



## 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	Moderately disagree	Slightly disagree	Slightly agree	Moderately agree	Strongly agree
	0	1	2	3	4	5
1.	I am usually able to avoid threat quite easily					E
2.	How well I cope with difficult situations depends on whether I have outside help					eR
3.	When I am put under stress, I am likely to lose control					rR
4.	I can usually stop my anxiety from showing					r
5.	When I am frightened by something, there is generally nothing I can do					eR
6.	My emotions seem to have a life of their own					rR
7.	7. There is little I can do to influence people's judgements of me					eR
8.	. Whether I can successfully escape a frightening situation is always a matter of chance with me					eR
9.	I often shake ı	ıncontrollably				rR
10.	I can usually p	out worrisome thoug	hts out of my mind eas	ily		r
11.	When I am in	a stressful situation,	I am able to stop myse	elf from breathing to	o hard	r
12.	2. I can usually influence the degree to which a situation is potentially threatening to me					e
13.	I am able to co	ontrol my level of any	kiety			r
14.	There is little	I can do to change fr	ightening events			eR
15.	15. The extent to which a difficult situation resolves itself has nothing to do with my actions					eR
16.	6. If something is going to hurt me, it will happen no matter what I do					eR
17.	17. I can usually relax when I want					r
18.	When I am un	der stress, I am not a	always sure how I will	react		rR
19.	9. I can usually make sure people like me if I work at it					e
20.	o. Most events that make me anxious are outside my control					eR
21.	. I always know exactly how I will react to difficult situations					r
22.	. I am unconcerned if I become anxious in a difficult situation, because I am confident in my ability cope with my symptoms					o r
23.	. What people think of me is largely outside my control					eR
24.	4. I usually find it hard to deal with difficult problems					eR
25.	. When I hear that someone has a serious illness, I worry that I am next					eR
26.	26. When I am anxious, I find it difficult to focus on anything other than my anxiety					rR
27.	. I am able to cope as effectively with unexpected anxiety as I am with anxiety that I expect to occur					r
28.		nink, "Why even botl y or intensely I expe	ner to try to cope with rience it?"	my anxiety when not	hing I do seems to aff	ect rR
29.	I often have th	ne ability to get along	with "difficult" people	,		e
30.	. I will avoid co	nflict due to my inab	ility to successfully res	olve it		eR

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