

Strengths & Difficulties Questionnaire.

To start with, we would like to know how things have been for you over the last few months, how you think, feel & behave.

Grade yourself, on a 1 to 3 scale (3 means very true, 2 a bit true, & 1 not true). You can write a comment if you wish.

Strength or difficulty	Grade	Comments
I am nice to people & care about how they feel.		
I cannot stay still for long. I'm restless.		
I get a lot of headaches, stomach aches, & feel sick.		
I share things with other people (games, pens etc.).		
I often get very angry & lose my temper.		
I often play on my own.		
I usually do as I am told.		
I worry a lot.		
I help people when they are ill, hurt or upset.		
I fidget a lot (move hands & feet).		
I have one good friend or more.		
I fight a lot.		
I am often unhappy, sad or tearful.		
Other children/ students like me.		
It is hard to concentrate at school.		
I feel nervous when I go somewhere new.		
I am kind to younger children.		
Other people say I lie or cheat.		
I get bullied by other children/young people.		
I help other people (parents, teachers, & children).		
I think before I act.		
I take things that are not mine from home, school.		
I get on better with adults than with other young people.		
I get scared a lot. I'm easily scared, have many fears.		
I finish the work I am doing.		