

Strengths and Difficulties Questionnaire (SDQ)

The SDQ is a behavioral screening tool designed to assess strengths and difficulties in children and adolescents (aged 4 to 17). This questionnaire is completed by parents or guardians. It covers several dimensions: emotional symptoms, conduct, hyperactivity/attention, peer relationships and prosocial behavior.

Number of questions	25 questions
Estimated duration	6 minutes
Language	English
Original name	Strengths and Difficulties Questionnaire
Target audience	Children, adolescents (aged 4 to 17)
Authors	Robert Goodman (1997)
Category	Parenting, Adolescent care, ADHD, Childhood

Preview of the 25 questions

Is attentive to others, takes their feelings into account

Not true | Somewhat true | Very true

Is restless, hyperactive, can't sit still

Not true | Somewhat true | Very true

Often complains of headaches, stomachaches, or nausea

Not true | Somewhat true | Very true

Shares easily with other children (candy, toys, pencils, etc.)

Not true | Somewhat true | Very true

Often has angry outbursts or loses their temper easily

Not true | Somewhat true | Very true

Scoring & interpretation

The questionnaire is divided into five scales of five items each: emotional symptoms, conduct problems, hyperactivity/inattention, peer relationship problems and prosocial behavior. Each subscale can be scored from 0 to 10, and a combined total difficulties score is calculated by summing all items except prosocial behavior.

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.