CFQ

Cognitive Failures Questionnaire (CFQ)

The CFQ is a self-report questionnaire designed to measure the frequency of everyday cognitive errors, such as forgetfulness, distractions, attentional lapses, action errors and certain perceptual difficulties. It is used in clinical psychology, neuropsychology, occupational health and research to identify the subjective impact of attention and memory difficulties in everyday life. The CFQ is not a diagnostic test on its own, but a useful indicator of perceived cognitive functioning, particularly in contexts of stress, fatigue, anxiety, attention disorders or the follow-up of cognitive complaints.

Number of questions	25 questions
Estimated duration	5 minutes
Language	English
Original name	Cognitive Failures Questionnaire
Target audience	Adults
Authors	Donald E. Broadbent, Peter F. Cooper, Patrick FitzGerald, K. R. Parkes (1982)

Preview of the 25 questions

In the last six months:

Do you read something and find you haven't been thinking about it and must read it again?

Very often | Quite often | Occasionally | Very rarely | Never

In the last six months:

Do you find you forget why you went from one part of the house to the other?

Very often | Quite often | Occasionally | Very rarely | Never

In the last six months:

Do you fail to notice signposts on the road?

Very often | Quite often | Occasionally | Very rarely | Never

In the last six months:

Do you find you confuse right and left when giving directions?

Very often | Quite often | Occasionally | Very rarely | Never

In the last six months:

Do you bump into people?

Very often | Quite often | Occasionally | Very rarely | Never

Scoring & interpretation

Each item is rated on a 5-point frequency scale, usually from 0 to 4. The total score is obtained by adding up the 25 responses, for a total between 0 and 100. A high score indicates a greater frequency of perceived cognitive failures in everyday life. Interpretation is based on the available norms, the clinical context and changes in scores over time; there is no universal diagnostic cutoff.