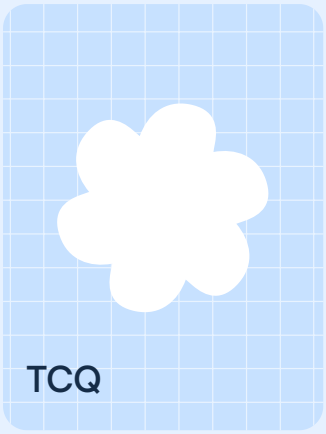


Thought Control Questionnaire (TCQ)

The TCQ is a self-report questionnaire measuring the strategies a person uses to control unwanted and intrusive thoughts. It identifies the cognitive mechanisms involved in managing intrusive thoughts, which are frequently studied in anxiety and obsessive-compulsive disorders. Five dimensions are assessed: distraction, self-focus, punishment, social concern, and reappraisal.

Number of questions	30 questions
Estimated duration	10 minutes
Language	English
Original name	Thought Control Questionnaire
Target audience	Adults
Authors	Adrian Wells, Mark S. Davies (1994)
Category	OCD, Anxiety

Preview of the 30 questions

When I experience an unpleasant / unwanted thought:

I call to mind positive images instead

Never | Sometimes | Often | Almost always

When I experience an unpleasant / unwanted thought:

I tell myself not to be so stupid

Never | Sometimes | Often | Almost always

When I experience an unpleasant / unwanted thought:

I focus on the thought

Never | Sometimes | Often | Almost always

When I experience an unpleasant / unwanted thought:

I replace the thought with a more trivial bad thought

Never | Sometimes | Often | Almost always

When I experience an unpleasant / unwanted thought:

I don't talk about the thought to anyone

Never | Sometimes | Often | Almost always

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Scoring & interpretation

Items are rated on a 4-point Likert scale (from 1 = Never to 4 = Almost always). Scores can be calculated for each subscale as well as a total score. The higher the score on a subscale, the more the corresponding strategy is used. Interpretation is done by comparing the scores across strategies and possibly with normative samples.

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Basile R. - Clinical Psychologist