AAQ-II

Acceptance and Action Questionnaire-II (AAQ-II)

The AAQ-II is a self-report instrument that measures the level of psychological flexibility, a core concept in Acceptance and Commitment Therapy (ACT). It assesses a person's ability to accept their difficult emotions and thoughts while pursuing actions in line with their personal values.

Number of questions	7 questions
Estimated duration	3 minutes
Language	English
Original name	Acceptance and Action Questionnaire-II
Target audience	Adults
Authors	Frank Bond, Steven C. Hayes, Dermot Barnes-Holmes (2011)
Category	General

Preview of the 7 questions

My painful experiences and memories make it difficult for me to live a life that I would value.

Never true | Very seldom true | Seldom true | Sometimes true | Frequently true | Almost always true | Always true

I'm afraid of my feelings.

Never true | Very seldom true | Seldom true | Sometimes true | Frequently true | Almost always true | Always true

I worry about not being able to control my worries and feelings.

Never true | Very seldom true | Seldom true | Sometimes true | Frequently true | Almost always true | Always true

My painful memories prevent me from having a fulfilling life.

Never true | Very seldom true | Seldom true | Sometimes true | Frequently true | Almost always true | Always true

Emotions cause problems in my life.

Never true	Very seldom true	Seldom true	Sometimes true	Frequently true	Almost always true	Always true

Administer your questionnaires online

Send your patient a link: they answer from their phone or computer, and you receive the scored results by email.

View the questionnaire on mentaal.org ›

Scoring & interpretation

Each item is rated on a 7-point Likert scale (from 1 = "never true" to 7 = "always true"). Scores are summed; a higher score reflects greater psychological inflexibility. A low total score suggests a good capacity for acceptance and action.

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Laura V. - Online Psychologist