

Bermond-Vorst Alexithymia Questionnaire (BVAQ)

The BVAQ (Bermond-Vorst Alexithymia Questionnaire) is a self-report tool that measures a person's level of alexithymia. It explores five dimensions: difficulty verbalizing emotions, difficulty identifying emotions, operational thinking styles, poor imagination and reduced emotional arousal. It is intended to provide a detailed assessment of an individual's ability to recognize and express their emotions.

Number of questions	40 questions
Estimated duration	10 minutes
Language	English
Original name	Bermond-Vorst Alexithymia Questionnaire
Target audience	Adults
Authors	Bermond, B., Vorst, H.C.M. (2001)
Category	Interpersonal issues

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 5-point Likert scale. Scores are summed to obtain a total alexithymia score as well as scores for each subdimension. Predefined cutoffs make it possible to interpret the respondent's level of alexithymia.

Are you a psychologist?

With Mentaal, get meaningful insights to support your patients.

- Standardized tests
- Automatic scoring
- Results sent by email

Try it for free

See all questionnaires

★★★★★

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

 Nolwenn P. - CBT Psychologist