



Evaluation: DISC (Dusseldorf Illustrated Schema Questionnaire for Children)



Name:

Born on:

Date:

On the DISC, the child was asked to assess in how far the content of each statement applies to them. There were four options available (answer options and point assignment: see right).

Evaluation: The scores of each pair of schema-related statements are added together and entered into the corresponding column box "Σ". Note: Most (34 out of 36) statements are in the "negative" form. Generally a high score in columns "1-4" reflects a high schema disposition.

Important: The statements 23 and 24 (greyed out) are in the positive form on questionnaire . Here, therefore, a reverse point assignment must be considered (1 P = "true of me always ", 2 P = "... often", 3 P = "... seldom", 4 P = "... never").

Finally, the sum score of each schema or schema disposition can be ranked and interpreted in the „Ranking“ column.

True of me ...			
always	often	seldom	never
4 P	3 P	2 P	1 P

Points assignment*

Item-Nr.	Statements	1-4	Σ	Ranking	Schema
1.	I get angry very quickly if it takes a little longer than planned.				Insufficient self-control/ self-discipline
2.	I can barely wait.				
3.	I like to let decide others, because i do not want a fight.				Subjugation
4.	The opinion of others is more important to me than my own.				
5.	Somehow I have the feeling that my friends are lying to me or betrayed me.				Mistrust / abuse
6.	I think that other people take advantage of me.				
7.	I can not understand how anyone can like me.				Defectiveness / shame
8.	I am not worth being loved.				
9.	I do not like to be with other people.				Social Isolation
10.	I'd rather stay alone than join a group.				
11.	I need a lot of help in my life. Otherwise, I can not do it.				Dependence/ incompetence
12.	I can do almost nothing without my parents.				
13.	No matter what I do at school, others are always better than me.				Failure
14.	My achievements are bad, and that will always be the case.				
15.	I have the feeling that a disaster could happen at any moment.				Vulnerability
16.	I am afraid that something bad could happen.				
17.	When my parents have problems, I automatically feel bad.				Enmeshment
18.	I feel responsible for the life of my parents.				

Item-Nr.	Statements	1-4	Σ	Ranking	Schema
19.	Others say that I am a know-it-all.				Entitlement/grandiosity
20.	Others should do what I want.				
21.	I do not get attention and love.				Emotional deprivation
22.	Nobody really takes time for me.				
23.	I am sure that my family and my friends will always be there for me. (Attention opposite rating)	*			Abandonment/ instability
24.	I believe that my family and friends stand by me in every situation. (Attention opposite rating)	*			
25.	I do everything when people ask me for help, even if I can not do it anymore.				Self-sacrifice
26.	I do not have time for myself because I take care of others all the time.				
27.	It is important to me that the people around me say how great I am. Otherwise ...				Approval-seeking/ recognition-seeking
28.	Having fashionable clothes and ... makes me feel special.				
29.	Most of my life is bad or will be bad at the end.				Negativity/pessimism
30.	I can not make up my mind because I see dangers in all decisions.				
31.	Showing emotions is embarrassing.				Emotional inhibition
32.	Others should not know when I'm scared, angry or sad.				
33.	If I make mistakes, I deserve to be punished.				Punitiveness
34.	Punishment is needed! This applies to all who make mistakes				
35.	I put a lot of pressure on myself to show others and myself how good I am.				Unrelenting standards
36.	The most important thing in my life is to be good at school.				

** Already recoded point assignment (low score corresponds to a low schema disposition.)

The schemas / schema dispositions with the highest ranking are...

Note: The DISC is a purely hypothesis-generating inventory. Maladaptive schemas in childhood are (due to development) to be considered as schema dispositions. To determine a schema disposition, the biography and behavior of the child during the diagnostic and therapeutic sessions must be taken into account. These can develop into maladaptive schemas in adolescence or adulthood. The goal of the questionnaire is to identify the prevalence of schema dispositions early in childhood in order to introduce measures or apply treatment approaches to prevent the corresponding schema development.

Publication: Loose, Meyer, & Pietrowsky (2018). The Dusseldorf Illustrated Schema Questionnaire for Children (DISC). *Psicologia: Reflexão e Crítica*, 31:7.