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THE SOCIALABILITY QUESTIONNAIRE: AN INDEX OF SKILL

In working with the Socially Challenged, we found a need for a means to determine the measure of a person's social ability. A team of professionals worked on the project and created the Social-ability Questionnaire, which follows. It is an objective measurement tool. A research psychologist, anthropologist, and psychotherapist developed this questionnaire. It helps determine the degree of an individual's social challenge. **It applies to adolescents and adults and parents of such dependents.**

The test was constructed with five categories of information that are related to socialization. These categories are:

1. Concept and Self.
2. Social Anxiety
3. Feelings Toward Parents, and Degree of Independence.
4. Knowledge of Social Etiquette.
5. Empathy.

If you are operating with your own initiative take the test yourself.

If you are a parent concerned about your dependent, you have three roles in utilizing the test.

First; take the test yourself. Answer the questions as if you were your son or daughter.

Second; administer the test to your son or daughter. Explain the directions and provide the general guidelines for answering the questions. Be present while your son or daughter takes the test, in order to explain the meaning of any confusing questions.

Third, and most important; use the test as a basis for dialogue between you and your son or daughter, For example, look at the questions that you disagreed on. Is your son or daughter ignoring a deficit in his or her social knowledge or ability? Are you?

If either or both of you answered the question inappropriately,* use that point to begin a dialogue about how that question relates to a specific social skill or attribute.

GRADING AND INTERPRETING THE RESULTS

When grading the test, assign each correctly answered question a value of 1. Then add all the correct answers to determine a total score.

The mean score for individuals with a moderate social challenge is 22.5. This means that approximately half of the individuals who have taken the test scored higher than 22.54 and half scored below.

The following table will serve as a general guideline for Interpreting test scores:

LOW	17 or below
MEDIUM	18 – 27
HIGH	28 or above

*Note: There are no “right” or “wrong” answers in an absolute sense; however, a correct answer reflects a better ability with social skills.

Directions: Please read each question carefully, and decide whether or not the question describes you. Circle “T” if the statement applies to you, or “F” if it does not.

- T F 1. I listen patiently to others, and try to see things from their points of view.
- T F 2. I often think about my physical appearance, and what kind of an impression I make on others.
- T F 3. I am very uncomfortable talking about myself.
- T F 4. I am good at knowing how much to share about myself; I know when to keep emotional distance, and when to speak intimately.
- T F 5. I try to emphasize the positive in others when I confront them rather than the negative, or what is wrong with them.
- T F 6. I am able to openly discuss the quality of my relationship to someone else in my conversations with him or her.
- T F 7. I am prone to attacks of anxiety, and don't know how to control them.
- T F 8. My values are unclear, and I often have difficulty in deciding which course of action is right or which is wrong.
- T F 9. I sometimes think I'd be happier if I could exist all by myself.

- T F 10. I don't know how I will be able to survive after my parents die.
- T F 11. I often feel that life is not worth living.
- T F 12. I'm good at interacting with other people.
- T F 13. I understand all of the different roles, which I play in life.
- T F 14. I'm uncomfortable at parties and large, noisy events.
- T F 15. I have plenty of self – confidence.
- T F 16. I am sure on my own, and don't need any money from my parents.
- T F 17. When I look at how things are going in my life, it's hard to imagine that I will ever amount to anything.
- T F 18. I have frequent bouts of nausea and vomiting, especially when I am forced to interact with other people, with whom, I'd prefer not to.
- T F 19. There is nothing that I think I do very well.
- T F 20. I can place myself in someone else's shoes, and ask, "What would I do if I were him or her".
- T F 21. Before I challenge someone, I first try to understand him or her.
- T F 22. When I'm in public, I often feel confused about how to act.
- T F 23. I'm good at starting conversations with people I don't know.
- T F 24. I'm good at both speaking and listening to others.
- T F 25. I'm good at knowing what to do in familiar surroundings, but the idea of doing something new around people I don't know terrifies me.
- T F 26. When I meet someone new, after the first sentence or so, I don't know what else to say.
- T F 27. I am only able to get from place to place because of my parents' being willing to drive me.
- T F 28. I like sharing.
- T F 29. I understand the difference between a friend and an acquaintance.

- T F 30. I understand what people are saying to me, but I'm often confused about their intentions and motivations.
- T F 31. I have no significant friendships or relationships outside of my family.
- T F 32. I often feel frustrated toward my parents. On the other hand, they love me and protect me. But I get angry when they are overly protective of me.
- T F 33. I would never admit it, but my parents give me the only strength and support I receive.
- T F 34. Sometimes I think I know someone, then, all of a sudden, I realize that I don't.
- T F 35. If an opportunity came up for a date, I'm sure I could think of a place to go and a way to get there.

ANSWER KEY:

1. T
2. T
3. F
4. T
5. T
6. T
7. F
8. F
9. F
10. F
11. F
12. T
13. T
14. F
15. T
16. T
17. F
18. F
19. F
20. T
21. T
22. F
23. T
24. T
25. F
26. F

- 27. F
- 28. T
- 29. T
- 30. F
- 31. F
- 32. F
- 33. F
- 34. F
- 35. T