

Strengths and Difficulties Questionnaire (SDQ)

Name:	Date:
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Please read each statement and choose the answer that best describes your child's behavior in the last six months. After completing the questionnaire, you can add up the scores for each subscale to interpret your child's results.

0 = Not true

1 = Somewhat true

2 = Certainly true

Questions	0	1	2
1. Has your child been unhappy, downhearted or tearful?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. Has your child had a good appetite?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. Has your child been nervous in new situations?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. Has your child been clinging to adults or too dependent?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5. Has your child been solitary or kept to himself/herself?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6. Has your child been bullied or picked on by other children?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7. Has your child had a temper tantrum or a hot temper?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8. Has your child been disobedient or naughty?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9. Has your child been fidgety or unable to sit still?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10. Has your child been easily distracted or sidetracked?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
11. Has your child been popular with other children?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
12. Has your child been considerate of other people's feelings?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
13. Has your child shared with other children (treats, toys, pencils, etc.)?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
14. Has your child been helpful if someone (parent, teacher, child) is hurt or feeling unwell?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
15. Has your child taken responsibility for his/her actions?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
16. Has your child been helpful around the house (tidying up, cooking, washing up, etc.)?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
17. Has your child been well-behaved?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
18. Has your child been popular with other adults?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
19. Has your child been physically active, full of energy or "on the go"?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
20. Has your child been considerate of other people's property?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
21. Has your child been a good listener?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
22. Has your child been able to concentrate?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
23. Has your child been truthful and honest?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
24. Has your child shown remorse after misbehaving?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
25. Has your child been kind to younger children?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Strengths and Difficulties Questionnaire (SDQ)

Result Interpretation

To interpret the SDQ results, add up the scores for each subscale as follows:

- Emotional Symptoms (Items 1, 3, 5, 6, 24)
- Conduct Problems (Items 7, 8, 9, 10, 20)
- Hyperactivity/Inattention (Items 4, 19, 22, 23, 25)
- Peer Relationship Problems (Items 2, 11, 12, 13, 18)
- Prosocial Behavior (Items 14, 15, 16, 17, 21)

Each subscale score can range from 0 to 10. Higher scores on the Emotional Symptoms, Conduct Problems, and Hyperactivity/Inattention subscales indicate more difficulties, while higher scores on the Peer Relationship Problems and Prosocial Behavior subscales indicate more strengths.

The overall SDQ score is calculated by adding the scores of the first four subscales (Emotional Symptoms, Conduct Problems, Hyperactivity/Inattention, and Peer Relationship Problems) and can range from 0 to 40. Higher scores on the overall SDQ score indicate more difficulties.

Interpretation of the scores is as follows:

- **Subscale scores of 0-4** are considered normal or within the typical range.
- **Subscale scores of 5-6** are considered borderline or at risk.
- **Subscale scores of 7-10** are considered abnormal or high risk.

For the overall SDQ score:

- **Scores of 0-14** are considered normal or within the typical range.
- **Scores of 15-19** are considered borderline or at risk.
- **Scores of 20-40** are considered abnormal or high risk.

It is important to note that the SDQ is not a diagnostic tool and should be used in conjunction with other assessments and clinical judgment. A high score on the SDQ does not necessarily mean that a child has a disorder or needs treatment, but rather indicates that further evaluation or support may be warranted.

Notes