



Understanding the anxiety (assessment)

Assessment approach	Making it successful	Resources
<p>Strengths and Difficulties Questionnaires</p> <p>The Strengths and Difficulties Questionnaire (SDQ) is a brief behavioural screening questionnaire about 3-16 year olds. It exists in several versions to meet the needs of researchers, clinicians and educationalists.</p> <p>All versions of the SDQ ask about 25 attributes, some positive and others negative. These 25 items are divided between 5 scales:</p> <ol style="list-style-type: none"> 1) emotional symptoms 2) conduct problems 3) hyperactivity/inattention 4) peer relationship problems 5) prosocial behaviour 	<p>Strengths and Difficulties Questionnaires.</p> <p>Consider who should contribute to the assessment</p> <p>This may be best completed between the child and those who know them well.</p>	<p>All questionnaires are available at https://www.sdqinfo.org/</p> <p>SDQs were used in a large national survey of child and adolescent mental health carried out by the Office for National Statistics. For more information on the sample see: Meltzer, H., Gatward, R., Goodman, R., and Ford, F. (2000) <i>Mental health of children and adolescents in Great Britain</i>. London: The Stationery Office</p>