

Symptom Checklist-90-Revised (SCL-90-R)

The SCL-90-R is a self-report instrument used to assess psychological distress and a wide range of psychological symptoms in adults. It yields a nine-dimension profile in addition to global distress indices, facilitating the screening or clinical monitoring of various psychopathological disorders.

Number of questions	90 questions
Estimated duration	20 minutes
Language	English
Original name	Symptom Checklist-90-Revised
Target audience	Adults
Authors	Len R. Derogatis, Nicki Sartorius (1975)
Category	General

Preview of the 90 questions

How much has this problem bothered or disturbed you over the past 7 days: Headaches

Not at all | A little | Moderately | A lot | Extremely

How much has this problem bothered or disturbed you over the past 7 days: Nervousness or inner trembling

Not at all | A little | Moderately | A lot | Extremely

How much has this problem bothered or disturbed you over the past 7 days?

How much has this problem bothered or disturbed you over the past 7 days: Unpleasant, recurring thoughts that you cannot get rid of

Not at all | A little | Moderately | A lot | Extremely

How much has this problem bothered or disturbed you over the past 7 days?

How much has this problem bothered or disturbed you over the past 7 days: Faint spells or dizziness

Not at all | A little | Moderately | A lot | Extremely

How much has this problem bothered or disturbed you over the past 7 days?

How much has this problem bothered or disturbed you over the past 7 days: Loss of sexual desire or pleasure

Not at all | A little | Moderately | A lot | Extremely

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 rated from 0 (Not at all) to 4 (Extremely) according to the distress experienced during the past week. Scores are summed for each dimension and to obtain global indices such as the Global Severity Index (GSI). Recommended cutoffs help guide clinical interpretation.

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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“I now use the platform every day, it's so comprehensive, reliable and remarkably easy to use.”

 Laura V. - Online Psychologist