SDQ-20

Somatoform Dissociation Questionnaire (SDQ-20)

The SDQ-20 is a self-report tool designed to measure somatoform dissociation, which refers to physical manifestations of dissociation that are often associated with traumatic experiences and dissociative disorders.

Number of questions	20 questions
Estimated duration	10 minutes
Language	English
Original name	Somatoform Dissociation Questionnaire
Target audience	Adults
Authors	Ellert R.S. Nijenhuis (1996)

Preview of the 20 questions

I have trouble urinating.

This applies to me not at all | This applies to me a little | This applies to me moderately | This applies to me quite a bit | This applies to me extremely

I dislike tastes that I usually like (women: at times other than pregnancy or monthly periods).

This applies to me not at all | This applies to me a little | This applies to me moderately | This applies to me quite a bit | This applies to me extremely

I hear sounds from nearby as if they were coming from far away.

This applies to me not at all | This applies to me a little | This applies to me moderately | This applies to me quite a bit | This applies to me extremely

I have pain while urinating.

This applies to me not at all | This applies to me a little | This applies to me moderately | This applies to me quite a bit | This applies to me extremely

My body, or a part of it, feels numb.

This applies to me not at all | This applies to me a little | This applies to me moderately | This applies to me quite a bit | This applies to me 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

Responses are rated on a Likert scale. High scores suggest more significant somatoform dissociation. The scores can help with diagnosis and with assessing severity.

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With Mentaal, get meaningful insights to support your patients.

- Standardized tests
- Automatic scoring
- Results sent by email

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★★★★★

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Laura V. - Online Psychologist