

SDQI[®]

INSTRUMENT

All information supplied will be kept strictly confidential							
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Your Name _____ Circle one: **Boy** **Girl**

School _____ Grade _____ Age _____

Teacher _____ Date: _____

PLEASE READ THESE INSTRUCTIONS FIRST

This is not a test - there are no right or wrong answers.

This is a chance to look at yourself. **It is not a test.** There are no right answers and everyone will have different answers. Be sure that your answers show how you feel about yourself. **PLEASE DO NOT TALK ABOUT YOUR ANSWERS WITH ANYONE ELSE.** We will keep your answers private and not show them to anyone.

When you are ready to begin, please read each sentence and decide your answer (You may read quietly to yourself as I read aloud). There are five possible answers for each question - “True”, “False”, and three answers in between. The numbers 1 to 5 are next to each sentence, for each of the answers. The answers are written at the top of the page, above the numbers. Choose your answer to a sentence and circle the number of the answer you choose. You may only choose one answer. **DO NOT** say your answer out loud or talk about it with anyone else. Before you start there are three examples below. A student named Bob has already answered the first two examples to show you how to do it. In the third example you must choose your own answer by circling the number.

1 False	2 Mostly False	3 Sometimes false, sometimes true	4 Mostly True	5 True
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SOME EXAMPLES

A. *I like to read comic books.*

1 2 3 4 **5**

(Bob circled the number 5, which was the answer “TRUE”. This means that he really likes to read comic books. If Bob did not like to read comic books very much, he would have answered “FALSE” or “MOSTLY FALSE”).

B. *In general, I am neat and tidy.*

1 2 **3** 4 5

(Bob answered “SOMETIMES FALSE, SOMETIMES TRUE” because he is not very neat, but he is not very messy either).

C. *I like to watch T.V.*

1 2 3 4 5

For this sentence you have to choose the answer that is best for you. First you must decide if the sentence is “TRUE” or “FALSE” or somewhere in between. If you really like to watch T.V. a lot you would answer “TRUE” by circling the number 5. If you hate watching T.V. you would answer “FALSE” by circling the number 1. If your answer is somewhere in between then you would choose one of the other three boxes.

Please do not leave any statements blank. If unsure, please ASK FOR HELP.

Please **circle the number** which is the **most correct** statement about you.

Statement	False	Mostly False	Sometimes false, sometimes true	Mostly True	True
01. I am good looking.....	1	2	3	4	5
02. I am good at all SCHOOL SUBJECTS	1	2	3	4	5
03. I can run fast.....	1	2	3	4	5
04. I get good marks in READING	1	2	3	4	5
05. My parents understand me.....	1	2	3	4	5
06. I hate MATHEMATICS	1	2	3	4	5
07. I have lots of friends.....	1	2	3	4	5
08. I like the way I look.....	1	2	3	4	5
09. I enjoy doing work in all SCHOOL SUBJECTS	1	2	3	4	5
10. I like to run and play hard.....	1	2	3	4	5
11. I like READING	1	2	3	4	5
12. My parents are usually unhappy or disappointed with what I do.....	1	2	3	4	5
13. Work in MATHEMATICS is easy for me.....	1	2	3	4	5
14. I make friends easily.....	1	2	3	4	5
15. I have a pleasant looking face.....	1	2	3	4	5
16. I get good marks in all SCHOOL SUBJECTS	1	2	3	4	5
17. I hate sports and games.....	1	2	3	4	5
18. I am good at READING	1	2	3	4	5
19. I like my parents.....	1	2	3	4	5
20. I look forward to MATHEMATICS	1	2	3	4	5
21. Most kids have more friends than I do.....	1	2	3	4	5
22. I am a nice looking person.....	1	2	3	4	5
23. I hate all SCHOOL SUBJECTS	1	2	3	4	5
24. I enjoy sports and games.....	1	2	3	4	5
25. I am interested in READING	1	2	3	4	5
26. My parents like me.....	1	2	3	4	5
27. I get good marks in MATHEMATICS	1	2	3	4	5
28. I get along with kids easily.....	1	2	3	4	5
29. I do lots of important things.....	1	2	3	4	5
30. I am ugly.....	1	2	3	4	5

	Statement	False	Mostly False	Sometimes false, sometimes true	Mostly True	True
31.	I learn things quickly in all SCHOOL SUBJECTS	1	2	3	4	5
32.	I have good muscles.....	1	2	3	4	5
33.	I am dumb at READING	1	2	3	4	5
34.	If I have children of my own, I want to bring them up like my parents raised me.....	1	2	3	4	5
35.	I am interested in MATHEMATICS	1	2	3	4	5
36.	I am easy to like.....	1	2	3	4	5
37.	Overall, I am no good.....	1	2	3	4	5
38.	Other kids think I am good looking.....	1	2	3	4	5
39.	I am interested in all SCHOOL SUBJECTS	1	2	3	4	5
40.	I am good at sports.....	1	2	3	4	5
41.	I enjoy doing work in READING	1	2	3	4	5
42.	My parents and I spend a lot of time together.....	1	2	3	4	5
43.	I learn things quickly in MATHEMATICS	1	2	3	4	5
44.	Other kids want me to be their friend.....	1	2	3	4	5
45.	In general, I like being the way I am.....	1	2	3	4	5
46.	I have a good looking body.....	1	2	3	4	5
47.	I am dumb in all SCHOOL SUBJECTS	1	2	3	4	5
48.	I can run a long way without stopping.....	1	2	3	4	5
49.	Work in READING is easy for me.....	1	2	3	4	5
50.	My parents are easy to talk to.....	1	2	3	4	5
51.	I like MATHEMATICS	1	2	3	4	5
52.	I have more friends than most other kids.....	1	2	3	4	5
53.	Overall, I have a lot to be proud of.....	1	2	3	4	5
54.	I am better looking than most of my friends.....	1	2	3	4	5
55.	I look forward to all SCHOOL SUBJECTS	1	2	3	4	5
56.	I am a good athlete.....	1	2	3	4	5
57.	I look forward to READING	1	2	3	4	5
58.	I get along well with my parents.....	1	2	3	4	5
59.	I am good at MATHEMATICS	1	2	3	4	5
60.	I am popular with kids of my own age.....	1	2	3	4	5

Statement	False	Mostly False	Sometimes false, sometimes true	Mostly True	True
61. I can't do anything right.....	1	2	3	4	5
62. I have nice features like nose, and eyes, and hair..	1	2	3	4	5
63. Work in all SCHOOL SUBJECTS is easy for me.....	1	2	3	4	5
64. I am good at throwing a ball.....	1	2	3	4	5
65. I hate READING	1	2	3	4	5
66. My parents and I have a lot of fun together.....	1	2	3	4	5
67. I can do things as well as most other people.....	1	2	3	4	5
68. I enjoy doing work in MATHEMATICS	1	2	3	4	5
69. Most other kids like me.....	1	2	3	4	5
70. Other people think I am a good person.....	1	2	3	4	5
71. I like all SCHOOL SUBJECTS	1	2	3	4	5
72. A lot of things about me are good.....	1	2	3	4	5
73. I learn things quickly in READING	1	2	3	4	5
74. I am as good as most other people.....	1	2	3	4	5
75. I am dumb at MATHEMATICS	1	2	3	4	5
76. When I do something, I do it well.....	1	2	3	4	5

Thank you