



# **Strengths and Difficulties Questionnaire (SDQ) – Parent Version**

Based on the SDQ by Robert Goodman (1997).  
Simplified for clarity and parent use.

# Purpose & Instructions

---



## Purpose

This questionnaire is designed to help parents and caregivers spot patterns — behavioral, emotional, or environmental — that may increase risk in youth. It is not a diagnostic tool, but a field-informed screener meant to support self-awareness and promote early action.



## Instructions for Parents

Please tick the box that best describes your child's behavior over the last 6 months.

- **0 = Not True**
- **1 = Somewhat True**
- **2 = Certainly True**

## Section 1: Emotional Symptoms

| Question  | 0 = Not True             | 1 = Somewhat True        | 2 = Certainly True       |
|---|--------------------------|--------------------------|--------------------------|
| 1. Often complains of headaches, stomach-aches or sickness      | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. Many worries, often seems worried                            | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. Often unhappy, downhearted or tearful                        | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 4. Nervous or clingy in new situations, easily loses confidence | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 5. Has many fears, easily scared                                | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

## Section 2: Conduct Problems

| Question  | 0 = Not True             | 1 = Somewhat True        | 2 = Certainly True       |
|---|--------------------------|--------------------------|--------------------------|
| 6. Often has temper tantrums or hot tempers                       | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 7. Generally obedient, usually does what adults request (reverse) | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 8. Often fights with other children or bullies them               | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 9. Often lies or cheats   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 10. Steals from home, school, or elsewhere                        | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

## Section 3: Hyperactivity/Inattention

| Question   | 0 = Not True             | 1 = Somewhat True        | 2 = Certainly True       |
|--|--------------------------|--------------------------|--------------------------|
| 11. Restless, overactive, cannot stay still for long                 | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 12. Constantly fidgeting or squirming                                | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 13. Easily distracted, concentration wanders                         | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 14. Thinks things out before acting (reverse)                        | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 15. Sees tasks through to the end, has good attention span (reverse) | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

## Section 4: Peer Relationship Problems

| Question   | 0 = Not True             | 1 = Somewhat True        | 2 = Certainly True       |
|--|--------------------------|--------------------------|--------------------------|
| 16. Rather solitary, tends to play alone                   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 17. Has at least one good friend (reverse)                 | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 18. Generally liked by other children (reverse)            | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 19. Picked on or bullied by other children                 | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 20. Gets along better with adults than with other children | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

## Section 5: Prosocial Behavior

| Question  | 0 = Not True             | 1 = Somewhat True        | 2 = Certainly True       |
|---|--------------------------|--------------------------|--------------------------|
| 21. Considerate of other people's feelings                              | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 22. Shares readily with other children                                  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 23. Helpful if someone is hurt, upset or feeling ill                    | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 24. Kind to younger children  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 25. Often volunteers to help others (parents, teachers, other children) | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

## Scoring Guide

- **Subscale Scores:** Add the scores for each section (out of 10).
- **Total Difficulties Score:** Add the scores from sections 1–4 (maximum 40).
- **Do not include Prosocial Behavior in the total difficulties score.**

### Interpretation:

| Total Difficulties Score | What It May Mean                 |
|--------------------------|----------------------------------|
| 0–13                     | Normal range                     |
| 14–16                    | Borderline                       |
| 17–40                    | Abnormal – consider seeking help |

Low Prosocial scores (0–4) may indicate difficulty with empathy or social behavior.

## Disclaimer & Acknowledgment

---

This tool is intended solely for informational and educational purposes. It is a screening aid, not a medical or psychological diagnostic tool, and should not be used to make or confirm any diagnosis. The information gathered through this questionnaire is meant to encourage reflection and facilitate early conversations between caregivers and professionals.

By using this tool, you acknowledge that:

- You are responsible for how the results are interpreted and used.
- This tool is not a substitute for professional advice, diagnosis, or treatment.
- The creators, distributors, or facilitators of this tool are not liable for any decisions, actions, or consequences resulting from its use or interpretation.

If you have concerns about your child's behavior or well-being, it is strongly recommended that you consult with a licensed mental health provider, pediatrician, or educational psychologist.

Use of this questionnaire implies your understanding and acceptance of these terms.

---

This questionnaire is based on the Strengths and Difficulties Questionnaire (SDQ), developed by Robert Goodman (1997). For more details and validated versions, visit [www.sdqinfo.org](http://www.sdqinfo.org).