*The ACT Knowledge Questionnaire - Revised (AKQ-R)*

1. A client tells a story about her life that includes drinking alcohol every day, three failed marriages, moving every 12 months, overeating, and repetitious self-injury. What process is most likely to functionally connect these issues?
2. escape maintained behaviour
3. experiential avoidance
4. relational frames of comparison and time
5. excessive cognitive fusion
6. Which of the following best illustrates a client’s confusion with goals as values?
7. A man wants to be a good employee.
8. An adolescent wants to be more educated.
9. A woman wants to be emotionally available for several people in her life.
10. A woman wants to be married.
11. According to the ACT book, when a therapist says the phrase “If you are not willing to have it, you’ve got it” he is illustrating the concept of
12. defusion.
13. control as the problem.
14. acceptance.
15. values.
16. Which of the following is not an ACT-consistent explanation of “psychopathology”?
17. emotional avoidance.
18. ineffective thinking and behaviour patterns.
19. cognitive fusion.
20. lack of committed action.
21. Ongoing self-awareness is the same as
22. self-as-content.
23. the conceptualized self.
24. the evaluated self.
25. self-as-process.
26. Which of the following is not a statement about contact with the present moment?
27. Thoughts and feelings often present themselves as about the past or future, but they are experienced now.
28. Cultivating awareness of thoughts and emotions as they occur allows us to notice when they get in the way of valued action.
29. You are not your thoughts, memories, or roles.
30. Life is not something to be lived when you have solved your problems, life is going on now.
31. Values are
32. non-verbal qualities of action
33. verbally construed global desired life consequences
34. a decision, not a choice
35. the sum of the goals achieved while on a life path
36. Willingness, as defined by the ACT book, refers to
37. a person’s motivation to try something new or different in their life.
38. a feeling or belief that is helpful for tolerating discomfort.
39. noticing thoughts as verbal constructions.
40. giving up the struggle with emotional discomfort and disturbing thoughts.
41. The purpose of creative hopelessness is:
42. To create a coherent story about why the client’s life is painful.
43. To help a client recognize that his or her life, as it is being lived now, is hopeless.
44. To show that the strategies that the client has used to manage internal experiences are unworkable.
45. To illustrate to the client that they need to find new ways to fix their problems.

Scoring

*Revised numbering*

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| 16 item | 6 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| 9 item | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| Correct | b | d | b | b | d | c | b | d | c |