

Strengths and Difficulties Questionnaire

OVERVIEW

- This measure is a mental health screening tool for use with children and adolescents. There are several versions to meet the needs of researchers, clinicians and educationalists.

SCALES AND/OR SUBSCALES

- **Emotional symptoms (5 items)**
 - I worry a lot
- **Conduct problems (5 items)**
 - I am often accused of lying or cheating
- **Hyperactivity/inattention (5 items)**
 - I am constantly fidgeting or squirming
- **Peer relationship problems (5 items)**
 - I have at least one good friend
- **Prosocial behaviour (5 items)**
 - I often offer to help others (family members, friends, colleagues)

GOOD TO KNOW

- Other versions of this measure are available for parents or teachers to complete as an assessment tool for youth (click here: <http://www.sdqinfo.com/> for more information)
- Used as part of the Ontario Trillium Foundation's Promising Young People: http://www.otf.ca/sites/default/files/promising_young_people_metrics.pdf

STEPPING UP THEME(S) & OUTCOME(S)

- **Health & Wellness**
 - Youth feel mentally well
 - Youth make choices that support healthy and safe development

TARGET POPULATION

- Youth between 11 to 16 years old

LENGTH & HOW IT IS MEASURED

- 25 items
- 3-point scale: 0 (not true) to 2 (certainly true)
- Self-report, paper-pencil version as well as electronic version
- Scoring information is available here: <http://www.sdqinfo.com/py/sdqinfo/c0.py>
- Parent and teacher assessment form also available for youth 2-4, 4-10, and 11-17 years of age
- Available in: English and over 30 other languages (i.e. French, Chinese, Tamil, Korean, Hindi)

DEVELOPER

- Goodman et al., 1998



PSYCHOMETRICS

- **Reliability**
 - Internal consistency ($\alpha = .61-.82$)
- **Validity**
 - Convergent validity
 - Discriminant validity
 - Structural validity



LEARN MORE

- Goodman, R. (2001). Psychometric properties of the Strengths and Difficulties Questionnaire (SDQ). *Journal of the American Academy of Child and Adolescent Psychiatry*, 40, 1337-1345.
- Goodman, R., & Scott, S. (1999). Comparing the Strengths and Difficulties Questionnaire and the Child Behavior Checklist: Is small beautiful? *Journal of Abnormal Child Psychology*, 27(1), 17-24.
- Mellor, D. (2004). Furthering the use of the Strength and Difficulties Questionnaire: Reliability with younger child respondents. *Psychological Assessment*, 16(4), 396-401.
- Ruchkin, V., Jones, S., Vermeiren, R., & Schwab-Stone, M. (2008). The Strengths and Difficulties Questionnaire: The self-report version in American urban and suburban youth. *Psychological Assessment*, 20(2), 175-182.

Strengths and Difficulties Questionnaire

For each item, please mark the box for Not True, Somewhat True or Certainly True. It would help us if you answered all items as best you can even if you are not absolutely certain or the item seems daft! Please give your answers on the basis of how things have been for you over the last six months.

Your Name

Male/Female

Date of Birth.....

	Not True	Somewhat True	Certainly True
I try to be nice to other people. I care about their feelings	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I am restless, I cannot stay still for long	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I get a lot of headaches, stomach-aches or sickness	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I usually share with others (food, games, pens etc.)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I get very angry and often lose my temper	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I am usually on my own. I generally play alone or keep to myself	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I usually do as I am told	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I worry a lot	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I am helpful if someone is hurt, upset or feeling ill	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I am constantly fidgeting or squirming	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have one good friend or more	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I fight a lot. I can make other people do what I want	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I am often unhappy, down-hearted or tearful	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Other people my age generally like me	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I am easily distracted, I find it difficult to concentrate	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I am nervous in new situations. I easily lose confidence	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I am kind to younger children	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I am often accused of lying or cheating	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Other children or young people pick on me or bully me	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I often volunteer to help others (parents, teachers, children)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I think before I do things	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I take things that are not mine from home, school or elsewhere	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I get on better with adults than with people my own age	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have many fears, I am easily scared	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I finish the work I'm doing. My attention is good	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Your signature

Today's date

Thank you very much for your help