. Ryle at the Academic Department of Psychiatry, St Thomas's Hospital, London.

