

SCALE FOR THREE TYPES OF JEALOUSY
English version

Primary reference:

Barelds, D.P.H. & Dijkstra, P. (2007) Relations between different types of jealousy and self and partner perceptions of relationship quality. *Clinical Psychology & Psychotherapy*, 14, 176-188

Buunk, B.P. (1997). Personality, birth order and attachment styles as related to various types of jealousy. *Personality & Individual Differences*, 23, 997-1006

Response scale for questions 1 - 5

1	2	3	4	5
Not at all Upsetting				Extremely upsetting

Please think of the relationship with your current partner. Mark the number that best reflects your opinion.

How would you feel when your partner would do the following things?

- 1 ...flirting with someone else.
2. ...discussing personal things with someone of the opposite sex.
3. ...having sex with someone else.
4. ...dancing intimately with someone of the opposite sex.
5. ...kissing someone of the opposite sex on the mouth when greeting or saying goodbye.

Response scale for questions 6 - 10

1	2	3	4	5
Never				All the Time

Please check to what degree the following applies to you.

6. I am concerned that my partner finds someone else more attractive than me.
7. I am worried that my partner has a sexual relationship with someone else.
8. I am afraid that my partner is sexually interested in someone else.

9. I am worried about all the things that could happen when my partner comes into contact with persons of the opposite sex.

10. I am worried that my partner will leave me for someone else.

Response scale for questions 11 - 15

1	2	3	4	5
Does not apply to me				Applies very much to me

To what degree do the following statements apply to you?

11. I don't want my partner to have too much contact with persons of the opposite sex.

12. It is unacceptable to me that my partner has friends of the opposite sex.

13. I expect my partner not to look at other men/women.

14. I am rather possessive with regard to my partner.

15. It is difficult for me to give my partner enough space.