

Executive Skills Questionnaire-Revised (ESQ-R)

The ESQ-R is a brief self-report questionnaire on executive functioning in daily life. It explores five clinically useful domains: plan management, time management, organization, emotional regulation, and behavioral regulation. The tool helps the psychologist identify strengths and difficulties that affect studies, work, autonomy, and everyday adjustment, particularly in the presence of attentional complaints, impulsivity, or neurodevelopmental profiles. It is most relevant for screening, clinical formulation, psychoeducation, and monitoring change, rather than as a stand-alone diagnostic tool.

Number of questions	25 questions
Estimated duration	5 minutes
Language	English
Original name	Executive Skills Questionnaire-Revised
Target audience	Adolescents and adults
Authors	Julia Englund Strait, Peg Dawson, Christine A. P. Walther, Gerald Gill Strait, Amy K. Barton, Maryellen Brunson McClain (2020)
Category	General

Preview of the 25 questions

I act on impulse.

Never or rarely | Sometimes | Often | Very often

I say things without thinking.

Never or rarely | Sometimes | Often | Very often

I lose things.

Never or rarely | Sometimes | Often | Very often

I have a short fuse.

Never or rarely | Sometimes | Often | Very often

I get upset when things don't go as planned.

Never or rarely | Sometimes | Often | Very often

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Send your patient a link: they answer from their phone or computer, and you receive the scored results by email.

View the questionnaire on mentaal.org ›

Scoring & interpretation

Each item is scored from 0 to 3, from Never or rarely to Very often, with no reverse-scored items. The total score is obtained by summing the 25 responses, for a total from 0 to 75. Subscores can be calculated for five domains (plan management, time management, organization, emotional regulation, and behavioral regulation) using a sum or a mean score per domain. The higher the score, the more frequent the reported executive difficulties. Interpretation should focus on the overall profile, differences between domains, and the clinical context. In practice, means close to 2 or higher suggest a notable difficulty worth exploring further, but there is no single universal clinical cutoff.

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Laura V. - Online Psychologist