AQC

Alexithymia Questionnaire for Children (AQC)

The AQC is a self-report tool designed to measure alexithymia in children. It is derived from the Toronto Alexithymia Scale (TAS-20) but adapted for children. It assesses difficulty identifying and describing emotions as well as externally oriented thinking. This questionnaire is used particularly in developmental psychology and child psychiatry.

Number of questions	20 questions
Estimated duration	10 minutes
Language	English
Original name	Alexithymia Questionnaire for Children
Target audience	Children aged 9 to 15
Authors	Rieffe C., Oosterveld P., Terwogt M. M. (2006)
Category	Interpersonal issues

Preview of the 20 questions

I am often confused about the way I am feeling inside.

Not true | Sometimes true | Often true

I find it difficult to say how I feel inside.

Not true | Sometimes true | Often true

I feel things in my body that even doctors don't understand.

Not true | Sometimes true | Often true

I can easily say how I feel inside.

Not true | Sometimes true | Often true

When I have a problem, I want to know where it comes from and not just talk about it.

Not true | Sometimes true | Often true

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Scoring & interpretation

Each item is rated on a scale from 1 to 3. Total scores are obtained by summing the responses, and cutoffs are used to define low, average and high levels of alexithymia. Clinical interpretation requires a careful analysis of the subscale scores (identifying feelings, verbalizing feelings, externally oriented thinking).

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“Mentaal has truly simplified my online practice, thanks to automatic scoring and seamless questionnaire sending.”

Basile R. - Clinical Psychologist