

TEMPERAMENT QUESTIONNAIRE

Child's Name _____ DOB/Age _____

Completed By _____ Relationship to Child _____

The purpose of this questionnaire is to understand *your child's temperament* (the inborn part of the personality). Ten categories are listed. Behaviors commonly associated with each trait are rated on an easy-difficult spectrum. Look for long-standing features, sometimes present in infancy, but certainly evident by the age of 3. If you are concerned about *new* problem behavior do not include it.

Most parents are upset and worried about their child when they first complete this questionnaire. Because of this they usually exaggerate the difficult behavior. Try to be objective. If a characteristic is long-standing but is now increased, rate it as it is now but put an * next to it.

Use the following rating scale:

0 = Not at all or just a little (not a problem)

1 = Sometimes (mild to moderate problem)

2 = Often (clearly a problem)

3 = Very often (very much of a problem)

4 = Nearly always or always (a severe problem)

I. ACTIVITY LEVEL

General statement about degree of movement

- On the go, can't sit still ()
- Fidget, squirms, taps ()
- Trouble playing quietly ()
- Resists if confined (e.g. seat belt) ()

II. SELF CONTROL

Ability to delay action or demands

- Impulsive, acts without thinking ()
- Easily over-stimulated ()
- Loses control – can become aggressive ()
- Does not wait turn, interrupts ()
- Easily frustrated, impatient ()
- Behavior is unpredictable ()

III. CONCENTRATION

Ability to maintain focus in the face of distractions

- Trouble staying focused ()
- Easily distracted ()
- Quickly loses interest unless very involved ()
- Disorganized, loses things ()
- Forgetful ()

IV. INTENSITY

The way emotions are expressed

- Forceful ()
- Loud ()
- Overwhelming ()
- Strong emotions, whether happy, angry, or sad ()

V. REGULARITY

Predictability of physical functions

- In infancy was hard to put on a sleep schedule ()
- Erratic sleep patterns ()
- In infancy was hard to put on a feeding schedule ()
- Erratic appetite patterns ()

VI. PERSISTANCE

Single-mindedness, which may be positive or negative

- Strong-willed ()
- Stubborn ()
- Relentless doesn't give up ()
- Gets stuck, "locked in" ()

VII. SENSORY THRESHOLD

Sensitivity to physical stimuli – sound, light, smell, taste, touch, pain, temperature

- Sensitivity to noise ()
- Sensitive to lights ()
- Clothes have to feel right: bothered by tags, belts, socks, etc. ()
- Foods have to smell, taste, or feel right (circle one or more) ()
- Refuses to dress warmly/dresses too warmly (choose one) ()

VIII. INITIAL RESPONSE

Characteristic first reaction

- Holds back in new situations ()
- Shrinks from new people ()
- Doesn't like to try new things ()
- Seems "unfriendly" ()

IX. ADAPTABILITY

Tolerance of change

- Has trouble with transitions ()
- Doesn't like change, "creature of habit" ()
- Wants the same clothes or food ()
- Inflexible ()
- Notices if details are not in place ()

X. PREDOMINANT MOOD

Basic disposition

- Serious ()
- Doesn't show excitement openly ()
- "Glass is half empty" ()

Go over your answers and make sure they reflect your child's innate nature, not new or recent behavior.

FAMILY QUESTIONS

Please Answer Yes or No

- | | Mother | Father |
|--|--------|--------|
| • Has your child been hard to raise | () | () |
| • Is your child's behavior often hard to understand? | () | () |
| • Are you often battling the child? | () | () |
| • Do you feel inadequate or guilty as a parent? | () | () |
| • Is your family life under strain because of the child? | () | () |

This questionnaire is designed to be used in conjunction with other information. It has not been standardized or subjected to statistical analysis.