

New generation behaviour therapy; new generation assessment measures; a review of currently available assessment measures.

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BACKGROUND

Acceptance and Commitment Therapy (ACT) is a relatively new form of behaviour therapy, which has Relational Frame Theory (RFT) as its theoretical foundation. Since ACT is not aimed primarily at reducing psychopathological symptoms, changes are likely to be needed in the nature and purpose of the assessment measures used.

AIM

To provide an up-to-date overview of ACT-measures that are suitable for use with adults and that will assist clinicians and researchers.

METHOD

We performed a systematic review of the literature.

RESULTS

More than 50 ACT-related questionnaires were identified; which will be listed per ACT-component (supplemented with reference).

CONCLUSION

Clinicians and researchers with an interest in ACT have many measures at their disposal. Most of these are available free of charge.

SHORT EXCERPT

In October 2015, a systematic review on available ACT-measures was published in the Dutch Journal of Psychiatry. The current document serves as a brief excerpt of the relevant findings for the international community. We began this review with searches in ACT oriented sources: the website of the Association for Contextual Behavioral Science (ACBS; <http://contextualscience.org>), the mailing list of the ACBS and Journal of Contextual Behavioral Science (JCBS). As search terms 'questionnaire', 'scale' and 'test' were used. Subsequently, we applied this same approach in the PubMed with 'acceptance' and 'commitment' as additional search terms. This resulted in 58 questionnaires (February 2015). Below, we will give an overview of these questionnaires, classified per ACT-component and specific problem areas / disorders. Additionally, a list with the full-names of the questionnaires with a core-reference will be provided, completed with a full reference list. Please use to reference below, when citing this overview.

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Overview of available ACT-measures by ACT-processes and specific problem areas / disorders.

Focus	Available ACT-measures
<i>ACT-processes</i>	
Acceptance	AAQ-II, MEAQ, BEAQ.
Defusion	CFQ, ATQ-F&B, BAFT, DDS.
Self as Context	SACS, EQ, SCS.
Here and Now	FFMQ-SF, FFMQ, MAAS, KIMS, FMI, TMS, CAMS-R, PHLMS, SMQ, SMS.
Values	VLQ, PVQ-2, BEVS, VQ, ELS.
Committed Action	ELS.
Psychological Flexibility	AAQ-II.
<i>Specific problem areas / disorders</i>	
AAQ variations	FAAQ (Food), AAQ-W (Weight), CVD-AAQ (Cardiovascular Disease), BI-AAQ (Body Image), AADQ (Diabetes), IBSAAQ (Irritable Bowel Syndrome), MSAQ (MS), TAQ (Tinnitus), AAQ-ABI (Acquired Brain Injury), AAQEpQ (Epilepsy), AAQ-SA (Substance Abuse), AIS (Smoking), SA-AAQ (Social Anxiety), SAB & AAQ-S (Stigma), VAAS (Hearing Voices), WAAQ (Work), AAQ-TTM (Trichotillomania).
Chronic Pain	CPAQ, CPVI, PIPS, BPRI, CAQ, AAQ-II-P, PAAQ.
Children, Adolescents & Parents	AFQ-Y, PAAQ, CAMM, PPF, EACQ, PPAQ, PPFQ.
Other	BIPIS (Body Image).

Overview of available ACT-measures with references.

<u>Questionnaire</u>	<u>Abbreviation</u>	<u>Reference</u>
Acceptance and Action Diabetes Questionnaire	AADQ	Gregg e.a. 2007
Acceptance and Action Questionnaire - Acquired Brain Injury	AAQ-ABI	Sylvester 2011
Acceptance and Action Epilepsy Questionnaire	AAQEpQ	Lundgren e.a. 2007
Acceptance and Action Questionnaire	AAQ-II	Bond e.a. 2011
Acceptance and Action Questionnaire - Pain	AAQ-II-P	Reneman e.a. 2014
Acceptance and Action Questionnaire - Stigma	AAQ-S	Levin e.a. 2014
Acceptance and Action Questionnaire - Substance Abuse	AAQ-SA	Luoma e.a. 2011
Acceptance and Action Questionnaire - Trichotillomania	AAQ-TTM	Houghton e.a. 2014
Acceptance and Action Questionnaire - Weight	AAQ-W	Lillis and Hayes 2008
Avoidance and Fusion Questionnaire for Youth	AFQ-Y	Greco e.a. 2008
Avoidance and Inflexibility Scale	AIS	Gifford e.a. 2004
Automatic Thoughts Questionnaire (Frequency / Belief)	ATQ-F&B	Zettle e.a. 1986
Believability of Anxious Feelings and Thoughts Questionnaire	BAFT	Herzberg e.a. 2012
Brief Experiential Avoidance Questionnaire	BEAQ	Gámez e.a. 2014
Bull's Eye Values Survey	BEVS	Lundgren e.a. 2012
Body Image – Acceptance and Action Questionnaire	BI-AAQ	Sandoz e.a. 2013
Body Image Psychological Inflexibility Scale	BIPIS	Callaghan e.a in press
Brief Pain Response Inventory	BPRI	McCracken e.a. 2010
Child and Adolescent Mindfulness Measure	CAMM	Greco e.a. 2011
Cognitive and Affective Mindfulness Scale - Revised	CAMS-R	Feldman e.a. 2007
Committed Action Questionnaire	CAQ	McCracken 2013
Cardiovascular Disease Acceptance and Action Questionnaire	CDV-AAQ	Spatola e.a. in press
Cognitive Fusion Questionnaire	CFQ	Gillanders e.a. 2014

Chronic Pain Acceptance Questionnaire	CPAQ	McCracken e.a. 2004
Chronic Pain Values Inventory	CPVI	McCracken and Yang 2006
Drexel Defusion Scale	DDS	Foreman e.a. 2012
Experiential Avoidance in Caregiving Questionnaire	EACQ	Losada e.a. 2014
Engaged Living Scale	ELS	Trompetter e.a. 2013
Experiences Questionnaire	EQ	Fresco e.a. 2007
Food Acceptance and Action Questionnaire	FAAQ	Juarascio e.a. 2011
Five Facet Mindfulness Scale	FFMQ	Bohlmeijer e.a. 2011
Five Facet Mindfulness Scale – Short Form	FFMQ-SF	Bohlmeijer e.a. 2011
Freiburg Mindfulness Inventory	FMI	Wallach e.a. 2006
Irritable Bowel Syndrome Acceptance and Action Questionnaire	IBSAAQ	Ferreira e.a. 2013
Kentucky Inventory of Mindfulness Skills	KIMS	Baer e.a. 2004
Mindful Attention Awareness Scale	MAAS	Brown e.a. 2003
MS Acceptance Questionnaire	MSAQ	Pakenham and Fleming 2011
Multidimensional Experiential Avoidance Questionnaire	MEAQ	Gámez e.a. 2011
Parental Acceptance and Action Questionnaire	PAAQ	Cheron e.a. 2009
Physical Activity Acceptance Questionnaire	PAAQ	Butryn e.a. in press
Parental Psychological Flexibility Questionnaire	PPF	Burke and Moore in press
Parent Psychological Flexibility Questionnaire	PPFQ	Wallace e.a. in press
Philadelphia Mindfulness Scale	PHLMS	Cardaciotto e.a. 2008
Psychological Inflexibility in Pain Scale	PIPS	Wickel e.a. 2008
Parent Pain Acceptance Questionnaire	PPAQ	Smith e.a. in press
Personal Values Questionnaire II	PVQ-2	Blackledge e.a. 2010
Stigmatizing Attitudes Believability	SAB	Hayes e.a. 2004
Self as Context Scale	SACS	Gird e.a. 2012
Self-Compassion Scale	SCS	Neff 2003
State Mindfulness Scale	SMS	Tanay and Bernstein 2013
Southampton Mindfulness Questionnaire	SMQ	Chadwick e.a. 2008
Tinnitus Acceptance Questionnaire	TAQ	Weise e.a. 2013
Toronto Mindfulness Scale	TMS	Lau e.a. 2006

Voices Acceptance and Action Scale	VAAS	Shawyer e.a. 2007
Valued Living Questionnaire	VLQ	Wilson e.a. 2004
Valuing Questionnaire	VQ	Smout e.a. 2014
Work-related Acceptance and Action Questionnaire	WAAQ	Bond e.a. 2013

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