

USEFUL FORMS

THE DASS21

The Depression, Anxiety and Stress Scale - 21 Items (DASS-21) is a set of three self-report scales designed to measure the emotional states of depression, anxiety and stress.

Click here to fill complete the DASS21:

<https://form.jotform.co/90017075309856>

Our provisional psychologist will score and send your results back to you.

THE SDQ

The Strengths and Difficulties Questionnaire (SDQ) consists of 25 items equally divided across five scales measuring your child's emotional symptoms, conduct problems, hyperactivity-inattention, peer problems, and prosocial behaviour.

Click here to fill complete the SDQ:

For children aged 4-10 years -

<https://form.jotform.co/93371472450860>

For children 11-17 years -

<https://form.jotform.co/92160797989882>

Our provisional psychologist will score and send the results back to you.

THE GOTTMAN RELATIONSHIP QUIZ

How well do you know your partner? Click here to take the Gottman quiz: <http://www.gottman.com/how-well-do-you-know-your-partner/>