CURE Counseling & Assessment Training Centre

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Instructions for Completing the PDQ-4 Assessment

- 1. Please write **your name and date at the bottom** of the score sheet where indicated.
- 2. This is a **True/False** assessment. The statements to consider start in the **question booklet**, the lower portion of the left-hand column. However, you **will not read and answer them in numerical order**.
- 3. You will begin with statement #11. Read the statement and then circle "T" or "F" on the score sheet after #11 at the top of the first grayed column with the bold statement #'s.
- 4. Proceed to the next statement #, go to the booklet to read that statement and then circle the most accurate response on the score sheet after the corresponding #.
- 5. Please complete the entire score sheet in this manner, being sure to circle your answers for each True/False statement. However, when you come to **Statements #98 and #99 on the score sheet**, you will read the short statements **directly under each of those numbers** and **check** the **statements that apply to you**. If none of the statements under #98 apply to you, then it will be false (F). Otherwise, it is true (T). And the **same for #99**. Read the statements directly under #99 on the score sheet and check the ones that apply to you. If none of them apply to you, it will be false (F). Otherwise, it is true (T).
- 6. Please do not mark on the question booklet itself. Please return the profile to the office a day or two prior to your next appointment. You may leave the profiles under the office door mat if the door is locked and leave a phone message to inform us that they are there.

PDQ-4

Personality Questionnaire

Provided by Dr. C. Steven Shaffer, Ph.D. Licensed Professional Counselor B.A., M.A., M.S., D. Min., Ph.D., National Certified Counselor

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Developed by Steven E. Hyler, M.D. of the New York State Psychiatric Institute. The items included in the PDQ-4 were adapted from the diagnostic criteria for personality disorders of the American Psychiatric Association's Diagnostic and Statistical Manual of Mental Disorders, fourth edition, (DSM-IV) and contains items originally included in the PDQ and PDQ-R personality questionnaires. For more information contact Dr. Hyler, 130 New York State Psychiatric Institute, 105 Riverside Drive, New York, N.Y. 10032. Telephone (212) 960-5656. Seh5@columbia.edu ©Human Informatics Inc. 2002 – 2006.

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PDQ-4 Instructions Personality Questionnaire

The purpose of this personality questionnaire is for you to describe the kind of person you are. When answering the questions, think about how you have tended to feel, think, and act over the past several years.

Please answer either True or False to each item.

T (True) means that the statement is <u>generally true</u> for you.

F (False) means that the statement is generally false for you.

Even if you are not entirely sure about the answer, indicate "T" or "F" for every question.

For example, for the question:

I tend to be stubborn. T

If, in fact you have been stubborn over the past several years, you would answer <u>True</u> by **circling T on the score sheet.**

If, this was <u>Not True</u> at all for you, you would answer **circling F on the score sheet.**

There are no correct answers. You make take as much time as you wish. Use the Excel spreadsheet to record your responses.

PLEASE DO NOT WRITE ON THIS BOOKLET!

- 1. I avoid working with others who may criticize me.
- 2. I can't make decisions without the advice, or reassurance, of others.
- 3. I often get lost in details and lose sight of the "big picture."
- 4. I need to be the center of attention.
- 5. I have accomplished far more than others give me credit.

- 6. I'll go to extremes to prevent those whom I love from ever leaving me.
- 7. Others have complained that I do not keep up with my work or commitments.
- 8. I've been in trouble with the law several times (or would have been if I had been caught).
- 9. Spending time with family or friends just doesn't interest me.
- 10. I get special messages from things happening around me.
- 11. I know that people will take advantage of me, or try to cheat me, if I let them.
- 12. Sometimes I get upset.
- 13. I make friends with people only when I am sure they like me.
- 14. I am usually depressed.

F

- 15. I prefer that other people assume responsibility for me.
- 16. I waste time trying to make things too perfect.
- 17. I am "sexier" than most people.
- 18. I often find myself thinking about how great a person I am, or will be.
- 19. I either love someone or hate them, with nothing in between.
- 20. I get into a lot of physical fights.
- 21. I feel that others don't understand or appreciate me.
- 22. I would rather do things by myself than with other people.
- 23. I have the ability to know that some things will happen before they actually do.
- 24. I often wonder whether the people I know can really be trusted.

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- 25. Occasionally I talk about people behind their backs.
- 26. I am inhibited in my intimate relationships because I am afraid of being ridiculed.
- 27. I fear losing the support of others if I disagree with them.
- 28. I have many shortcomings.
- 29. I put my work ahead of being with my family or friends or having fun.
- 30. I show my emotions easily.
- Only certain special people can really appreciate and understand me.
- 32. I often wonder who I really am.
- I have difficulty paying bills because I don't stay at any one job for very long.
- Sex just doesn't interest me.
- 35. Others consider me moody and "hot tempered."
- 36. I can often sense, or feel things, that others can't.
- 37. Others will use what I tell them against me.
- 38. There are some people I don't like.
- 39. I am more sensitive to criticism or rejection than most people.
- 40. I find it difficult to start something if I have to do it by myself.
- 41. I have a higher sense of morality than other people.
- 42. I am my own worst critic.
- 43. I use my "looks" to get the attention that I need.
- 44. I very much need other people to take notice or compliment me.

- 45. I have tried to hurt or kill myself.
- 46. I do a lot of things without considering the consequences.
- 47. There are few activities that I have any interest.
- 48. People often have difficulty understanding what I say.
- 49. I object to supervisors telling me how I should do my job.
- 50. I keep alert to figure out the real meaning of what people are saying.
- 51. I have never told a lie.
- 52. I am afraid to meet new people because I feel inadequate.
- 53. I want people to like me so much that I volunteer to do things that I'd rather not do.
- I have accumulated lots of things that I don't need but I can't bear to throw out.
- 55. Even though I talk a lot, people say that I have trouble getting to the point.
- 56. I worry a lot.
- 57. I expect other people to do favors for me even though I do not usually do favors for them.
- 58. I am a very moody person.
- 59. Lying comes easily to me and I often do it.
- 60. I am not interested in having close friends.
- 61. I am often on guard against being taken advantage of.
- 62. I never forget, or forgive, those who do me wrong.
- 63. I resent those who have more "luck" than I.
- 64. A nuclear war may not be such a bad idea.

- 65. When alone, I feel helpless and unable to care for myself.
- If others can't do things correctly, I would prefer to do them myself.
- 67. I have a flair for the dramatic.
- 68. Some people think that I take advantage of others.
- 69. I feel that my life is dull and meaningless.
- 70. I am critical of others.
- 71. I don't care what others have to say about me.
- 72. I have difficulties relating to others in a one-to-one situation.
- People have often complained that I did not realize that they were upset.
- By looking at me, people might think that I'm pretty odd, eccentric or weird.
- 75. I enjoy doing risky things.
- 76. I have lied a lot on this questionnaire.
- 77. I complain a lot about my hardships.
- 78. I have difficulty controlling my anger or temper.
- 79. Some people are jealous of me.
- 80. I am easily influenced by others.
- 81. I see myself as thrifty, but others see me as being cheap.
- 82. When a close relationship ends, I need to get involved with someone else immediately.
- 83. I suffer from low self-esteem.
- 84. I am a pessimist.

- 85. I waste no time in getting back at people who insult me.
- 86. Being around other people makes me nervous.
- 87. In new situations, I fear being embarrassed.
- 88. I am terrified of being left to care for myself.
- 89. People complain that I'm "stubborn as a mule."
- 90. I take relationships more seriously than do those who I'm involved.
- I can be nasty with someone one minute, then find myself apologizing to them the next minute.
- 92. Others consider me to be stuck up.
- 93. When stressed, things happen, like I get paranoid or just "black out."
- 94. I don't care if others get hurt so long as I get what I want.
- 95. I keep my distance from others.
- 96. I often wonder whether my wife (husband, girlfriend or boyfriend) has been unfaithful to me.
- 97. I often feel guilty.

Please check off those items that apply in questions 98 and 99.

- 98. I have done things on impulse that could have gotten me into trouble.
- 99. When I was a kid (before age 15), I was somewhat of a juvenile delinquent, doing some of the things below.

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PDQ-4 Profile

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P + 4	TRUE	FALSE	His + 5	TRUE	FALSE	AN + 3	TRUE	FALSE	00 + 4	IRUE	FALSE	Please Circle the CORRECT answ	vor	
uestion	Plaasa (CIRCLE the			Nor	Question			Question					
							-	-			-	12 T F		
1	T T	F	4	T	F	8	T T	F	3	T	F	25 T F		
24	T	F	17	Т	F	20	T	F	16	Т	F	38 T F		
37	T	F	30	Т	F	33	T	F	29	Т	F	51 T F		
50	T	F	43	Т	F	46	Т	F	41	Т	F			
62	T	F	55	Т	F	59	Т	F	54	Т	F	Please Circle the CORRECT answ		
85	Т	F	67	Т	F	75	Т	F	66	Т	F	98 T F		
96	Т	F	80	Т	F	94	Т	F	81	Т	F	Check the statements that apply to you:		
			90	Т	F	98			89	Т	F	Spend more money than I have.		
Question			Question			Question			Question	I		Having sex with people I hardly know.		
Sc + 4	TRUE	FALSE	N + 5	TRUE	FALSE	Av + 4	TRUE	FALSE	Neg +	TRUE	FALSE			
									4			Drinking too much		
Question	Please	CIRCLE t	he COR	RECT a	nswer.	Question			Question	1		Taking drugs.		
9	Т	F	5	Т	F	1	Т	F	7	Т	F	Eating binges.		
22	Т	F	18	Т	F	13	Т	F	21	Т	F	Reckless driving		
34	Т	F	31	Т	F	26	Т	F	35	Т	F	Please Circle the CORRECT answ	ver	
47	Т	F	44	Т	F	39	Т	F	49	Т	F	99 T F		
+60	Т	F	57	Т	F	52	Т	F	63	Т	F	Check the statements that apply to you:		
71	Т	F	68	Т	F	83	Т	F	77	Т	F	I was considered a bully.		
95	Т	F	73	Т	F	87	Т	F	91	Т	F	I used to start fights with other kids.		
			79	Т	F							I used a weapon in fights that I had.		
			92	Т	F					1		I robbed or mugged other people.		
Question			Question			Question			Question	Í .		I was physically cruel to other people.		
Sch +	TRUE	FALSE	Bor +	TRUE	FALSE	Dpt +	TRUE	FALSE	Dep +	TRUE	FALSE			
5			5			5			5			I was physically cruel to animals.		
Please CIRCLE the CORRECT ar				nswer.	Question			Question			I forced someone to have sex with me.			
10	T	F	6	T	F	2	Т	F	14	Т	F	I lied a lot.		
23	T	F	19	T	F	- 15	T	F	28	T	F	I stayed out at night without permission.		
36	T	F	32	T	F	27	T	F	42	T	F	I stole things from others.		
48	T	F	45	T	F	40	T	F	56	Т	F	I set fires.		
61	T	F	58	T	F	53	T	F	70	Т	F	I broke windows or destroyed property.		
72	T	F	69	Т	F	65	Т	F	84	Т	F	I ran away from home overnight more than once.		
74	T	F	78	T	F	82	T	F	97	T	F	I began skipping school a lot before age 13		
+60	T	F	93	T	F	88	T	F	51	<u> </u>	++			
+00		F			-	00	1	1			++	I broke into someone's house, building, or		
86	Т		98 +2		F			I			1	SQ +1 64 T		

Name: