

Core Beliefs Questionnaire – SCORING

Core Beliefs Questionnaire – Trait (CBQ - Trait)

Add up scores of items 1 to 5, 7 to 12, 14 to 16, and 18 to 20 as per Wong et al. (2017) to get Trait CBQ total. Trait CBQ total scores can range from 17 to 102.

Core Beliefs Questionnaire – Contingent (CBQ - Contingent)

Add up scores of items 1 to 5, 7 to 12, 14 to 16, and 18 to 20 as per Wong et al. (2017) to get Contingent CBQ total. Contingent CBQ total scores can range from 17 to 102.

Core Beliefs Questionnaire – Others (CBQ - Others)

Add up scores of items 1 to 5, 7 to 12, 14 to 16, and 18 to 20 as per Wong et al. (2017) to get Others CBQ total. Others CBQ total scores can range from 17 to 102.

Additional scoring information – sample comparisons

From Wong et al. (2017):

- Clinical sample of 269 adults with a primary diagnosis of SAD (127 females; mean age = 33.71, SD = 11.09, age range = 18 – 75 years).
 - CBQ Trait: Mean = 56.89, SD = 21.65
 - CBQ Contingent: Mean = 64.79, SD = 23.89
 - CBQ Other: Mean = 60.72, SD = 20.67

- Convenience sample of 67 healthy (diagnosis free) adults (36 females; mean age = 37.38, SD = 16.20, range=18 – 75 years).
 - CBQ Trait: Mean = 25.15, SD = 10.27
 - CBQ Contingent: Mean = 28.33, SD = 12.43
 - CBQ Other: Mean = 25.98, SD = 9.90

Reference

Wong, Q. J. J., Gregory, B., Gaston, J. E., Rapee, R. M., Wilson, J. K., & Abbott, M. J. (2017). Development and validation of the Core Beliefs Questionnaire in a sample of individuals with social anxiety disorder. *Journal of Affective Disorders*, 207, 121-127. doi: 10.1016/j.jad.2016.09.020