



# How to: Completing and using the Strengths and Difficulties Questionnaire (SDQ)

## What is it?

The Strengths and Difficulties Questionnaire (SDQ) is an emotional and behavioural screening questionnaire that aids professionals in measuring social, emotional and mental health needs in children and young people.

The questionnaire can be used for children aged 2–18 years and there is a specific, separate questioinnaire for children aged 2-4years.

The SDQ is available for anyone to access and use at: https://www.sdqinfo.org/py/sdqinfo/b3.py?language=Englishqz(UK)

For children aged 2-4 years, the SDQ should be completed by educators and parents, (there are slightly different versions of the questionnaire for parents and professionals) SDQs can be completed either online via the website, or a paper version can be downloaded and printed.



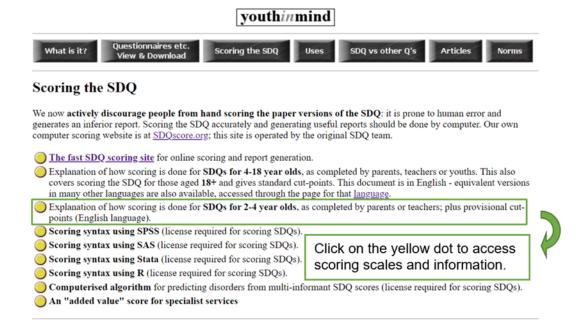
Answer the questions honestly to give the best picture of the child's strengths and needs. The Answers are tick boxes, read the satements and decide whether they are 'Not True', 'Somewhat True' or 'Certainly True' for the child in question. There are 25 questions in total along with 5 additional impact statements.

#### **Scoring**

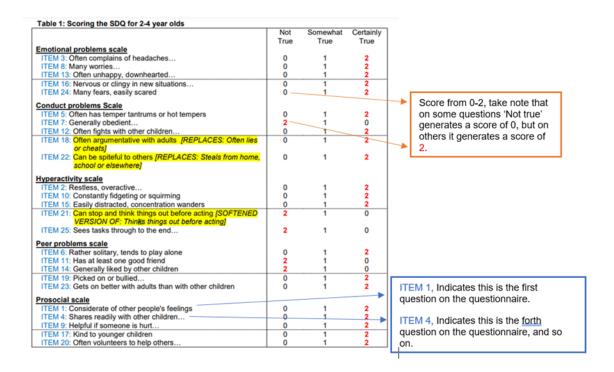
The website suggests using the only tool to generate the scores to any SDQ you fill in, this requires a small cost and creating log in information, or the website does provide a scoring scale, click this link for quick access: <a href="https://www.sdqinfo.org/py/sdqinfo/c0.py">https://www.sdqinfo.org/py/sdqinfo/c0.py</a>







The scoring system uses numbers and you'll score each statement a 0, 1 or 2. The statements are in a different order on the questionnaire to the scoring sheet, this is done on purpose and is labelled as; item then number – for example; 'ITEM 2', this is the second question on the questionnaire, but is the first item under the Hyperactivity scale on the scoring sheet. The questions are grouped into different sections on the scoring sheet, these are: 'Emotional problems scale', 'Conduct problems scale', 'Hyperactivity scale', 'Peer Problems scale' and 'Prosocial scale.'



The total difficulties score is all sections added together apart from the Proscocial scale. The score will range between 0-40.

The impact statements are scored separately, and will generate a score between 0-6 for the professionals report and 0-10 for the parent report.





The SDQ can be used to highlight SEMH areas of concern for children in setting. Once you've highlighted areas of concern you can use these to implement strategies of support alongside regular reviewing to assess whether the strategies implemented are having the desired effect. Repeating the SDQ around 6 months following implementation of strategies will give a good indication as to whether SEMH development has improved or if further support is needed. With parents permission, share the assement scores of the SDQ with other professionals, this will support to inform them of the level of need of the child.

## **Useful Links:**

### Accessing the questionnaire:

https://www.sdqinfo.org/py/sdqinfo/b3.py?language=Englishqz(UK)

## Acessing the scoring sheet:

https://www.sdqinfo.org/py/sdqinfo/c0.py

Additional information on the SDQ can be found on the website here: <a href="https://www.sdqinfo.org/a0.html">https://www.sdqinfo.org/a0.html</a>

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