

Anxiety Control Questionnaire (ACQ)

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| Name: | Date: |
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Instructions:

Listed below are a number of statements describing a set of beliefs. Please read each statement carefully and, on the 0-5 scale given, indicate how much you think each statement is typical of you:

| | Strongly disagree 0 | Moderately disagree 1 | Slightly disagree 2 | Slightly agree 3 | Moderately agree 4 | Strongly agree 5 |
|---|---------------------------|-----------------------------|------------------------|---------------------|--------------------------|---------------------|
| 1. I am usually able to avoid threat quite easily | 0 | 1 | 2 | 3 | 4 | 5 |
| 2. How well I cope with difficult situations depends on whether I have outside help | 0 | 1 | 2 | 3 | 4 | 5 |
| 3. When I am put under stress, I am likely to lose control | 0 | 1 | 2 | 3 | 4 | 5 |
| 4. I can usually stop my anxiety from showing | 0 | 1 | 2 | 3 | 4 | 5 |
| 5. When I am frightened by something, there is generally nothing I can do | 0 | 1 | 2 | 3 | 4 | 5 |
| 6. My emotions seem to have a life of their own | 0 | 1 | 2 | 3 | 4 | 5 |
| 7. There is little I can do to influence people's judgements of me | 0 | 1 | 2 | 3 | 4 | 5 |
| 8. Whether I can successfully escape a frightening situation is always a matter of chance with me | 0 | 1 | 2 | 3 | 4 | 5 |
| 9. I often shake uncontrollably | 0 | 1 | 2 | 3 | 4 | 5 |
| 10. I can usually put worrisome thoughts out of my mind easily | 0 | 1 | 2 | 3 | 4 | 5 |
| 11. When I am in a stressful situation, I am able to stop myself from breathing too hard | 0 | 1 | 2 | 3 | 4 | 5 |
| 12. I can usually influence the degree to which a situation is potentially threatening to me | 0 | 1 | 2 | 3 | 4 | 5 |
| 13. I am able to control my level of anxiety | 0 | 1 | 2 | 3 | 4 | 5 |
| 14. There is little I can do to change frightening events | 0 | 1 | 2 | 3 | 4 | 5 |
| 15. The extent to which a difficult situation resolves itself has nothing to do with my actions | 0 | 1 | 2 | 3 | 4 | 5 |
| 16. If something is going to hurt me, it will happen no matter what I do | 0 | 1 | 2 | 3 | 4 | 5 |
| 17. I can usually relax when I want | 0 | 1 | 2 | 3 | 4 | 5 |
| 18. When I am under stress, I am not always sure how I will react | 0 | 1 | 2 | 3 | 4 | 5 |
| 19. I can usually make sure people like me if I work at it | 0 | 1 | 2 | 3 | 4 | 5 |

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|--|------------------------|--------------------------|------------------------|---------------------|-----------------------|---------------------|
| <hr/> | | | | | | |
| 20. Most events that make me anxious are outside my control | 0 | 1 | 2 | 3 | 4 | 5 |
| 21. I always know exactly how I will react to difficult situations | 0 | 1 | 2 | 3 | 4 | 5 |
| 22. I am unconcerned if I become anxious in a difficult situation, because I am confident in my ability to cope with my symptoms | 0 | 1 | 2 | 3 | 4 | 5 |
| 23. What people think of me is largely outside my control | 0 | 1 | 2 | 3 | 4 | 5 |
| 24. I usually find it hard to deal with difficult problems | 0 | 1 | 2 | 3 | 4 | 5 |
| 25. When I hear that someone has a serious illness, I worry that I am next | 0 | 1 | 2 | 3 | 4 | 5 |
| 26. When I am anxious, I find it difficult to focus on anything other than my anxiety | 0 | 1 | 2 | 3 | 4 | 5 |
| 27. I am able to cope as effectively with unexpected anxiety as I am with anxiety that I expect to occur | 0 | 1 | 2 | 3 | 4 | 5 |
| 28. I sometimes think, "Why even bother to try to cope with my anxiety when nothing I do seems to affect how frequently or intensely I experience it?" | 0 | 1 | 2 | 3 | 4 | 5 |
| 29. I often have the ability to get along with "difficult" people | 0 | 1 | 2 | 3 | 4 | 5 |
| 30. I will avoid conflict due to my inability to successfully resolve it | 0 | 1 | 2 | 3 | 4 | 5 |