

# Strengths and Difficulties Questionnaire

- For my graduate project, this assessment tool received the highest rating.
  - Brief questionnaire with several versions for parents, self-report for adolescents. Tools also asks questions about child's strengths.
  - Age range is 3-16 years.
  - Tool is free and downloadable. [www.sdqinfo.org](http://www.sdqinfo.org)
- SDQ is available in 45 languages including English, Spanish, Hmong and Somali. It is written at the 3<sup>rd</sup> Grade reading level.
- Five scales are reviewed including emotional symptoms, conduct problems, hyperactivity/attention, poor relationship problems and pro-social behavior.
  - Administration and scoring time are about 10 minutes.
  - Pros/ Cons Wording is different than PSC so this makes SDQ easier to understand for adolescents and lower functioning caretakers. SDQ scoring is somewhat more complicated than PSC. SDQ does not address suicidal ideations.

# SDQ con't

- A 25 item parent or teacher questionnaire (P or T  $\frac{3}{4}$ ) is the questionnaire which should be completed by parent or caretakers of 3 to 4 year olds. In this version, the items of reflectiveness are soften and 2 items on anti-social behavior are replaced by items on oppositionality.
- A 25 item parent or teacher questionnaire (P or T 4-10) is a questionnaire to be completed by parents or caretakers of 4 – 10 year olds.
- A 25 item parent or teacher questionnaire (P or T 11-17) can also be completed by parents or caretakers of 11-17 year olds if the child is unwilling or unable to complete self report.
- A 25 item self report (S 11-17) to be completed by child who is 11-17 years old. This version is worded slightly different.
- More detailed versions are also available including follow-up version.

## Scoring SDQ

### Parent Version (P3/4, P4-10 and P11-17)

- It is easiest to work out 5 scales first and then compiling scores.
- The Parent version score sheet is titled “Scoring the Informant Strengths and Difficulties Questionnaire”
  - “Somewhat True” is always scored as a 1 but the scoring of “Not True” and “Certainly True” varies with each item.
  - Scores from first 4 scales, Emotional Symptoms, Conduct Problems, Hyperactivity and Peer Problems are added together and the highest score that can be achieved is 40. Prosocial scale is scored and interpreted separately.
- For the total difficulties score, a 0-11 is determined as normal, a 12 – 15 is determined borderline and a 17 – 40 is considered abnormal.
  - Borderline and abnormal may prompt referrals.
- For prosocial score 6-10 is normal, 5 is borderline and 0-4 is abnormal.
  - Borderline and abnormal may prompt referrals.

# Scoring SDQ

## Self Report Version (S 11-17)

- “Somewhat True” is always scored as a 1, “Scoring of Not True” and “Certainly True” varies depending on the item.
- First four scores of scales of Emotional Symptoms, Conduct Problems, Hyperactivity and Peer Problems are added together for Difficulties score. Prosocial Scale is scored separately.
- For the Total Difficulties score, 0-15 is normal, 16-19 is borderline and 20-40 is abnormal. Borderline and abnormal may prompt referrals.
- For the prosocial behavior score, a 6-10 is normal a 5 is borderline and 0-4 is abnormal. Borderline and Abnormal may prompt referrals.
- Black and White transparency overlay is available for scoring.

# SDQ Scoring

- At [www.sdqinfo.org](http://www.sdqinfo.org), a free computerized scoring site is available. Answers are added and a report is generated regarding scores. This report will also give diagnostic predictions. Great tool if agency has immediate access to computer.
- Questions?