

Anxiety Control Questionnaire (ACQ) – Scoring Sheet

Instructions: To score the ACQ, first reverse score the items marked with an “R”. Then total the two subscales. Items marked with an “r” belong to the subscale – control over internal reactions. Items marked with an “e” belong to the subscale – control over external events.

	Strongly disagree 0	Moderately disagree 1	Slightly disagree 2	Slightly agree 3	Moderately agree 4	Strongly agree 5	
1.							E
2.							eR
3.							rR
4.							r
5.							eR
6.							rR
7.							eR
8.							eR
9.							rR
10.							r
11.							r
12.							e
13.							r
14.							eR
15.							eR
16.							eR
17.							r
18.							rR
19.							e
20.							eR
21.							r
22.							r
23.							eR
24.							eR
25.							eR
26.							rR
27.							r
28.							rR
29.							e
30.							eR

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