



## Acceptance and Action Questionnaire (Revised)

### Coping

Assessment

5 min

Client

Yes



### Goal

The goal of the AAQ-II is to measure psychological flexibility, experiential avoidance, acceptance, and action.



### Advice

- Although the AAQ-II was designed to be used with ACT therapy, it can be used in different therapies/interventions as well. This questionnaire is particularly useful for interventions that rely on mindfulness and acceptance techniques (e.g., mindfulness-based cognitive therapy or dialectical behavior therapy).



### Scoring

To compute the score, add up all the individual item scores. Note that scores for items 1 and 6 need to be reversed before adding them up. Reversing a score is done by exchanging the original value of an item by its opposite value: a score of 1 is transformed into a score of 7, a score of 2 into a score of 6, etc. The average score can be calculated by dividing the total score by the number of items, in this case, 10. A high overall AAQ-score indicates a low level of psychological flexibility and a high level of experiential avoidance.



## References

- Bond, F. W., Hayes, S. C., Baer, R. A., Carpenter, K. M., Guenole, N., Orcutt, H. K.,... Zettle, R. D. (2011). Preliminary psychometric properties of the Acceptance and Action Questionnaire-II: A revised measure of psychological inflexibility and experiential avoidance. *Behavior Therapy, 42*, 676-688.
- Hayes, S. C., Strosahl, K. D., & Wilson, K. G. (2012). *Acceptance and commitment therapy: The process and practice of mindful change (2nd ed.)*. Guilford Press.



## Acceptance and Action Questionnaire (Revised)

### Instructions

Below you will find a list of statements. Please rate how true each statement is for you by circling a number next to it. Use the scale below to make your choice.

		Never true	Very seldom true	Seldom true	Sometimes true	Frequently true	Almost always true	Always true
		1	2	3	4	5	6	7
1.	It's okay if I remember something unpleasant.							
2.	My painful experiences and memories make it difficult for me to live a life that I would value.							
3.	I'm afraid of my feelings.							
4.	I worry about not being able to control my worries and feelings.							
5.	My painful memories prevent me from having a fulfilling life.							
6.	I am in control of my life.							
7.	Emotions cause problems in my life.							
8.	It seems like most people are handling their lives better than I am.							
9.	Worries get in the way of my success.							
10.	My thoughts and feelings get in the way of how I want to live my life.							

Total Score:

Average Score (Total Score /10):