

Stopa, L., Thorne, P., Waters, A., & Preston, J. (2001). Are the short and long forms of the Young Schema-Questionnaire comparable and how well does each version predict psychopathology scores? *Journal of Cognitive Psychotherapy, 15*, 253-272.

Young's Schema Questionnaire (YSQ; Young & Brown, 1994) was developed to measure schemas that may need to be modified during therapy. This study examines whether the long and short forms of the YSQ produce comparable scores in a heterogeneous group of psychiatric outpatients. The study also looks at how well each version predicts psychopathology measured by the SCL-90 -R (Derogatis, 1977). The results of this study show that the two versions of the YSQ have similar levels of internal consistency, parallel forms reliability and concurrent validity, and indicate that the short form can be used with reasonable confidence by the clinician and researcher. Both versions of the YSQ were modest predictors of psychopathology scores and each version produced slightly different patterns of predictions although there was overlap between the predicted schemas in each version.