

Problem Attitude Questionnaire (QAP)

The Problem Attitude Questionnaire (QAP) is a tool used to assess an individual's attitudes when faced with problems. It helps understand how a person approaches, avoids, or solves the difficulties they encounter in various contexts.

Number of questions	12 questions
Estimated duration	3 minutes
Language	English
Original name	Problem Attitude Questionnaire
Target audience	Adults
Authors	Gosselin, P., Pelletier O., & Ladouceur, R. (2001)
Category	General

Preview of the 12 questions

Indicate to what extent this statement matches the way you usually react:

I perceive problems as threatening to my well-being.

Does not match at all | Matches a little | Matches fairly well | Matches very well | Matches extremely well

Indicate to what extent this statement matches the way you usually react:

I often doubt my ability to solve problems.

Does not match at all | Matches a little | Matches fairly well | Matches very well | Matches extremely well

Indicate to what extent this statement matches the way you usually react:

Often, before even trying to find a solution, I tell myself that it is hard to solve a problem.

Does not match at all | Matches a little | Matches fairly well | Matches very well | Matches extremely well

Indicate to what extent this statement matches the way you usually react:

The problems that come my way often seem insurmountable to me.

Does not match at all | Matches a little | Matches fairly well | Matches very well | Matches extremely well

Indicate to what extent this statement matches the way you usually react:

When I try to solve a problem, I often question my abilities.

Does not match at all | Matches a little | Matches fairly well | Matches very well | Matches extremely well

Scoring & interpretation

Scoring is done by assigning each item a value on a five-level Likert scale, ranging from 1 "Does not correspond at all" to 5 "Corresponds completely", to reflect the extent to which each statement corresponds to the respondent's attitude toward problems.

Then, the scores obtained on these 12 items are simply added up to obtain a total score, where a high score indicates a markedly negative orientation toward problems.