

Child Behavior Checklist (CBCL)

The Child Behavior Checklist (CBCL) is a standardized questionnaire designed to assess social competencies, adaptive behaviors, and behavioral and emotional problems in children and adolescents. It exists in two main standardized versions: the CBCL 1½—5 for young children, and the CBCL 6—18 for older children and adolescents. One version is completed by parents (or guardians), allowing an assessment from the family's perspective.

Number of questions	99 questions
Estimated duration	15 minutes
Language	English
Original name	Child Behavior Checklist
Target audience	Children, adolescents
Authors	Thomas M. Achenbach, Leslie A. Rescorla (1983)
Category	Childhood

Preview of the 99 questions

Cries often

Not true (as far as you know) | Sometimes or somewhat true | Very true or often true

Clings to adults or is too dependent

Not true (as far as you know) | Sometimes or somewhat true | Very true or often true

Is afraid to try new things

Not true (as far as you know) | Sometimes or somewhat true | Very true or often true

Does not eat well

Not true (as far as you know) | Sometimes or somewhat true | Very true or often true

Has trouble sleeping

Not true (as far as you know) | Sometimes or somewhat true | Very true or often true

Scoring & interpretation

The respondent (usually a parent or guardian) rates each item on a three-point scale (0 = Not True, 1 = Somewhat or Sometimes True, 2 = Very True or Often True). The scores are summed to obtain results on different syndromes (externalizing problems, internalizing problems, etc.) and compared with norms based on the child's age and sex. The results help identify areas requiring clinical attention.

Usage

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