CFQ

Cognitive Fusion Questionnaire (CFQ)

The CFQ is a brief self-report questionnaire that measures cognitive fusion, that is, the tendency to get caught up in one's thoughts to the point that they strongly direct emotions, attention and behavior. It is mainly used in ACT and in approaches focused on psychological flexibility. The tool notably explores the difficulty of disengaging from distressing thoughts, the struggle against mental content and the excessive place given to cognitions in everyday experience. Its short 7-item form is the version most widely used by psychologists, in both clinical practice and research, for screening, initial assessment and monitoring progress over the course of treatment.

Number of questions	7 questions
Estimated duration	5 minutes
Language	English
Original name	Cognitive Fusion Questionnaire
Target audience	Adolescents and adults
Authors	David T. Gillanders, Helen Bolderston, Frank W. Bond, Maria Dempster, Paul E. Flaxman, Lindsey Campbell, Sian Kerr, Louise Tansey, Penelope Noel, Clive Ferenbach, Samantha Masley, Louise Roach, Joda Lloyd, Lauraine May, Susan Clarke, Bob Remington (2014)
Category	General

Preview of the 7 questions

My thoughts cause me distress or emotional pain

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

I get so caught up in my thoughts that I am unable to do the things that I most want to do

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

I over-analyse situations to the point where it's unhelpful to me

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

I struggle with my thoughts

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

I get upset with myself for having certain thoughts

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 from 1 to 7, from never true to always true. The total score is the sum of the 7 responses, with a range of 7 to 49. A high score indicates greater cognitive fusion, and therefore a greater tendency to be dominated by one's thoughts. Interpretation is dimensional, taking into account the clinical context, the interview and changes in scores over time. The tool is mainly useful for estimating the intensity of the process and tracking therapeutic change.

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

★★★★★

“It's a real plus in sessions to assess the patient, and a very rich basis for discussion to deepen the clinical work.”

Elodie C. - CBT Psychologist