



Selective Mutism Questionnaire (SMQ) Questionnaire

Instructions

Selective Mutism Questionnaire (SMQ) contains 20 items rated on a 5-point scale. Please answer each question honestly based on your typical thoughts, feelings, and experiences. There are no right or wrong answers.

#	Statement	Strongly Disagree (0)	Disagree (1)	Neutral (2)	Agree (3)	Strongly Agree (4)
1	I am able to speak freely at home.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2	I find it difficult to speak at school, work, or in public places.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3	I speak comfortably with close family members.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4	I stay quiet in situations where most people would normally talk.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5	I feel nervous when people expect me to speak.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6	I worry about being judged when I talk.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7	I feel embarrassed when attention is focused on me during conversations.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8	I become anxious when strangers try to talk with me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

#	Statement	Strongly Disagree (0)	Disagree (1)	Neutral (2)	Agree (3)	Strongly Agree (4)
9	I prefer pointing, nodding, or using gestures instead of speaking.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10	I whisper rather than speak normally in certain situations.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
11	I prefer writing messages instead of speaking directly.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
12	I often let others speak for me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
13	My speaking difficulties make it hard to make friends.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
14	My communication difficulties affect my school or work performance.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
15	I avoid situations where I may be expected to speak.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
16	My speaking difficulties interfere with my daily life.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
17	I have experienced these speaking difficulties for a long time.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
18	My difficulty speaking occurs regularly in the same situations.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
19	My difficulty speaking has remained consistent over time.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
20	Even when I feel safe, I sometimes struggle to speak.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Scoring Instructions

Responses should be summed according to the scoring procedures of the assessment.

Higher scores generally indicate greater expression of the measured construct unless otherwise specified.

Reverse-Scored Items

1, 3

Reverse Scoring Formula

0 → 4

1 → 3

2 → 2

3 → 1

4 → 0

Dimension Scoring Keys

Dimension	Items	Number of Items
Speech	1, 2, 3, 4	4
Anxiety	5, 6, 7, 8	4
Alternatives	9, 10, 11, 12	4
Impairment	13, 14, 15, 16	4
Consistency	17, 18, 19, 20	4

Raw Score Ranges

Scale	Items	Possible Range
Speech	4	0–16
Anxiety	4	0–16
Alternatives	4	0–16
Impairment	4	0–16
Consistency	4	0–16
Overall Score	20	0–80

Source

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Prepared by [Drdeenz](#)

Interactive Version: [Selective Mutism Questionnaire \(SMQ\)](#)