



# Megalophobia Severity Screening Scale (MSSS-20) Questionnaire

## Instructions

Megalophobia Severity Screening Scale (MSSS-20) contains 20 items rated on a 5-point scale. Please answer each question honestly based on your typical thoughts, feelings, and experiences. There are no right or wrong answers.

#	Statement	Strongly Disagree (0)	Disagree (1)	Neutral (2)	Agree (3)	Strongly Agree (4)
1	Very large buildings sometimes make me feel uncomfortable.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2	I prefer staying away from enormous statues or monuments.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3	Massive ships or cruise liners feel intimidating to me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4	I feel uneasy when standing close to skyscrapers.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5	Seeing extremely large objects can feel overwhelming.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6	I feel relaxed when looking at tall buildings.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7	Large open environments usually feel comfortable to me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8	I enjoy visiting places with giant structures.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9	Huge objects rarely make me nervous.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

#	Statement	Strongly Disagree (0)	Disagree (1)	Neutral (2)	Agree (3)	Strongly Agree (4)
10	I sometimes feel small or vulnerable near massive structures.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
11	I enjoy watching videos of huge ships or giant machinery.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
12	If a structure looks overwhelmingly large, I avoid getting too close.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
13	I sometimes avoid places known for giant monuments or buildings.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
14	I enjoy learning about massive engineering projects.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
15	I like looking at pictures of enormous underwater or space objects.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
16	I enjoy visiting large museums, stadiums, or public structures.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
17	Huge objects sometimes make me feel emotionally uneasy.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
18	I enjoy standing near tall structures or giant landmarks.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
19	I sometimes avoid situations involving visually overwhelming scale.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
20	Very large environments can sometimes feel psychologically unsettling.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

## Scoring Instructions

Responses should be summed according to the scoring procedures of the assessment.

Higher scores generally indicate greater expression of the measured construct unless otherwise specified.

#### Reverse-Scored Items

6, 7, 8, 9, 11, 14, 15, 16, 18

#### Reverse Scoring Formula

0 → 4

1 → 3

2 → 2

3 → 1

4 → 0

### Dimension Scoring Keys

Dimension	Items	Number of Items
Size Fear	1, 2, 3, 4, 5	5
Environmental Anxiety	6, 7, 8, 9, 10	5
Object Avoidance	11, 12, 13, 14, 15	5
Visual Discomfort	16, 17, 18, 19, 20	5

### Raw Score Ranges

Scale	Items	Possible Range
Size Fear	5	0–20
Environmental Anxiety	5	0–20
Object Avoidance	5	0–20
Visual Discomfort	5	0–20
<b>Overall Score</b>	<b>20</b>	<b>0–80</b>

## Source

---

Deenz Psychometric Research Initiative. Megalophobia Severity Screening Scale (MSSS-20). Experimental Psychometric Assessment Framework. 2024.

---

Prepared by [Drdeenz](#)

Interactive Version: [Megalophobia Severity Screening Scale \(MSSS-20\)](#)