

Rejection Sensitivity Test

Patient name: _____ Age: _____

Gender: _____ Date of completion: _____

Instructions for use

For each question, imagine you are in the described situation and think about how you would feel and what you would expect. Then, answer the two follow-up questions:

- Concern/anxiety:** Rate how concerned or anxious you would feel about the situation using a scale from 1 (very unconcerned) to 6 (very concerned).
- Expectation:** Rate how likely you believe the described outcome would be, using a scale from 1 (very unlikely) to 6 (very likely).

Please answer honestly based on how you think and feel most of the time. There are no right or wrong answers.

1. You ask your parents or another family member for a loan to help you through a difficult financial time.					
A. How concerned or anxious would you be about whether or not your family would want to help you?					
1 Very concerned	2	3	4	5	6 Very unconcerned
B. I would expect that they would agree to help as much as they can.					
1 Very unlikely	2	3	4	5	6 Very likely
2. You approach a close friend to talk after doing or saying something that seriously upset them.					
A. How concerned or anxious would you be about whether or not your friend would want to talk with you?					
1 Very concerned	2	3	4	5	6 Very unconcerned
B. I would expect that he/she would want to talk with me to try to work things out.					
1 Very unlikely	2	3	4	5	6 Very likely
3. You bring up the issue of sexual protection with your significant other and tell them how important you think it is.					
A. How concerned or anxious would you be about their reaction?					
1 Very concerned	2	3	4	5	6 Very unconcerned

B. I would expect that he/she would be willing to discuss our possible options without getting defensive.

1
Very unlikely

2

3

4

5

6
Very likely

4. You ask your supervisor for help with a problem you have been having at work.

A. How concerned or anxious would you be about whether or not they would want to help you?

1
Very
concerned

2

3

4

5

6
Very
unconcerned

B. I would expect that he/she would want to try to help me out.

1
Very unlikely

2

3

4

5

6
Very likely

5. After a bitter argument, you call or approach your significant other because you want to make up.

A. How concerned or anxious would you be about whether or not your significant other would want to make up with you?

1
Very
concerned

2

3

4

5

6
Very
unconcerned

B. I would expect that he/she would be at least as eager to make up as I would be.

1
Very unlikely

2

3

4

5

6
Very likely

6. You ask your parents or other family members to come to an occasion important to you.

A. How concerned or anxious would you be about whether or not they would want to come?

1
Very
concerned

2

3

4

5

6
Very
unconcerned

B. I would expect that he/she would want to talk with me.

1
Very unlikely

2

3

4

5

6
Very likely

8. Lately you've been noticing some distance between yourself and your significant other, and you ask them if there is something wrong.

A. How concerned or anxious would you be about whether or not they still love you and want to be with you?

1
Very
concerned

2

3

4

5

6
Very
unconcerned

B. I would expect that he/she will show sincere love and commitment to our relationship no matter what else may be going on.					
1 Very unlikely	2	3	4	5	6 Very likely
9. You call a friend when there is something on your mind that you feel you really need to talk about.					
A. How concerned or anxious would you be about whether or not your friend would want to listen?					
1 Very concerned	2	3	4	5	6 Very unconcerned
B. I would expect that he/she would listen and support me.					
1 Very unlikely	2	3	4	5	6 Very likely
Total score:					

Scoring instructions

1. Calculate a rejection sensitivity (RS) score for each situation

- Multiply the **rejection concern** score (response to question A) by the **rejection expectancy** score (7 minus the acceptance expectancy score from question B).
- **Formula:** Rejection Sensitivity = (Rejection Concern) × (7 - Acceptance Expectancy).
- **Example:** If rejection concern = 5 and acceptance expectancy = 2, then rejection expectancy = 5, and RS = 5×5=25. Scores range from **1 to 36**.

2. Calculate the total RS score

- Find the **mean** of the RS scores for all 9 situations. The total score will be between **1 and 36**.

Interpreting the scores

Individual situation scores

- **1–12 (Low):** Low rejection sensitivity; confident in seeking support.
- **13–24 (Moderate):** Moderate sensitivity; some hesitation or concern.
- **25–36 (High):** High sensitivity; likely anxious or uncertain in interactions.

Overall RS score

- **1–12 (Low):** Secure in relationships and social interactions.
- **13–24 (Moderate):** Some sensitivity, depending on the context.
- **25–36 (High):** Significant rejection sensitivity, impacting emotional well-being.

High scores may indicate anxiety or insecurity and could benefit from therapeutic intervention. Moderate scores suggest opportunities for growth in specific contexts. Low scores indicate resilience and confidence in social situations.

Reference

Berenson, K. R., Gyurak A., Ayduk, O., Downey G., Garner, M. J., Mogg, K. Bradley, B. P., & Pine, D. S. (2009). Rejection sensitivity and disruption of attention by social threat cues. *Journal of Research in Personality*, 43, 1064-1072. <https://berenson.sites.gettysburg.edu/a-rsq/>