

## **Emotional & Behavioral Screening (SDQ-Aligned, AI Version)**

**Target group:** Adolescents & young adults

**Purpose:** Screen emotional, behavioral & social difficulties

**Time frame:** *Over the last 6 months*

**Nature:** Screening / monitoring (not diagnosis)

### **Instruction to user:**

Below are statements about feelings, behavior, and relationships.

Please choose the option that best describes how true each statement has been for you over the **past 6 months**.

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### **Response Options & Weights (Same for ALL Questions)**

- **0** – This is not true for me.
- **1** – This is somewhat true for me.
- **2** – This is certainly true for me.

Some items are **positively worded** and are **reverse-scored**.

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### **Emotional Symptoms**

#### **Q1. Frequent physical complaints when stressed**

- **0** – It is not true that I get physical complaints when stressed.
  - **1** – It is somewhat true that I get physical complaints when stressed.
  - **2** – It is certainly true that I get physical complaints when stressed.
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#### **Q2. Excessive worries**

- **0** – It is not true that I worry a lot.
  - **1** – It is somewhat true that I worry a lot.
  - **2** – It is certainly true that I worry a lot.
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#### **Q3. Feeling unhappy or low**

- **0** – It is not true that I often feel unhappy or low.
  - **1** – It is somewhat true that I feel unhappy or low.
  - **2** – It is certainly true that I often feel unhappy or low.
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#### **Q4. Nervousness in new situations**

- **0** – It is not true that I feel nervous in new situations.
  - **1** – It is somewhat true that I feel nervous in new situations.
  - **2** – It is certainly true that I feel nervous in new situations.
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#### **Q5. Fears**

- **0** – It is not true that I have many fears.
  - **1** – It is somewhat true that I have fears.
  - **2** – It is certainly true that I have many fears.
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#### **Conduct Problems**

#### **Q6. Temper or anger outbursts**

- **0** – It is not true that I often lose my temper.
  - **1** – It is somewhat true that I lose my temper.
  - **2** – It is certainly true that I often lose my temper.
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#### **Q7. Rule-breaking**

- **0** – It is not true that I break rules.
  - **1** – It is somewhat true that I break rules.
  - **2** – It is certainly true that I break rules.
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#### **Q8. Aggressive behavior**

- **0** – It is not true that I fight or act aggressively.
  - **1** – It is somewhat true that I fight or act aggressively.
  - **2** – It is certainly true that I fight or act aggressively.
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#### **Q9. Dishonesty**

- **0** – It is not true that I lie or cheat.
  - **1** – It is somewhat true that I lie or cheat.
  - **2** – It is certainly true that I lie or cheat.
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**Q10. Stealing behavior**

- **0** – It is not true that I take things that are not mine.
  - **1** – It is somewhat true that I take things that are not mine.
  - **2** – It is certainly true that I take things that are not mine.
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**Hyperactivity / Inattention****Q11. Restlessness**

- **0** – It is not true that I am restless.
  - **1** – It is somewhat true that I am restless.
  - **2** – It is certainly true that I am very restless.
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**Q12. Difficulty staying still**

- **0** – It is not true that I have trouble staying still.
  - **1** – It is somewhat true that I have trouble staying still.
  - **2** – It is certainly true that I have trouble staying still.
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**Q13. Easily distracted**

- **0** – It is not true that I am easily distracted.
  - **1** – It is somewhat true that I am easily distracted.
  - **2** – It is certainly true that I am easily distracted.
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**Q14. Poor concentration**

- **0** – It is not true that I have difficulty concentrating.
  - **1** – It is somewhat true that I have difficulty concentrating.
  - **2** – It is certainly true that I have difficulty concentrating.
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**Q15. Acting without thinking**

- **0** – It is not true that I act without thinking.
  - **1** – It is somewhat true that I act without thinking.
  - **2** – It is certainly true that I act without thinking.
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## **Peer Relationship Problems**

### **Q16. Feeling lonely**

- **0** – It is not true that I feel lonely.
  - **1** – It is somewhat true that I feel lonely.
  - **2** – It is certainly true that I feel lonely.
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### **Q17. Being bullied or excluded**

- **0** – It is not true that I am bullied or excluded.
  - **1** – It is somewhat true that I am bullied or excluded.
  - **2** – It is certainly true that I am bullied or excluded.
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### **Q18. Difficulty making friends**

- **0** – It is not true that I find it hard to make friends.
  - **1** – It is somewhat true that I find it hard to make friends.
  - **2** – It is certainly true that I find it hard to make friends.
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### **Q19. Prefer being alone**

- **0** – It is not true that I prefer being alone.
  - **1** – It is somewhat true that I prefer being alone.
  - **2** – It is certainly true that I prefer being alone.
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### **Q20. Better with adults than peers**

- **0** – It is not true that I get along better with adults than peers.
  - **1** – It is somewhat true that I get along better with adults.
  - **2** – It is certainly true that I get along better with adults.
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## **Prosocial Strengths (*Reverse-Scored*)**

### **Q21. Being considerate**

- **0** – It is not true that I am considerate of others' feelings.
  - **1** – It is somewhat true that I am considerate.
  - **2** – It is certainly true that I am considerate of others.
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**Q22. Willingness to help**

- **0** – It is not true that I help others.
  - **1** – It is somewhat true that I help others.
  - **2** – It is certainly true that I help others.
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**Q23. Sharing behavior**

- **0** – It is not true that I share with others.
  - **1** – It is somewhat true that I share.
  - **2** – It is certainly true that I share.
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**Q24. Kindness to younger or weaker people**

- **0** – It is not true that I am kind to others.
  - **1** – It is somewhat true that I am kind.
  - **2** – It is certainly true that I am kind to others.
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**Q25. Helping behavior**

- **0** – It is not true that I try to help when someone is upset.
  - **1** – It is somewhat true that I try to help.
  - **2** – It is certainly true that I try to help when someone is upset.
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**Scoring Logic (AI-Ready)****Difficulty Subscales**

Emotional = Q1–Q5

Conduct = Q6–Q10

Hyperactivity = Q11–Q15

Peer Problems = Q16–Q20

**Strength Subscale**

Prosocial = Q21–Q25 (reverse interpretation)

**Total Difficulties Score**

Total Difficulties = Emotional + Conduct + Hyperactivity + Peer

Range = 0 – 40

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## **Interpretation (Screening Bands – Typical)**

### **Total Difficulties Interpretation**

|       |                   |
|-------|-------------------|
| 0–13  | Normal            |
| 14–16 | Borderline        |
| 17–40 | High difficulties |

**Screening only – not a diagnosis**

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### **AI Usage Rules**

- High **emotional** → anxiety/depression screen
  - High **hyperactivity** → ADHD screener
  - High **peer problems** → social support focus
  - Strong **prosocial** → resilience indicator
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### **Panel-Ready One-Liner**

“We use an SDQ-aligned screener to assess emotional and behavioral difficulties in adolescents and young adults, allowing early support without diagnostic labeling.”