

ACT Knowledge Questionnaire

Linking Code

This section helps you to generate a unique personal code that can be used to link your pre and post workshop responses. It will not be used to link your responses to you in any way.

What is the first letter or number of the name of street you live on? _____

What is the second letter of the city of your birth? _____

Directions: This questionnaire consists of 16 items regarding Acceptance and Commitment Therapy. Please read each question carefully and circle the letter of the best response.

1. Suppose a client states, “I’ve learned that the thoughts I have are not me. I want to talk to others who have a trauma history so that they can know that they are not defined by their trauma history.” In this example, what concept has the client most likely internalized?
 - a. willingness
 - b. self-as-context
 - c. defusion
 - d. values as goals
2. Which of the following is not an ACT-consistent statement about committed action?
 - a. Engage in valued life activities even when psychological barriers arise.
 - b. The process is more important than the outcome of our actions.
 - c. Failure is not a possible outcome of truly committed action.
 - d. Behaving confidently is not the same as feeling confident.
3. When discussing willingness a client responds, “I’ll talk to my wife about how much pain I am in as long as I don’t get overwhelmed.” The client is having difficulty grasping
 - a. the all or nothing nature of willingness
 - b. the difference between willing and wanting
 - c. the need to be open to experience at all times
 - d. the link between willingness and values
4. If a therapist uses the phrase “As it is, not as it says it is,” she is referring to
 - a. the process of defusion
 - b. the concept of conceptualized self
 - c. the process of contact with the present moment
 - d. the concept of self-as-context
5. From an ACT perspective, what is problematic with this therapist statement?: “When your girlfriend told you she was leaving it made you feel sad.”
 - a. Linking emotions to external events could result in more avoidance.
 - b. The therapist is reinforcing the content of the story.
 - c. The therapist identified reasons as causes for emotions.
 - d. The therapist is referring to emotions as real phenomena.
6. 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?
 - a. escape maintained behavior
 - b. experiential avoidance
 - c. relational frames of comparison and time
 - d. excessive cognitive fusion
7. Discriminating a difference between evaluation and description is one component of
 - a. defusion.
 - b. self-as-context.
 - c. willingness.
 - d. values.

8. Which of the following best illustrates a client's confusion with goals as values?
 - a. A man wants to be a good employee.
 - b. An adolescent wants to be more educated.
 - c. A woman wants to be emotionally available for several people in her life.
 - d. A woman wants to be married.

9. 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
 - a. defusion.
 - b. control as the problem.
 - c. acceptance.
 - d. values.

10. Which of the following is not an ACT-consistent explanation of "psychopathology"?
 - a. emotional avoidance.
 - b. ineffective thinking and behavior patterns.
 - c. cognitive fusion.
 - d. lack of committed action.

11. Ongoing self awareness is the same as
 - a. self-as-content.
 - b. the conceptualized self.
 - c. the evaluated self.
 - d. self-as-process.

12. Which of the following is not a statement about contact with the present moment?
 - a. Thoughts and feelings often present themselves as about the past or future, but they are experienced now.
 - b. Cultivating awareness of thoughts and emotions as they occur allows us to notice when they get in the way of valued action.
 - c. You are not your thoughts, memories, or roles.
 - d. Life is not something to be lived when you have solved your problems, life is going on now.

13. Values are
 - a. non verbal qualities of action
 - b. verbally construed global desired life consequences
 - c. a decision, not a choice
 - d. the sum of the goals achieved while on a life path

14. Willingness, as defined by the ACT book, refers to
 - a. a person's motivation to try something new or different in their life.
 - b. a feeling or belief that is helpful for tolerating discomfort.
 - c. noticing thoughts as verbal constructions.
 - d. giving up the struggle with emotional discomfort and disturbing thoughts.

15. The purpose of creative hopelessness is:
 - a. To create a coherent story about why the client's life is painful.
 - b. To help a client recognize that his or her life, as it is being lived now, is hopeless.
 - c. To show that the strategies that the client has used to manage internal experiences are unworkable.
 - d. To illustrate to the client that they need to find new ways to fix their problems.

16. The belief "anxiety is bad" is an example of
 - a. a dysfunctional thought.
 - b. unwillingness.
 - c. cognitive fusion.
 - d. deliteralization.

INFORMATION ABOUT THE MEASURE

Developed by Jason Luoma, Ph.D., (jbluoma@gmail.com) and was used in the following studies:

Richards, R., Oliver, J. E., Morris, E., Aherne, K., Iervolino, A. C., & Wingrove, J. (2011). Acceptance and Commitment Therapy training for clinicians: An evaluation. *The Cognitive Behaviour Therapist*, 4, 114-121.

Luoma, J. B. & Plumb, J. (under review). *Improving Therapist Psychological Flexibility While Training Acceptance and Commitment Therapy: A Pilot Study*.

Answer key

1. b
2. c
3. a
4. a
5. c
6. b
7. a
8. d
9. b
10. b
11. d
12. c
13. b (this item was incorrectly scored as c in an earlier version of this scoring sheet)
14. d
15. c
16. c

This measure is free for use by ACT trainers and researchers. We are in the process of refining this measure and hope to eventually have an improved version.