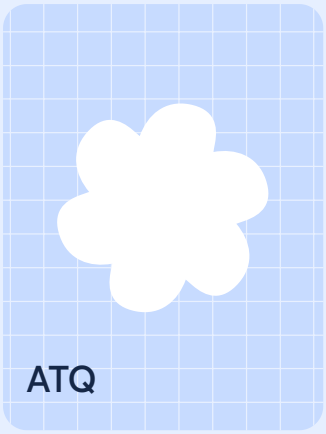


Automatic Thoughts Questionnaire (ATQ)

The ATQ is a self-report tool used to identify and quantify the frequency of negative automatic thoughts associated with depression. It assesses cognitive schemas, supporting diagnosis and treatment monitoring, particularly in CBT.

Number of questions	30 questions
Estimated duration	10 minutes
Language	English
Original name	Automatic Thoughts Questionnaire
Target audience	Adolescents, adults
Authors	Steven D. Hollon, Philip C. Kendall (1980)
Category	Depression, General

Preview of the 30 questions

I have the hardest time facing the world

Not at all | Sometimes | Fairly often | Often | All the time

I'm not good

Not at all | Sometimes | Fairly often | Often | All the time

Why do I never succeed?

Not at all | Sometimes | Fairly often | Often | All the time

Nobody understands me

Not at all | Sometimes | Fairly often | Often | All the time

I have let others down

Not at all | Sometimes | Fairly often | Often | All the time

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 scale from 1 to 5 according to the frequency of the thoughts over the past week. The total score is obtained by adding up the points for each item, with a high score reflecting a greater frequency of negative thoughts.

Are you a psychologist?

With Mentaal, get meaningful insights to support your patients.

- Standardized tests
- Automatic scoring
- Results sent by email

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★★★★★

“Mentaal has become an indispensable ally for structuring my assessments and deepening my clinical understanding of my patients.”

Nolwenn P. - CBT Psychologist