

Outcome Questionnaire-45.2 (OQ-45.2)

The OQ-45.2 is a self-report questionnaire used to measure the overall level of psychological distress and to track an adult patient's progress over the course of psychotherapy. It explores three clinically central dimensions: symptom distress, interpersonal relations, and social role functioning. Quick to administer and sensitive to changes from one session to the next, it helps the psychologist objectively document the initial status, detect deterioration, document therapeutic progress, and support clinical decisions. It is particularly relevant in outpatient follow-up, university settings, clinical research, and systematic outcome measurement initiatives in mental health.

Number of questions	45 questions
Estimated duration	6 minutes
Language	English
Original name	Outcome Questionnaire 45.2
Target audience	Adults
Authors	Michael J. Lambert, Kim Lunnen, Val J. Umphress, Nathan B. Hansen, Gary M. Burlingame (1996)

Preview of the 45 questions

Over the last week, including today:

I get along well with others.

Never | Rarely | Sometimes | Frequently | Almost always

Over the last week, including today:

I tire quickly.

Never | Rarely | Sometimes | Frequently | Almost always

Over the last week, including today:

I feel no interest in things.

Never | Rarely | Sometimes | Frequently | Almost always

Over the last week, including today:

I feel stressed at work/school.

Never | Rarely | Sometimes | Frequently | Almost always

Over the last week, including today:

I blame myself for things.

Never | Rarely | Sometimes | Frequently | Almost always

Administer your questionnaires online

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 4 according to the frequency of the experience reported over the past 7 days, from never to almost always. Nine items are reverse-scored. The total score is the sum of the 45 responses and ranges from 0 to 180. Subscores can also be calculated for Symptom Distress, Interpersonal Relations, and Social Role. A higher score indicates more psychological distress and functional difficulties. A total score of 64 or more generally suggests the clinical range. A change of 14 points or more between two administrations is usually interpreted as reliable change. Critical items concerning suicidal ideation, substance use, and conflict at work require prompt clinical follow-up. The administration is considered invalid if 5 or more items are left unanswered.

Usage

This tool isn't available on Mentaal. To use this questionnaire in your practice, you need a valid license. We invite you to send it directly from the publisher's website.

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 Laura V. - Online Psychologist