SPAQ

Seasonal Pattern Assessment Questionnaire (SPAQ)

The SPAQ is a self-report questionnaire used to screen for seasonal affective disorder (SAD) as well as other seasonal variations in mood and behavior. It measures the frequency and intensity of variations in mood, sleep, appetite, weight, energy and social activity in relation to the seasons.

Number of questions	6 questions
Estimated duration	10 minutes
Language	English
Original name	Seasonal Pattern Assessment Questionnaire
Target audience	Adults
Authors	Norman E. Rosenthal, David A. Sack, Joseph C. Gillin, Anna Lewy, Fred K. Goodwin, Tom A. Davenport, P. S. Mueller (1984)
Category	General

Preview of the 6 questions

To what degree do the following change with the seasons?

Sleep length

No change | Slight change | Moderate change | Marked change | Extremely marked change

To what degree do the following change with the seasons?

Social activity

No change | Slight change | Moderate change | Marked change | Extremely marked change

To what degree do the following change with the seasons?

Mood (overall feeling of well-being)

No change | Slight change | Moderate change | Marked change | Extremely marked change

To what degree do the following change with the seasons?

Weight

No change | Slight change | Moderate change | Marked change | Extremely marked change

To what degree do the following change with the seasons?

Appetite

No change | Slight change | Moderate change | Marked change | Extremely marked change

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

The global seasonality score is obtained by summing the individual scores of the 6 main domains. A score above 11 indicates notable seasonality and may suggest seasonal affective disorder. Other complementary questions help clarify the diagnosis.

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 Laura V. - Online Psychologist