

AAQ-II

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.	my painful experiences and memories make it difficult for me to live a life that I would value	
2.	I'm afraid of my feelings	
3.	I worry about not being able to control my worries and feelings	
4.	my painful memories prevent me from having a fulfilling life	
5.	emotions cause problems in my life	
6.	it seems like most people are handling their lives better than I am	
7.	worries get in the way of my success	

total score =

Average (mean) score in a clinical population was 28.3 (SD 9.9); while in a non-clinical population it was 18.51 (SD 7.05). Scores of >24-28 suggest probable current clinical distress and make future distress & work absence more likely.

Bond, F. W., S. C. Hayes, et al. (2011). "Preliminary psychometric properties of the Acceptance and Action Questionnaire-II: A revised measure of psychological inflexibility and experiential avoidance." *Behavior Therapy* 42(4): 676-688.

The present research describes the development and psychometric evaluation of a second version of the Acceptance and Action Questionnaire (AAQ-II), which assesses the construct referred to as, variously, acceptance, experiential avoidance, and psychological inflexibility. Results from 2,816 participants across six samples indicate the satisfactory structure, reliability, and validity of this measure. For example, the mean alpha coefficient is .84 (.78-.88), and the 3- and 12-month test-retest reliability is .81 and .79, respectively. Results indicate that AAQ-II scores concurrently, longitudinally, and incrementally predict a range of outcomes, from mental health to work absence rates, that are consistent with its underlying theory. The AAQ-II also demonstrates appropriate discriminant validity. The AAQ-II appears to measure the same concept as the AAQ-I (r=.97) but with better psychometric consistency.

AAQ stands for the "*Acceptance and Action Questionnaire*". Correspondence about this scale should be addressed to Frank W. Bond, Ph.D., Department of Psychology, Goldsmiths, University of London, New Cross, London SE14 6NW, United Kingdom; e-mail: F.Bond at gold.ac.uk. The questionnaire can be used freely (with acknowledgement) and the authors ask researchers to tell them about "*interesting things you find*".
