

AAQ

name: _____

date: _____

Below you will find a list of statements. Please rate the truth of each statement (for the agreed time period) in the column on the right, using the following scale:

- | | | | | | | |
|------------|------------------|-------------|----------------|-----------------|--------------------|-------------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| never true | very seldom true | seldom true | sometimes true | frequently true | almost always true | always true |

1.	<i>I am able to take action on a problem even if I am uncertain what is the right thing to do.</i>	
2.	I often catch myself daydreaming about things I've done and what I would do differently next time.	
3.	When I feel depressed or anxious, I am unable to take care of my responsibilities.	
4.	<i>I rarely worry about getting my anxieties, worries, and feelings under control.</i>	
5.	<i>I'm not afraid of my feelings.</i>	
6.	<i>When I evaluate something negatively, I usually recognize that this is just a reaction, not an objective fact.</i>	
7.	When I compare myself to other people, it seems that most of them are handling their lives better than I do.	
8.	Anxiety is bad.	
9.	If I could magically remove all the painful experiences I've had in my life, I would do so.	

Calculate the final score for the italicised statements – 1, 4, 5 & 6 – by subtracting the initial score from 8. This means that higher scores all indicate higher levels of experiential avoidance and immobility, while lower scores indicate higher levels of acceptance and action.

total score =

Average (mean) scores in clinical populations are typically about 38 to 40; while in non-clinical populations they are typically about 30 to 31.

AAQ stands for the "*Acceptance and Action Questionnaire*". This is a measure of experiential avoidance developed and copyrighted by Steven Hayes (2000). Steve allows this assessment instrument to be used freely "*as long as you tell us about interesting things you find*" (hayes@scs.unr.edu).
