The CBQ Short Form represents a viable alternative for researchers interested in temperament who do not have the time or resources to administer the more reliable and extensively validated 195-item measure. Although the short form will save research participants time and energy, abbreviated measures inevitably result in some loss of important information and it is recommended that researchers use the longer form when it is feasible. Researchers should also keep in mind the alternative strategy of administering only a selected subset of scales when their research question is strongly focused. This alternative will maintain the valuable characteristics of the long scales while reducing time and energy demands on subjects.
<table>
<thead>
<tr>
<th>Scale</th>
<th>Definition</th>
</tr>
</thead>
<tbody>
<tr>
<td>Activity Level</td>
<td>Level of gross motor activity including rate and extent of locomotion.</td>
</tr>
<tr>
<td>Anger/Frustration</td>
<td>Amount of negative affect related to interruption of ongoing tasks or goal blocking.</td>
</tr>
<tr>
<td>Approach/Positive Anticipation</td>
<td>Amount of excitement and positive anticipation for expected pleasurable activities.</td>
</tr>
<tr>
<td>Attentional Focusing</td>
<td>Tendency to maintain attentional focus upon task-related channels.</td>
</tr>
<tr>
<td>Discomfort</td>
<td>Amount of negative affect related to sensory qualities of stimulation, including intensity, rate or complexity of light, movement, sound, texture.</td>
</tr>
<tr>
<td>Falling Reactivity/Soothability</td>
<td>Rate of recovery from peak distress, excitement, or general arousal.</td>
</tr>
<tr>
<td>Fear</td>
<td>Amount of negative affect, including unease, worry or nervousness related to anticipated pain or distress and/or potentially threatening situations.</td>
</tr>
<tr>
<td>High Intensity Pleasure</td>
<td>Amount of pleasure or enjoyment related to situations involving high stimulus intensity, rate, complexity, novelty and incongruity.</td>
</tr>
<tr>
<td>Impulsivity</td>
<td>Speed of response initiation.</td>
</tr>
<tr>
<td>Inhibitory Control</td>
<td>The capacity to plan and to suppress inappropriate approach responses under instructions or in novel or uncertain situations.</td>
</tr>
<tr>
<td>Low Intensity Pleasure</td>
<td>Amount of pleasure or enjoyment related to situations involving low stimulus intensity, rate, complexity, novelty and incongruity.</td>
</tr>
<tr>
<td>Perceptual Sensitivity</td>
<td>Detection of slight, low-intensity stimuli from the external environment.</td>
</tr>
<tr>
<td>Sadness</td>
<td>Amount of negative affect and lowered mood and energy related to exposure to suffering, disappointment and object loss.</td>
</tr>
<tr>
<td>Shyness</td>
<td>Slow or inhibited approach in situations involving novelty or uncertainty.</td>
</tr>
<tr>
<td>Smiling and Laughter</td>
<td>Amount of positive affect in response to changes in stimulus intensity, rate, complexity, and incongruity.</td>
</tr>
</tbody>
</table>
Items-by-scale

**Activity Level**
1. Seems always in a big hurry to get from one place to another.
12. Tends to run, rather than walk, from room to room.
18R. When outside, often sits quietly.
22. Moves about actively (runs, climbs, jumps) when playing in house.
50R. Prefers quiet activities to active games.
85. Is full of energy, even in the evening.
93R. Likes to sit quietly and watch people do things.

**Anger/Frustration**
2. Gets angry when told s/he has to go to bed.
14. Has temper tantrums when s/he doesn't get what s/he wants.
30. Gets quite frustrated when prevented from doing something s/he wants to do.
40. Gets angry when s/he can't find something s/he wants to play with.
61R. Rarely gets upset when told s/he has to go to bed.
87. Gets angry when called in from play before s/he is ready to quit.

**Approach/Positive Anticipation**
6. Gets so worked up before an exciting event that s/he has trouble sitting still.
15. Gets very enthusiastic about the things s/he does.
46. Becomes very excited while planning for trips.
58. Becomes very excited before an outing (e.g., picnic, party).
90R. Remains pretty calm about upcoming desserts like ice cream.
92R. Looks forward to family outings, but does not get too excited about them.

**Attentional Focusing**
16R. When practicing an activity, has a hard time keeping her/his mind on it.
21R. Will move from one task to another without completing any of them.
62. When drawing or coloring in a book, shows strong concentration.
71. When building or putting something together, becomes very involved in what s/he is doing, and works for long periods.
84R. Is easily distracted when listening to a story.
89. Sometimes becomes absorbed in a picture book and looks at it for a long time.

**Discomfort**
3R. Is not very bothered by pain.
9. Becomes quite uncomfortable when cold and/or wet.
29. Is quite upset by a little cut or bruise.
49R. Is not very upset at minor cuts or bruises.
64. Is likely to cry when even a little bit hurt.
91R. Hardly ever complains when ill with a cold.
Falling Reactivity/Soothability
25R. Has a hard time settling down after an exciting activity.
34R. When angry about something, s/he tends to stay upset for ten minutes or longer.
44. Changes from being upset to feeling much better within a few minutes.
59. If upset, cheers up quickly when s/he thinks about something else.
66. Is easy to soothe when s/he is upset.
75R. Is very difficult to soothe when s/he has become upset.

Fear
17. Is afraid of burglars or the "boogie man."
23. Is afraid of loud noises.
35R. Is not afraid of the dark.
41. Is afraid of fire.
63. Is afraid of the dark.
68R. Is rarely frightened by "monsters" seen on TV or at movies.

High Intensity Pleasure
4. Likes going down high slides or other adventurous activities.
10. Likes to play so wild and recklessly that s/he might get hurt.
33. Enjoys activities such as being chased, spun around by the arms, etc.
69. Likes to go high and fast when pushed on a swing.
78R. Dislikes rough and rowdy games.
88. Enjoys riding a tricycle or bicycle fast and recklessly.

Impulsivity
7. Usually rushes into an activity without thinking about it.
28. Often rushes into new situations.
36R. Takes a long time in approaching new situations.
43R. Is slow and unhurried in deciding what to do next.
51. Tends to say the first thing that comes to mind, without stopping to think about it.
82R. Is among the last children to try out a new activity.

Inhibitory Control
38. Can wait before entering into new activities if s/he is asked to.
45. Prepares for trips and outings by planning things s/he will need.
53R. Has trouble sitting still when s/he is told to (at movies, church, etc.).
67. Is good at following instructions.
73. Approaches places s/he has been told are dangerous slowly and cautiously.
81. Can easily stop an activity when s/he is told "no."
Low Intensity Pleasure
26. Enjoys taking warm baths.
39. Enjoys "snuggling up" next to a parent.
57. Enjoys just being talked to.
65. Enjoys looking at picture books.
72. Likes being sung to.
76. Likes the sound of words, as in nursery rhymes.
86. Enjoys sitting on parent's lap.
94. Enjoys gentle rhythmic activities, such as rocking or swaying.

Perceptual Sensitivity
5. Notices the smoothness or roughness of objects s/he touches.
13. Notices it when parents are wearing new clothing.
24. Seems to listen to even quiet sounds.
32. Comments when a parent has changed his/her appearance.
47. Is quickly aware of some new item in the living room.
83R. Doesn't usually notice odors, such as perfume, smoke, cooking, etc.

Sadness
8. Cries sadly when a favorite toy gets lost or broken.
20. Tends to become sad if the family's plans don't work out.
27. Seems to feel depressed when unable to accomplish some task.
31. Becomes upset when loved relatives or friends are getting ready to leave following a visit.
54R. Rarely cries when s/he hears a sad story.
56R. Rarely becomes upset when watching a sad event in a TV show.
74R. Rarely becomes discouraged when s/he has trouble making something work.

Shyness
11R. Seems to be at ease with almost any person.
37. Is sometimes shy even around people s/he has known a long time.
42. Sometimes seems nervous when talking to adults s/he has just met.
52. Acts shy around new people.
60R. Is comfortable asking other children to play.
70. Sometimes turns away shyly from new acquaintances.

Smiling and Laughter
19R. Enjoys funny stories, but usually doesn't laugh at them.
48R. Hardly ever laughs out loud during play with other children.
55. Sometimes smiles or giggles when playing by her/himself.
77. Smiles a lot at people s/he likes.
79. Often laughs out loud in play with other children.
80R. Rarely laughs aloud while watching TV or movie comedies.

Note: Items designated by “R” are reverse-scored and should be re-coded so that 1 becomes 7, 2 becomes 6, 3 becomes 5, 4 remains 4, 5 becomes 3, 6 becomes 2 and 7 becomes 1.
Scoring Procedure for the Children’s Behavior Questionnaire Short Form

Scale scores for the short form represent the mean score of all scale items applicable to the child during the last 6 months, as judged by the caregiver. Scales’ scores are to be computed by the following method:

1. Sum all numerical item responses for a given scale. Note that:
   A. If a caregiver omitted an item, that item receives no numerical score;
   B. If caregiver checked the “not applicable” response option for an item, that item receives no numerical score;
   C. Items indicated with an R are reverse items and must be scored in the following way:

   
<table>
<thead>
<tr>
<th>Original Score</th>
<th>Reverse Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>7</td>
<td>1</td>
</tr>
<tr>
<td>6</td>
<td>2</td>
</tr>
<tr>
<td>5</td>
<td>3</td>
</tr>
<tr>
<td>4</td>
<td>4</td>
</tr>
<tr>
<td>3</td>
<td>5</td>
</tr>
<tr>
<td>2</td>
<td>6</td>
</tr>
<tr>
<td>1</td>
<td>7</td>
</tr>
</tbody>
</table>

2. Divide the total by the number of items receiving a numerical response. Do not include items marked “not applicable” or items receiving no response in determining the number of items. For example, given a sum of 19 for a scale of six items, with one item receiving no response, one item marked “not applicable”, and four items receiving numerical responses, the sum of 19 would be divided by 4 to yield a mean of 4.75 for the scale score.

Note: Most statistics programs will carry out these steps for you. Users of SPSS can copy the following commands into a syntax file to reverse items and calculate scale scores. The syntax assumes that items are titled "cbqsh1", "cbqsh2", "cbqsh3", etc. It is also assumed that no score was entered when caregivers omitted an item or checked "Does not apply".

```spss
COMPUTE cbqsh18r = (8-cbqsh18).
COMPUTE cbqsh50r = (8-cbqsh50).
COMPUTE cbqsh93r = (8-cbqsh93).
COMPUTE cbqsh61r = (8-cbqsh61).
COMPUTE cbqsh90r = (8-cbqsh90).
COMPUTE cbqsh92r = (8-cbqsh92).
COMPUTE cbqsh16r = (8-cbqsh16).
COMPUTE cbqsh21r = (8-cbqsh21).
COMPUTE cbqsh84r = (8-cbqsh84).
COMPUTE cbqsh3r = (8-cbqsh3).
COMPUTE cbqsh49r = (8-cbqsh49).
COMPUTE cbqsh91r = (8-cbqsh91).
COMPUTE cbqsh25r = (8-cbqsh25).
COMPUTE cbqsh34r = (8-cbqsh34).
COMPUTE cbqsh75r = (8-cbqsh75).
COMPUTE cbqsh35r = (8-cbqsh35).
COMPUTE cbqsh68r = (8-cbqsh68).
```
COMPUTE cbqsh78r = (8 - cbqsh78).
COMPUTE cbqsh36r = (8 - cbqsh36).
COMPUTE cbqsh43r = (8 - cbqsh43).
COMPUTE cbqsh82r = (8 - cbqsh82).
COMPUTE cbqsh53r = (8 - cbqsh53).
COMPUTE cbqsh83r = (8 - cbqsh83).
COMPUTE cbqsh54r = (8 - cbqsh54).
COMPUTE cbqsh56r = (8 - cbqsh56).
COMPUTE cbqsh74r = (8 - cbqsh74).
COMPUTE cbqsh11r = (8 - cbqsh11).
COMPUTE cbqsh60r = (8 - cbqsh60).
COMPUTE cbqsh19r = (8 - cbqsh19).
COMPUTE cbqsh48r = (8 - cbqsh48).
COMPUTE cbqsh80r = (8 - cbqsh80).

COMPUTE act = mean(cbqsh1, cbqsh12, cbqsh18r, cbqsh22, cbqsh50r, cbqsh85, cbqsh93r).
COMPUTE frru = mean (cbqsh2, cbqsh14, cbqsh30, cbqsh40, cbqsh61r, cbqsh87).
COMPUTE app = mean (cbqsh6, cbqsh15, cbqsh46, cbqsh58, cbqsh90r, cbqsh92r).
COMPUTE attfo = mean (cbqsh16r, cbqsh21r, cbqsh62, cbqsh71, cbqsh84r, cbqsh89).
COMPUTE dis = mean (cbqsh3r, cbqsh9, cbqsh29, cbqsh49r, cbqsh64, cbqsh91r).
COMPUTE sth = mean (cbqsh25r, cbqsh34r, cbqsh44, cbqsh59, cbqsh66, cbqsh75r).
COMPUTE fea = mean (cbqsh17, cbqsh23, cbqsh35r, cbqsh41, cbqsh63, cbqsh68r).
COMPUTE hip = mean (cbqsh4, cbqsh10, cbqsh33, cbqsh69, cbqsh78r, cbqsh88).
COMPUTE imp = mean (cbqsh7, cbqsh28, cbqsh36r, cbqsh43r, cbqsh51, cbqsh82r).
COMPUTE inh = mean (cbqsh38, cbqsh45, cbqsh53r, cbqsh67, cbqsh73, cbqsh81).
COMPUTE lip = mean (cbqsh26 cbqsh39, cbqsh57, cbqsh65, cbqsh72, cbqsh76, cbqsh86, cbqsh94).
COMPUTE per = mean (cbqsh5, cbqsh13, cbqsh24, cbqsh32, cbqsh47, cbqsh83r).
COMPUTE sad = mean (cbqsh8, cbqsh20, cbqsh27, cbqsh31, cbqsh54r, cbqsh56r, cbqsh74r).
COMPUTE shy = mean (cbqsh11r, cbqsh37, cbqsh42, cbqsh52, cbqsh60r, cbqsh70).
COMPUTE smi = mean (cbqsh19r, cbqsh48r, cbqsh55, cbqsh77, cbqsh79, cbqsh80r).

EXECUTE.