Youth Outcome Questionnaire

What is the Youth Outcome Questionnaire (YOQ)?

The YOQ is a questionnaire that asks about your child’s behaviors and feelings. From time to time, we ask you (or sometimes your child) to complete the YOQ to help mental health providers better:

• Understand how your child is feeling
• Focus on specific areas that need attention
• Involve both you and your child in planning treatment goals
• Measure your child’s progress in treatment

Although you don’t have to fill out the YOQ, it helps make your child’s treatment more effective if you do. Your provider will share both YOQ scores and progress with you and your child during your therapy sessions.

How can the YOQ help my child?

The YOQ gives you, your child, and your child’s treatment provider a consistent way to think and talk about what’s working and what’s not working in treatment. Tested with thousands of children, the YOQ is very reliable for pointing out how your child is progressing and what needs more treatment focus.

How do I use the YOQ?

The YOQ form lists behaviors, situations, and moods that your child may be experiencing. To best help your child, base your answers honestly on how things have been going the past 7 days.

The form usually takes about 5 to 10 minutes to complete. You and your child will fill it out before sessions, either in the office on a tablet or computer or on your own device at home. The YOQ is automatically scored so your provider has access to the results before your session.

Your child’s provider will tell you how often the YOQ needs to be filled out based on the types of services your child receives.
Questions for my doctor

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