

SQ-48

Name of the Patient:
 Today's Date:
 Number:
 Date of Birth:

Instruction:

Try to answer the following propositions fairly and accurately. There are no 'right' or 'wrong' answers. Give the answer that best expresses the number of times you have felt the following ways **last week, including today**. The answer which comes to your mind first is often the best answer.

Note: If you did not work or study or have not been able to do so, then you can skip the questions 9, 15, 20, 30 and 35.

Please indicate what applies to you:	never	rarely	sometimes	often	very often
1. I was short of breath with minimal excursion.	0	1	2	3	4
2. I felt weak or slow.	0	1	2	3	4
3. I was irritable and dissatisfied.	0	1	2	3	4
4. I felt anxious while I was in a crowd (of people).	0	1	2	3	4
5. I felt palpitations.	0	1	2	3	4
6. I had trouble making decisions.	0	1	2	3	4
7. I could not enjoy anything at all.	0	1	2	3	4
8. I did not dare to cross open spaces, such as a public square.	0	1	2	3	4
9. I felt stressed at my work or study.	0	1	2	3	4
10. I argued with others.	0	1	2	3	4
11. I felt chest pain (or pressure).	0	1	2	3	4
12. I looked forward to things.	0	1	2	3	4
13. I considered my death or suicide.	0	1	2	3	4
14. I did not dare to travel on my own using public transport.	0	1	2	3	4
15. I was dissatisfied with my work or study.	0	1	2	3	4
16. I was hot-tempered without good reason.	0	1	2	3	4
17. I felt dizzy or lightheaded.	0	1	2	3	4
18. I felt like doing things.	0	1	2	3	4
19. I did not want to live anymore.	0	1	2	3	4
20. I had the feeling that I have been working or studying very hard.	0	1	2	3	4
21. I had trouble with controlling my anger.	0	1	2	3	4

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Please indicate what applies to you:	never	rarely	sometimes	often	very often
22. I felt a tingling, for example in my hands.	0	1	2	3	4
23. I could hardly express myself.	0	1	2	3	4
24. I was afraid or anxious.	0	1	2	3	4
25. I did not dare to go alone to a crowded shop.	0	1	2	3	4
26. I was shaking or trembling.	0	1	2	3	4
27. I was afraid of rejection by others.	0	1	2	3	4
28. I was scared.	0	1	2	3	4
29. I was optimistic about my future.	0	1	2	3	4
30. I worked or studied less intensely than before.	0	1	2	3	4
31. I felt shaky or I had shivers.	0	1	2	3	4
32. I felt low and less than others.	0	1	2	3	4
33. I felt jittery and nervous.	0	1	2	3	4
34. I looked forward to my plans and goals for the future.	0	1	2	3	4
35. I had the feeling that I did not do well with my work or study.	0	1	2	3	4
36. I felt uncomfortable when other people looked at me.	0	1	2	3	4
37. I took interest in things.	0	1	2	3	4
38. I felt hopeless.	0	1	2	3	4
39. I was forgetful.	0	1	2	3	4
40. I felt down or depressed.	0	1	2	3	4
41. I felt restless.	0	1	2	3	4
42. I felt energetic and high-spirited.	0	1	2	3	4
43. I wanted to hit people if I was provoked.	0	1	2	3	4
44. I struggled to get the day started.	0	1	2	3	4
45. I felt insecure in the company of others.	0	1	2	3	4
46. I felt tense.	0	1	2	3	4
47. I could not concentrate well.	0	1	2	3	4
48. I worried.	0	1	2	3	4

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Scoring SQ-48:

For the total score, the scores on the items should be added (without WORK AND VITA). The following items have a reverse scoring (VITA): 12, 18, 29, 34, 37, 42. All 48 items are scored 0-4. Sum score ranges 0-148.

The distribution of the 48 items about the 9 subscales is as follows:

AGGR (aggression 4 items): items 10, 16, 21, 43.

AGOR (agoraphobia 4 items): 4, 8, 14, 25

ANXI (anxiety 6 items): 24, 28, 33, 41, 46, 48

COGN (cognitive complaints 5 items): 2, 6, 39, 44, 47

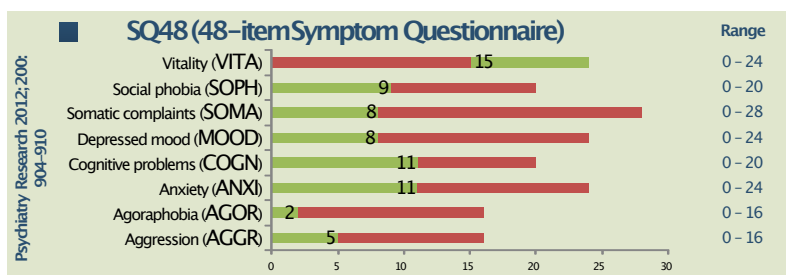
MOOD (mood/depression 6 items): 3, 7, 13, 19, 38, 40

SOMA (somatic complaints 7 items): 1, 5, 11, 17, 22, 26, 31

SOPH (social phobia 5 items): 23, 27, 32, 36, 45.

VITA (vitality 6 items): 12, 18, 29, 34, 37, 42

WORK (work/study 5 items): 9, 15, 20, 30, 35.



Reference SQ-48:

Carrier, I. et al (2012). Development and validation of the 48 item Symptom Questionnaire (SQ-48) in patients with depressive-, anxiety- and somatoform disorders. *PsychiatryResearch*,200(2-3), 904-910.

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