RDQ

Relational Drivers Questionnaire (RDQ)

This test quickly identifies a patient's dominant drivers (Please Others, Be Perfect, Be Strong, Hurry Up, Try Hard), that is, the internal injunctions that guide their behavior, stress management, and relationships with others. It helps to better understand the coping mechanisms and implicit beliefs that may maintain certain psychological difficulties.

Number of questions	45 questions
Estimated duration	15 minutes
Language	English
Original name	Relational Drivers Questionnaire
Target audience	Adults
Authors	Taibi Kahler (1990)
Category	General

Scoring & interpretation

Each item is scored from 1 to 5. High scores on a driver indicate a strong influence of that driver on relational behavior. Interpretation is based on the combination of scores across the different drivers.