

Multidimensional Jealousy Scale (MJS)

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Please think of a person with whom you are having or have had a strong romantic/love relationship. This person is referred to as X in this questionnaire. Please rate your response to the following questions by circling the appropriate number beside each item.

*Cognitive

How often do you have the following thoughts about X?

		<u>Rating Scale</u>	
		All the time	Never
1.	I suspect that X is secretly seeing someone of the opposite sex.	1	2 3 4 5 6 7
2.	I am worried that some member of the opposite sex may be chasing after X.	1	2 3 4 5 6 7
3.	I suspect that X may be attracted to someone else.	1	2 3 4 5 6 7
4.	I suspect that X may be physically intimate with another member of the opposite sex behind my back.	1	2 3 4 5 6 7
5.	I think that some members of the opposite sex may be romantically interested in X.	1	2 3 4 5 6 7
6.	I am worried that someone of the opposite sex is trying to seduce X.	1	2 3 4 5 6 7
7.	I think that X is secretly developing an intimate relationship with someone of the opposite sex.	1	2 3 4 5 6 7
8.	I suspect that X is crazy about members of the opposite sex.	1	2 3 4 5 6 7

*In scoring, please reverse the score such that 1 becomes 7, 2 becomes 6, etc.

Emotional

How would you emotionally react to the following situations?

		<u>Rating Scale</u>						
		Very Pleased			Very Upset			
1.	X comments to you on how great looking a particular member of the opposite sex is.	1	2	3	4	5	6	7
2.	X shows a great deal of interested or excitement in talking to someone of the opposite sex.	1	2	3	4	5	6	7
3.	X smiles in a very friendly manner to someone of the opposite sex.	1	2	3	4	5	6	7
4.	A member of the opposite sex is trying to get close to X all the time.	1	2	3	4	5	6	7
5.	X is flirting with someone of the opposite sex.	1	2	3	4	5	6	7
6.	Someone of the opposite sex is dating X.	1	2	3	4	5	6	7
7.	X hugs and kisses someone of the opposite sex.	1	2	3	4	5	6	7
8.	X works very closely with a member of the opposite sex (in school or office).	1	2	3	4	5	6	7

Behavioural

How often do you engage in the following behaviours?

		<u>Rating Scale</u>						
		Never						All the time
1.	I look through X's drawers, handbag, or pockets.	1	2	3	4	5	6	7
2.	I call X unexpectedly, just to see if s/he is there.	1	2	3	4	5	6	7
3.	I question X about previous or present romantic relationships.	1	2	3	4	5	6	7
4.	I say something nasty about someone of the opposite sex if X shows an interest in that person.	1	2	3	4	5	6	7
5.	I question X about his/her telephone calls.	1	2	3	4	5	6	7
6.	I question X about his/her whereabouts.	1	2	3	4	5	6	7
7.	I join in whenever I see X talking to a member of the opposite sex.	1	2	3	4	5	6	7
8.	I pay X a surprise visit just to see who is with him/her.	1	2	3	4	5	6	7