FQ

Friendship Quotient (FQ)

The Friendship Quotient (FQ) is a self-report questionnaire designed to measure an individual's ability to establish, maintain, and enjoy friendships. It is mainly used to screen for social difficulties in people with autism spectrum disorder, but it can also be used to assess social skills in the general population.

Number of questions	35 questions
Estimated duration	10 minutes
Language	English
Original name	Friendship Quotient
Target audience	Adults
Authors	Mandy D. Gray, Simon Baron-Cohen (2003)
Category	Autism spectrum

Preview of the 35 questions

Which statement most applies to you?

- I have one or two particular best friends.
- I have several friends who I would call best friends.
- I don't have anybody who I would call a best friend.

Which statement most applies to you?

- The most important thing about a friendship is having somebody to confide in.
- The most important thing about a friendship is having somebody to have fun with.

Which statement most applies to you?

- If I had to pick, I would rather have a friend who enjoys doing the same things as me than a friend who feels the same way about life as I do.
- If I had to pick, I would rather have a friend who feels the same way about life as I do, than a friend who enjoys doing the same things as me.

Which statement most applies to you?

I like to be close to people.

I like to keep my distance from people.

Which statement most applies to you?

When I talk with friends on the phone, it is usually to make arrangements rather than to chat.

When I talk with friends on the phone, it is usually to chat rather than to make arrangements.

Scoring & interpretation

Each item is rated on a Likert-type scale. Responses are summed to obtain a total score. This score can be compared with established cutoffs to identify the presence of significant relational difficulties.