

Pathological Liar Test

Name:

Date of Test:

TEST

Please rate the following statements based on your experiences and feelings:

1. I often find myself telling lies, even when there is no clear reason to do so.

Level of Agreement	Score
Strongly Disagree	1
Disagree	2
Somewhat Disagree	3
Neither Agree nor Disagree	4
Somewhat Agree	5
Agree	6
Strongly Agree	7

2. I feel guilty or remorseful after lying.

Level of Agreement	Score
Strongly Disagree	1
Disagree	2
Somewhat Disagree	3
Neither Agree nor Disagree	4
Somewhat Agree	5
Agree	6
Strongly Agree	7

3. I believe that I am better than others at deceiving people.

Level of Agreement	Score
Strongly Disagree	1
Disagree	2
Somewhat Disagree	3
Neither Agree nor Disagree	4
Somewhat Agree	5
Agree	6
Strongly Agree	7

4. My lies have caused significant problems in my personal or professional life.

Level of Agreement	Score
Strongly Disagree	1
Disagree	2
Somewhat Disagree	3
Neither Agree nor Disagree	4
Somewhat Agree	5
Agree	6
Strongly Agree	7

5. I feel a sense of excitement or satisfaction when successfully deceiving others.

Level of Agreement	Score
Strongly Disagree	1
Disagree	2
Somewhat Disagree	3
Neither Agree nor Disagree	4
Somewhat Agree	5
Agree	6
Strongly Agree	7

6. There are particular situations or contexts in which I am more likely to lie.

Level of Agreement	Score
Strongly Disagree	1
Disagree	2
Somewhat Disagree	3
Neither Agree nor Disagree	4
Somewhat Agree	5
Agree	6
Strongly Agree	7

7. I have sought professional help or counseling for issues related to lying.

Level of Agreement	Score
Strongly Disagree	1
Disagree	2
Somewhat Disagree	3
Neither Agree nor Disagree	4
Somewhat Agree	5

Agree	6
Strongly Agree	7
8. I often embellish stories or exaggerate details in conversation.	
Level of Agreement	Score
Strongly Disagree	1
Disagree	2
Somewhat Disagree	3
Neither Agree nor Disagree	4
Somewhat Agree	5
Agree	6
Strongly Agree	7
9. I have fabricated stories about my past experiences or achievements.	
Level of Agreement	Score
Strongly Disagree	1
Disagree	2
Somewhat Disagree	3
Neither Agree nor Disagree	4
Somewhat Agree	5
Agree	6
Strongly Agree	7
Total Score:	

SCORE INTERPRETATION

9-21: Low likelihood of pathological lying tendencies.

22-35: Moderate likelihood of pathological lying tendencies. Consider further evaluation by a mental health professional.

36-49: High likelihood of pathological lying tendencies. Seek evaluation and intervention from a mental health professional.

50-63: Very high likelihood of pathological lying tendencies. Immediate intervention by a mental health professional is recommended.

Note: The Pathological Liar Test questionnaire is intended for informational and screening purposes only and is not a diagnostic tool. The results of this questionnaire should not be used as a basis for self-diagnosis or self-treatment. The questionnaire is not a substitute for professional medical or psychological evaluation and should not be used as such.

If you have concerns about pathological lying behavior or any other mental health issues, it is important to seek evaluation and guidance from a qualified mental health professional.

REFERENCE

Curtis, D. A., & Hart, C. L. (2020). Pathological Lying: Theoretical and Empirical Support for a Diagnostic Entity. *Psychiatric Research and Clinical Practice*, 2(2).
<https://doi.org/10.1176/appi.prcp.20190046>