DQ

Drivers Questionnaire (DQ)

The relational drivers questionnaire (also known as the "five drivers questionnaire") is an assessment tool derived from Transactional Analysis that identifies the main behavioral injunctions, known as "drivers", that shape people's relational attitudes. It highlights the internal patterns that influence ways of acting and interacting, with the aim of working on behavioral adjustment and improving communication and psychological well-being.

Number of questions	50 questions
Estimated duration	10 minutes
Language	English
Original name	Drivers questionnaire
Target audience	Adults, adolescents
Authors	Taibi Kahler (1975)
Category	General

Scoring & interpretation

Each item is rated on a Likert-type scale (usually from 1 to 5). Responses are grouped into five categories corresponding to each driver (Be Perfect, Please Others, Be Strong, Try Hard, Hurry Up). The sum of the scores in each category identifies the dominant driver(s), which are then interpreted to guide psychological support.