

Anxiety Control Questionnaire (ACQ)

The ACQ is a self-report instrument that measures a person's perceived ability to control anxiety-related events, internal reactions, and situations. It assesses one of the key factors involved in the development and maintenance of anxiety disorders, in particular the sense of being unable to act on one's anxiety.

Number of questions	30 questions
Estimated duration	10 minutes
Language	English
Original name	Anxiety Control Questionnaire
Target audience	Adults
Authors	Steven L. Rapee, David H. Barlow (1992)
Category	Anxiety

Preview of the 30 questions

I am usually able to avoid threat quite easily.

Strongly disagree | Moderately disagree | Slightly disagree | Slightly agree | Moderately agree | Strongly agree

How well I cope with difficult situations depends on whether I have outside help.

Strongly disagree | Moderately disagree | Slightly disagree | Slightly agree | Moderately agree | Strongly agree

When I am put under stress, I am likely to lose control.

Strongly disagree | Moderately disagree | Slightly disagree | Slightly agree | Moderately agree | Strongly agree

I can usually stop my anxiety from showing.

Strongly disagree | Moderately disagree | Slightly disagree | Slightly agree | Moderately agree | Strongly agree

When I am frightened by something, there is generally nothing I can do.

Strongly disagree | Moderately disagree | Slightly disagree | Slightly agree | Moderately agree | Strongly agree

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Scoring & interpretation

Each item is rated on a Likert-type scale; the scores are summed to obtain an overall perceived control score. A high score indicates greater perceived control over anxiety. Interpretation is usually based on the subscale scores and the total score.

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Laura V. - Online Psychologist