WBSI

White Bear Suppression Inventory (WBSI)

The WBSI is a self-report questionnaire designed to measure an individual's tendency to deliberately suppress unwanted thoughts. It is frequently used to assess the cognitive processes related to thought suppression, which may be involved in anxiety disorders and obsessive-compulsive disorders. Its name refers to Daniel Wegner's famous experiment in which participants, asked not to think about a white bear, paradoxically ended up thinking about it more.

Number of questions	15 questions
Estimated duration	5 minutes
Language	English
Original name	White Bear Suppression Inventory
Target audience	Adults
Authors	Daniel M. Wegner, David R. Schneider, Samuel R. Carter, Tonya White (1987)
Category	OCD, Anxiety

Preview of the 15 questions

There are things I prefer not to think about.

Strongly disagree | Disagree | Neutral or don't know | Agree | Strongly agree

Sometimes I wonder why I have the thoughts I do.

Strongly disagree | Disagree | Neutral or don't know | Agree | Strongly agree

I have thoughts that I cannot stop.

Strongly disagree | Disagree | Neutral or don't know | Agree | Strongly agree

There are images that come to mind that I cannot erase.

Strongly disagree | Disagree | Neutral or don't know | Agree | Strongly agree

My thoughts frequently return to one idea.

Strongly disagree | Disagree | Neutral or don't know | Agree | Strongly agree

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

Responses are given on a 5-point Likert scale ranging from "Strongly disagree" to "Strongly agree". The scores of the 15 items are summed to give a total score. A high score indicates a stronger tendency toward thought suppression. Interpretation takes into account the total score and, sometimes, the distribution of scores across subdimensions.

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- Automatic scoring
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★★★★★

“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