

## **Child Behavior Checklist (CBCL)**

**Author(s):** Achenbach (1991)<sup>1</sup>

**Population/Age Group:** 1½ -5 and 6-18

**Purpose:** The Child Behavior Checklist (CBCL) is an assessment device by which parents, or other individuals who know the child well, rate a child's problem behaviors and competencies. It can also be used to measure a child's change in behavior over time or following a treatment.

**Description:** The CBCL requires a caregiver to rate, on a three-point scale from 0 (not true) to 2 (often true), each of 118 problems as they are perceived to reflect the child's behavior over the past six months. The instrument has 8-9 subscales that can be collapsed into broadband scales: Internalizing, Externalizing, and a Total Score.

**Scoring and Interpretation:** The CBCL is computer scored. The clinical cut-off score for the CBCL on the broadband scales is a T-score greater than 63. T-scores between 60-63 are considered in the borderline range of psychopathology.

**Psychometrics Properties:** This measure shows good construct and criterion related validity. It also has supportive evidence for test-retest and inter-rater reliabilities.

**Training Requirements:** This scale is to be administered only by qualified mental health professionals; Or license or certification from an agency/organization that requires appropriate training and experience in the ethical and competent use of psychological tests.

**Contact Information:** Achenbach System of Empirically Based Assessment [ASEBA](#)

1. Achenbach, T. M. and Edelbrock, C. (1991). *Manual for the Child Behavior Checklist*. University of Vermont Department of Psychiatry: Burlington, VT