

# **PROCESSES ASSESSMENT PROTOCOL**

**The assessment battery comprises the following questionnaires:**

- Depression, Anxiety and Stress Scale (DASS; 21 items)
- Regulation of Emotion Questionnaire (REQ-21; 21 items)
- Multidimensional Experiential Avoidance Questionnaire (MEAQ ; 62 items)
- Intolerance of uncertainty Scale (IUS-II; 27 items)
- Metacognitions Questionnaire (MCQ-30 ; 30 items)
- Mini Cambridge-Exeter Repetitive Thought Scale (Min-Certs ; 15 items)
- Self-efficacy Questionnaire (10 items)
- Self-discrepancies Questionnaire (2 pages)

To be filled by the therapist

**Location:**

**ID Number:**

Age:

Sex:

0 =Female

1= Male

**Population:**

0 =Control

1 =Clinic

**Principal diagnosis (DSM code):**

Education:

1 = Elementary school degree

2= Middle school degree

3 = High school degree

4 = College degree

5 = University degree

**Employment status:**

1 = Unemployed

2 = Worker

3= Employee

4 = Executive

5 = Freelancer

6 = Liberal Profession

7= Student

**Family status:**

1 =Single

2 =Cohabitation– in a couple

3 =Married

4 =Separated

5 =Divorced

6 =Widowed

## DASS-21

Please read each statement and circle a number 0, 1, 2 or 3 which indicates how much the statement applied to you *over the past week*. There are no right or wrong answers. Do not spend too much time on any statement. *The rating scale is as follows:*

- 0 Did not apply to me at all
- 1 Applied to me to some degree, or some of the time
- 2 Applied to me to a considerable degree, or a good part of time
- 3 Applied to me very much, or most of the time

	0 Did not apply to me at all	1 Applied to me to some degree, or some of the time	2 Applied to me to a considerable degree, or a good part of time	3 Applied to me very much, or most of the time
1. I found it hard to wind down.				
2. I was aware of dryness of my mouth.				
3. I couldn't seem to experience any positive feeling at all.				
4. I experienced breathing difficulty (eg, excessively rapid breathing, Breathlessness in the absence of physical exertion)				
5. I found it difficult to work up the initiative to do things.				
6. I tended to over-react to situations.				
7. I experienced trembling (e.g., in the hands).				
8. I felt that I was using a lot of nervous energy.				
9. I was worried about situations in which I might panic and make a fool of myself.				
10. I felt that I had nothing to look forward to.				
11. I found myself getting agitated.				
12. I found it difficult to relax.				
13. I felt down-hearted and blue.				
14. I was intolerant of anything that kept me from getting on with what I was doing				

15. I felt I was close to panic.				
16. I was unable to become enthusiastic about anything.				
17. I felt I wasn't worth much as a person.				
18. I felt that I was rather touchy.				
19. I was aware of the action of my heart in the absence of physical exertion (e.g. sense of heart increase, heart missing a beat).				
20. I felt scared without any good reason.				
21. I felt that life was meaningless.				

## REQ-21

We all experience many different feelings or emotions. For example, different things in our lives make us happy, sad, angry, etc.

The following questionnaire asks you about how often you do certain things in response to your emotions. You do not have to think about specific emotions but just how often you generally do the things listed below.

Please tick the box corresponding to the answer that fits best. We all respond to our emotions in different ways so there are no right or wrong answers.

	Never	Seldom	Often	Very often	Always
1. I talk to someone about how I feel					
2. I take my feelings out on others verbally (e.g., shouting, arguing).					
3. I seek physical contact from friends of family (e.g., a hug, hold hands).					
4. I reviews (rethink) my thoughts or beliefs.					
5. I harm or punish myself in some way.					
6. I do something energetic (e.g., play sport, go for a walk).					
7. I dwell on my thoughts and feelings (e.g., It goes round and round in my head and I can't stop it).					
8. I ask others for advice.					
9. I review (rethink) my goals or plans.					
10. I take my feelings out on others physically (e.g., fighting, lashing out).					
11. I put the situation into perspective.					
12. I concentrate on a pleasant activity.					
13. I try to make others feel bad (e.g., being rude, ignoring them).					
14. I think about people better off and make myself feel worse.					
15. I keep the feeling locked up inside.					
16. I plan what I could do better next time.					
17. I bully other people (e.g. saying nasty things to them, hitting them)					
18. I take my feelings out on objects around me (e.g., deliberately causing					

damage to my house, school or outdoor things).					
19. Things feel unreal (e.g., I feel strange, things around me feel strange, I daydream).					
20. I telephone friends or family.					
21. I go out and do something nice (e.g., cinema, shopping, go for a meal, meet people).					

## MEAQ

Please indicate the extent to which you agree or disagree with each of the following statements

<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
<b>Strongly disagree</b>	<b>Moderately disagree</b>	<b>Slightly disagree</b>	<b>Slightly agree</b>	<b>Moderately agree</b>	<b>Strongly agree</b>

1-I won't do something if I think it will make me uncomfortable.	1	2	3	4	5	6
2-If I could magically remove all of my painful memories, I would.	1	2	3	4	5	6
3-When something upsetting comes up, I try very hard to stop thinking about it.	1	2	3	4	5	6
4-I sometimes have difficulty identifying how I feel.	1	2	3	4	5	6
5-I tend to put off unpleasant things that need to get done.	1	2	3	4	5	6
6-People should face their fears.	1	2	3	4	5	6
7-Happiness means never feeling any pain or disappointment.	1	2	3	4	5	6
8-I avoid activities if there is even a small possibility of getting hurt.	1	2	3	4	5	6
9-When negative thoughts come up, I try to fill my head with something else.	1	2	3	4	5	6
10-At times, people have told me I'm in denial.	1	2	3	4	5	6
11-I sometimes procrastinate to avoid facing challenges.	1	2	3	4	5	6
12-Even when I feel uncomfortable, I don't give up working toward things I value.	1	2	3	4	5	6
13-When I am hurting, I would do anything to feel better.	1	2	3	4	5	6
14-I rarely do something if there is a chance that it will upset me.	1	2	3	4	5	6
15-I usually try to distract myself when I feel something painful.	1	2	3	4	5	6
16-I am able to « turn off » my emotions when I don't want to feel.	1	2	3	4	5	6
17-When I have something important to do I find myself doing a lot of other things instead.	1	2	3	4	5	6
18-I am willing to put up with pain and discomfort to get what I want.	1	2	3	4	5	6
19-Happiness involves getting rid of negative thoughts.	1	2	3	4	5	6

20-I work hard to avoid situations that might bring up unpleasant thoughts and feelings in me.	1	2	3	4	5	6
21-I don't realize I'm anxious until other people tell me.	1	2	3	4	5	6
22-When upsetting memories come up, I try to focus on other things.	1	2	3	4	5	6
23-I am in touch with my emotions.	1	2	3	4	5	6
24-I am willing to suffer for the things that matter to me.	1	2	3	4	5	6
25-One of my big goals is to be free from painful emotions.	1	2	3	4	5	6
26-I prefer to stick to what I am comfortable with, rather than try new activities.	1	2	3	4	5	6
27-I work hard to keep out upsetting feelings.	1	2	3	4	5	6
28-People have said that I don't own up to my problems.	1	2	3	4	5	6
29-Fear or anxiety won't stop me from doing something important.	1	2	3	4	5	6
30-I try to deal with problems right away.	1	2	3	4	5	6
31-I'd do anything to feel less stressed.	1	2	3	4	5	6
32-If I have any doubts about doing something, I just won't do it.	1	2	3	4	5	6
33-When unpleasant memories come to me, I try to put them out of my mind.	1	2	3	4	5	6
34-In this day and age people should not have to suffer.	1	2	3	4	5	6
35-Others have told me that I suppress my feelings.	1	2	3	4	5	6
36-I try to put off unpleasant tasks for as long as possible.	1	2	3	4	5	6
37-When I am hurting, I still do what needs to be done.	1	2	3	4	5	6
38-My life would be great if I never felt anxious.	1	2	3	4	5	6
39-If I am starting to feel trapped, I leave the situation immediately.	1	2	3	4	5	6
40-When a negative thought comes up, I immediately try to think of something else.	1	2	3	4	5	6
41-It's hard for me to know what I'm feeling.	1	2	3	4	5	6



42-I won't do something until I absolutely have to.	1	2	3	4	5	6
43-I don't let pain and discomfort stop me from getting what I want.	1	2	3	4	5	6
44-I would give up a lot not to feel bad.	1	2	3	4	5	6
45-I go out of my way to avoid uncomfortable situations.	1	2	3	4	5	6
46-I can numb my feelings when they are too intense.	1	2	3	4	5	6
47-Why do today what you can put off until tomorrow.	1	2	3	4	5	6
48-I am willing to put up with sadness to get what I want.	1	2	3	4	5	6
49-Some people have told me that I "hide my head in the sand ».	1	2	3	4	5	6
50-Pain always leads to suffering.	1	2	3	4	5	6
51-If I am in a slightly uncomfortable situation, I try to leave right away.	1	2	3	4	5	6
52-It takes me awhile to realize when I'm feeling bad.	1	2	3	4	5	6
53-I continue working toward my goals even if I have doubts.	1	2	3	4	5	6
54-I wish I could get rid of all of my negative emotions.	1	2	3	4	5	6
55-I avoid situations if there is a chance that I'll feel nervous.	1	2	3	4	5	6
56-I feel disconnected from my emotions.	1	2	3	4	5	6
57-I don't let gloomy thoughts stop me from doing what I want.	1	2	3	4	5	6
58-The key to a good life is never feeling any pain.	1	2	3	4	5	6
59-I'm quick to leave any situation that makes me feel uneasy.	1	2	3	4	5	6
60-People have told me that I'm not aware of my problems.	1	2	3	4	5	6
61-I hope to live without any sadness and disappointment.	1	2	3	4	5	6
62-When working on something important, I won't quit even if things get difficult.	1	2	3	4	5	6

## Intolerance of uncertainty

You will find below a series of statements which describe how people may react to the uncertainties of life. Please use the scale below to describe to what extent each item is characteristic of you. Please circle a number (1 to 5) that describes you best.

	Not at all charact eristic of me (1)	A few characte ristic of me (2)	Somew hat characte ristic of me (3)	Very characte ristic of me (4)	Entirely character istic of me (5)
1. Uncertainty stops me from having a strong opinion.					
2. Being uncertain means that a person is disorganized.					
3. Uncertainty makes life intolerable.					
4. It's unfair having no guarantees in life.					
5. My mind can't be relaxed if I don't know what will happen tomorrow.					
6. Uncertainty makes me uneasy, anxious, or stressed.					
7. Unforeseen events upset me greatly.					
8. It frustrates me not having all the information I need.					
9. Uncertainty keeps me from living a full life.					
10. One should always look ahead so as to avoid surprises.					
11. As small unforeseen event can spoil everything, even with the best planning.					
12. When it's time to act, uncertainty paralyzes me.					
13. Being uncertain means that I am not first rate.					
14. When I am uncertain, I can't go forward.					
15. When I am uncertain, I can't function very well.					

16. Unlike me, others seem to know where they are going with their lives.					
17. Uncertainty makes me vulnerable, unhappy, or sad.					
18. I always want to know what the future has in store for me.					
19. I can't stand being taken by surprise.					
20. The smallest doubt can stop me from acting.					
21. I should be able to organize everything in advance.					
22. Being uncertain means that I lack confidence.					
23. I think it's unfair that other people seem to be sure about their future.					
24. Uncertainty keeps me from sleeping soundly.					
25. I must get away from all uncertain situations.					
26. The ambiguities in life stress me.					
27. I can't stand being undecided about my future.					

## MCQ-30

This questionnaire is concerned with beliefs people have about their thinking. Listed below are a number of beliefs that people have expressed. Please read each item and say how much you generally agree with it by circling the appropriate number. Please respond to all the items, there are no right or wrong answers.

		Do not agree	Agree slightly	Agree moderately	Agree very much
1	Worrying helps me to avoid problems in the future	1	2	3	4
2	My worrying is dangerous for me	1	2	3	4
3	I think a lot about my thoughts	1	2	3	4
4	I could make myself sick with worrying	1	2	3	4
5	I am aware of the way my mind works when I am thinking through a problem	1	2	3	4
6	If I did not control a worrying thought, and then it happened, it would be my fault	1	2	3	4
7	I need to worry in order to remain organized	1	2	3	4
8	I have little confidence in my memory for words and names	1	2	3	4
9	My worrying thoughts persist, no matter how I try to stop them	1	2	3	4
10	Worrying helps me to get things sorted out in my mind	1	2	3	4
11	I cannot ignore my worrying thoughts	1	2	3	4
12	I monitor my thoughts	1	2	3	4
13	I should be in control of my thoughts all of the time	1	2	3	4
14	My memory can mislead me at times	1	2	3	4
15	My worrying could make me go mad	1	2	3	4

16	I am constantly aware of my thinking	1	2	3	4
17	I have a poor memory	1	2	3	4
18	I pay close attention to the way my mind works	1	2	3	4
19	Worrying helps me to cope	1	2	3	4
20	Not being able to control my thoughts is a sign of weakness	1	2	3	4
21	If I could not control my thoughts, I would not be able to function	1	2	3	4
22	When I start worrying, I cannot stop	1	2	3	4
23	I will be punished for not controlling certain thoughts	1	2	3	4
24	Worrying helps me to solve problems	1	2	3	4
25	I have little confidence in my memory for places	1	2	3	4
26	It is bad to think certain thoughts	1	2	3	4
27	I do not trust my memory	1	2	3	4
28	I need to worry in order to work well	1	2	3	4
29	I have little confidence in my memory for actions	1	2	3	4
30	I constantly examine my thoughts	1	2	3	4

## MINI CERTS

Read each item and then decide how you generally respond. Please put ONE tick for each row. Don't agonise over individual answers, give the first response to each line that comes to mind.

When thoughts about myself, feelings, situations or events do come to mind:

	Almost never	Sometimes	Often	Almost always
1. My thinking tends to get stuck in a rut, involving only a few themes.				
2. I can grasp and respond to changes in the world around me without having to analyze the details				
3. I compare myself to other people				
4. My thinking tends to become open, loose, expansive and creative				
5. I judge myself against my own standards and beliefs				
6. I focus on why things happened the way they did				
7. I think about why I can't get started on something				
8. My thoughts move in new and interesting directions				
9. I seem to be engaged in and directly in touch with what is going on around me				
10. I think I'm no good at all				
11. I'm relaxed about going with the flow of what comes to mind				
12. I feel under pressure to stop my worse fears happening				
13. I focus on exploring and playing with ideas, curious about where it will lead				
14. My thinking tends to spiral out from one specific event to broader, general aspects of my life				
15. I am concerned about what other people might think of me				
16. I have very rapid impressions and intuitions of what is happening around me				

## Self-efficacy Questionnaire

Each of us develops beliefs about our capacity and skills in different areas. For the various areas below (as well as others that may seem relevant to you), indicate the level of confidence with which you think you can handle things with the following scale:

<b>0</b>	<b>10</b>	<b>20</b>	<b>30</b>	<b>40</b>	<b>50</b>	<b>60</b>	<b>70</b>	<b>80</b>	<b>90</b>	<b>100</b>
<b>Not certain at all of my capacity to handle things</b>					<b>Moderately certain of my capacity to handle things</b>					<b>Highly certain of my capacity to handle things</b>

**N/A = not applicable**

To handle things means doing what needs to be done, to have the right attitude, to be able to cope. If this area is not relevant to you, simply note N / A for not applicable.

**I have confidence in my ability to handle things ...**

- ...in the relationships within family \_\_\_\_\_
- ...in the relationships within my couple \_\_\_\_\_
- ...in the relationships with my friends \_\_\_\_\_
- ...in my professional relationships \_\_\_\_\_
- ...as a parent \_\_\_\_\_
- ...in my sexual life \_\_\_\_\_
- ...in my profession or my studies \_\_\_\_\_
- ...in the regulation of my emotions \_\_\_\_\_
- ...in my free time, my hobbies \_\_\_\_\_
- ...in daily tasks / housework \_\_\_\_\_

Possibly, other(s) fields that you may consider significant(s) :

- ...in \_\_\_\_\_
- ...in \_\_\_\_\_
- ...in \_\_\_\_\_

## Self-discrepancies Questionnaire

Think for a moment and make a list of the features you would like to possess ideally and of those you definitely don't want to have (whether or not you think to possess them). To help you, if necessary, here are some examples of possible features:

Aggressive	Disagreeable	Liar	Shabby
Agreeable	Disdainful	Lively	Selfish
Ambitious	Discreet	Logic	Sensible
Artist	Disinterested	Loudmouth	Sentimental
Authoritarian	Disorderly	Lucid	Serious
Slanderous	Disrespectful	Methodical	Shy
Benevolent	Domineering	Moderate	Simple
Brilliant	Effective	Modern	Solitary
Calculating	Energetic		Spiritual
Calm	Entertaining	Modest	Spiteful
Careful	Enthusiastic	Moral	Stable
Childish	Envious	Nasty	Stingy
Clair-sighted	Exuberant	Neurotic	Submissive
Clever	Fashionable	Nice	Sweet
Comic	Frivolous	Nonchalant	Tolerant
Compulsive	Funny	Normal	Ungracious
Conformist		Obedient	Uncultivated
Contemptuous	Grateful	Obstinate	Unmethodical
Cordial	Hard	Open minded	Unpredictable
Crafty	Helpful	Painful	Unreliable
Creative	Humble	Perceptive	Unwise
Credulous	Honest	Pessimistic	Vain
Cultivated	Imitator	Philosopher	Vivacious
Curious	Independent	Reliable	Wise
Deceitful	Indiscreet	Radical	
Delicate	Ingenious	Refined	
	Insensitive	Reasonable	
	Kind		
	Lazy		



Ideal Self			
Features I would like to have:	Percentage	Features I wouldn't like to have :	Percentage
- _____	_____ %	- _____	_____ %
- _____	_____ %	- _____	_____ %
- _____	_____ %	- _____	_____ %
- _____	_____ %	- _____	_____ %
- _____	_____ %	- _____	_____ %
- _____	_____ %	- _____	_____ %

  

<p><i>For each desirable feature, indicate in the right column the extent to which you possess this feature, the ideal being 100%. For example, if you have a generosity ideal and that you think to actually possess this characteristic at 80% of your ideal, please write « Generous : 80% ».</i></p>	<p><i>For each undesirable feature, indicate in the right column the extent to which you possess this feature, the ideal being 0%. For example, if you dislike stinginess and that you think to possess this feature at 20%, please write « Stingy : 20% ».</i></p>
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Choose the correct answer.

*How big is globally the discrepancy between this ideal and the way you perceive yourself?*

1	2	3	4	5	6	7
I feel very close to this ideal			I feel moderately close to this ideal			I feel very far away to this ideal

*How strong is the distress caused by this discrepancy?*

1	2	3	4	5	6	7
I don't feel distress about this discrepancy			I feel a moderate distress about this discrepancy			I feel an important distress about this discrepancy

Think for a moment and make a list of the features that are expected from you by your relatives (regardless of whether or not you think you possess them).

<b>Ought self</b>			
<b>Features that the important people to me think I should have :</b>	<b>Percentage</b>	<b>Features that the important people to me think that I should not have :</b>	<b>Percentage</b>
- _____	_____ %	- _____	_____ %
- _____	_____ %	- _____	_____ %
- _____	_____ %	- _____	_____ %
- _____	_____ %	- _____	_____ %
- _____	_____ %	- _____	_____ %
- _____	_____ %	- _____	_____ %
<p><i>For each desirable feature, indicate in the right column the extent to which you possess this feature, the ideal being 100%. For example, if you think that your relatives have an ideal of generosity for yourself and that you think to actually possess this characteristic at 80% of your ideal, please write « Generous : 80% ».</i></p>		<p><i>For each undesirable feature, indicate in the right column the extent to which you possess this feature, the ideal being 0%. For example, if your relatives dislike you being stingy and that you think to actually possess this feature at 20%, please write « Stingy : 20% ».</i></p>	

Choose the correct answer.

*How big is globally the discrepancy between this ideal and the way you perceive yourself?*

1	2	3	4	5	6	7
I feel very close to this ideal			I feel moderately close to this ideal			I feel very far away to this ideal

*How strong is the distress caused by this discrepancy?*

1	2	3	4	5	6	7
I don't feel distress about this discrepancy			I feel a moderate distress about this discrepancy			I feel an important distress about this discrepancy