

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**.

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**.

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

Interpretation (Screening Bands – Typical)

Total Difficulties Interpretation

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

Screening only – not a diagnosis

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.”