

# LA TROBE COMMUNICATION QUESTIONNAIRE

by Jacinta Douglas, Christine Bracy & Pamela Snow

## LCQ-Self: Frequency and Change

Name or ID #: \_\_\_\_\_ Age: \_\_\_\_\_ Gender: M F Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

Date of Birth: \_\_\_\_/\_\_\_\_/\_\_\_\_ Occupation: \_\_\_\_\_ Education: \_\_\_\_\_

**Instructions:** The following questions ask you about aspects of your communication. For **every** question please circle the response which best answers the question, where:

**1 = Never or Rarely**      **2 = Sometimes**      **3 = Often**      **4 = Usually or Always**

The questions also ask you about **change** in these aspects of your communication since \_\_\_\_.

For **every** question please circle the response which best answers the question, where:

**+** = happens **More**      **0 = No change**      **-** = happens **Less** since \_\_\_\_.

Make sure you consider **all** the communication situations you meet in your daily life (e.g. family, social and work situations).

WHEN TALKING TO OTHERS DO YOU:					FREQUENCY					CHANGE		
1.	Leave out important details?				1	2	3	4		+	0	-
2.	Use a lot of vague or empty words such as "you know what I mean" instead of the right word?				1	2	3	4		+	0	-
3.	Go over and over the same ground in conversation?				1	2	3	4		+	0	-
4.	Switch to a different topic of conversation too quickly?				1	2	3	4		+	0	-
5.	Need a long time to think before answering the other person?				1	2	3	4		+	0	-
6.	Find it hard to look at the other speaker?				1	2	3	4		+	0	-

**FREQUENCY: 1 = Never or Rarely      2 = Sometimes      3 = Often      4 = Usually or Always**

**CHANGE** since \_\_\_\_\_. **+** = More      **0** = No change      **-** = Less

<b>WHEN TALKING TO OTHERS DO YOU:</b>	<b>FREQUENCY</b>					<b>CHANGE</b>		
<b>7. Have difficulty thinking of the particular word you want?</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>		<b>+</b>	<b>0</b>	<b>-</b>
8. Speak too slowly?	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>		<b>+</b>	<b>0</b>	<b>-</b>
<b>9. Say or do things others might consider rude or embarrassing?</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>		<b>+</b>	<b>0</b>	<b>-</b>
10. Hesitate, pause and/or repeat yourself?	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>		<b>+</b>	<b>0</b>	<b>-</b>
<b>11. Know when to talk and when to listen?</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>		<b>+</b>	<b>0</b>	<b>-</b>
12. Get side-tracked by irrelevant parts of conversations?	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>		<b>+</b>	<b>0</b>	<b>-</b>
<b>13. Find it difficult to follow group conversations?</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>		<b>+</b>	<b>0</b>	<b>-</b>
14. Need the other person to repeat what they have said before being able to answer?	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>		<b>+</b>	<b>0</b>	<b>-</b>
<b>15. Give people information that is not correct?</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>		<b>+</b>	<b>0</b>	<b>-</b>
16. Make a few false starts before getting your message across?	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>		<b>+</b>	<b>0</b>	<b>-</b>
<b>17. Have trouble using your tone of voice to get the message across?</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>		<b>+</b>	<b>0</b>	<b>-</b>
18. Have difficulty getting conversations started?	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>		<b>+</b>	<b>0</b>	<b>-</b>
<b>19. Keep track of the main details of conversations?</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>		<b>+</b>	<b>0</b>	<b>-</b>
20. Give answers that are not connected to the questions asked?	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>		<b>+</b>	<b>0</b>	<b>-</b>

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**CHANGE** since \_\_\_\_\_. **+** = More      **0** = No change      **-** = Less

<b>WHEN TALKING TO OTHERS DO YOU:</b>	<b>FREQUENCY</b>					<b>CHANGE</b>		
<b>21. Find it easy to change your speech style (e.g. tone of voice, choice of words) according to the situation you are in?</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>		<b>+</b>	<b>0</b>	<b>-</b>
22. Speak too quickly?	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>		<b>+</b>	<b>0</b>	<b>-</b>
<b>23. Put ideas together in a logical way?</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>		<b>+</b>	<b>0</b>	<b>-</b>
24. Allow people to assume the wrong impressions from your conversations?	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>		<b>+</b>	<b>0</b>	<b>-</b>
<b>25. Carry on talking about things for too long in your conversations?</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>		<b>+</b>	<b>0</b>	<b>-</b>
26. Have difficulty thinking of things to say to keep conversations going?	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>		<b>+</b>	<b>0</b>	<b>-</b>
<b>27. Answer without taking time to think about what the other person has said?</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>		<b>+</b>	<b>0</b>	<b>-</b>
28. Give information that is completely accurate?	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>		<b>+</b>	<b>0</b>	<b>-</b>
<b>29. Lose track of conversations in noisy places?</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>		<b>+</b>	<b>0</b>	<b>-</b>
30. Have difficulty bringing conversations to a close?	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>		<b>+</b>	<b>0</b>	<b>-</b>

**Comments:** If you have any additional comments to make, please do so in the space provided below.