# Multi-dimensional Jealousy Scale

## Cognitive

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| How often do you have the following thoughts about X? | | | | | | | | |
|  |  | **1**  **All the time** | **2** | **3** | **4** | **5** | **6** | **7**  **Never** |
| 1 | I suspect that X is secretly seeing someone of the opposite sex. |  |  |  |  |  |  |  |
| 2 | I am worried that some member of the opposite sex may be chasing after X. |  |  |  |  |  |  |  |
| 3 | I suspect that X may be attracted to someone else. |  |  |  |  |  |  |  |
| 4 | I suspect that X may be physically intimate with another member of the opposite sex behind my back. |  |  |  |  |  |  |  |
| 5 | I think that some members of the opposite sex may be romantically interested in X. |  |  |  |  |  |  |  |
| 6 | I am worried that someone of the opposite sex is trying to seduce X. |  |  |  |  |  |  |  |
| 7 | I think that X is secretly developing an intimate relationship with someone of the opposite sex. |  |  |  |  |  |  |  |
| 8 | I suspect that X is crazy about members of the opposite sex. |  |  |  |  |  |  |  |

## Emotional:

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| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| How would you emotionally react to the following situations? | | | | | | | | |
|  |  | **1**  **Very pleased** | **2** | **3** | **4** | **5** | **6** | **7**  **Very upset** |
| 1 | X comments to you on how great looking a particular member of  the opposite sex is. |  |  |  |  |  |  |  |
| 2 | X shows a great deal of interested or excitement in talking to  someone of the opposite sex. |  |  |  |  |  |  |  |
| 3 | X smiles in a very friendly manner to someone of the opposite sex. |  |  |  |  |  |  |  |
| 4 | A member of the opposite sex is trying to get close to X all the time. |  |  |  |  |  |  |  |
| 5 | X is flirting with someone of the opposite sex. |  |  |  |  |  |  |  |
| 6 | Someone of the opposite sex is dating X. |  |  |  |  |  |  |  |
| 7 | X hugs and kisses someone of the opposite sex. |  |  |  |  |  |  |  |
| 8 | X works very closely with a member of the opposite sex (in school or office). |  |  |  |  |  |  |  |

## Behavioural:

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| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| How often do you engage in the following behaviours? | | | | | | | | |
|  |  | **1**  **Never** | **2** | **3** | **4** | **5** | **6** | **7**  **All the time** |
| 1 | I look through X’s drawers, handbag, or pockets. |  |  |  |  |  |  |  |
| 2 | I call X unexpectedly, just to see if s/he is there. |  |  |  |  |  |  |  |
| 3 | I question X about previous or present romantic relationships. |  |  |  |  |  |  |  |
| 4 | I say something nasty about someone of the opposite sex if X shows an interest in that person. |  |  |  |  |  |  |  |
| 5 | I question X about his/her telephone calls. |  |  |  |  |  |  |  |
| 6 | I question X about his/her whereabouts. |  |  |  |  |  |  |  |
| 7 | I join in whenever I see X talking to a member of the opposite sex. |  |  |  |  |  |  |  |
| 8 | I pay X a surprise visit just to see who is with him/her. |  |  |  |  |  |  |  |

# Scoring:

Responses for the Cognitive questions should be reverse, e.g. 7 = 1, 6 = 2,….

The Multi-Dimensional Jealousy Scale (MJS) was developed by Pfeiffer and Wong (1989).

Pfeiffer, S. M., & Wong, P. T. P. (1989). [Multidimensional jealousy.](http://www.drpaulwong.com/wp-content/uploads/2018/03/Multidimensional-Jealousy-Scale-Pfeiffer-Wong-1989-Paper.pdf) Journal of Social and Personal Relationships, 6, 181-196