

M E A Q

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

1-----	2-----	3-----	4-----	5-----	6-----
strongly disagree	moderately disagree	slightly disagree	slightly agree	moderately agree	strongly agree

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|-----|--------------------------------------------------------------------------------------------|---|---|---|---|---|---|
| 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 |

1-----	2-----	3-----	4-----	5-----	6-----
strongly disagree	moderately disagree	slightly disagree	slightly agree	moderately agree	strongly agree

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|-----|--------------------------------------------------------------------------------------|---|---|---|---|---|---|
| 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 |

MULTIDIMENSIONAL EXPERIENTIAL AVOIDANCE QUESTIONNAIRE

- SCORING -

BEHAVIORAL AVOIDANCE
DISTRESS AVERSION
PROCRASTINATION
DISTRACTION & SUPPRESSION
REPRESSION & DENIAL
DISTRESS ENDURANCE

Total items 1, 8, 14, 20, 26, 32, 39, 45, 51, 55, 59
Total items 2, 7, 13, 19, 25, 31, 34, 38, 44, 50, 54, 58, 61
Total items 5, 11, 17, 30 (r), 36, 42, 47
Total items 3, 9, 15, 22, 27, 33, 40
Total items 4, 10, 16, 21, 23 (r), 28, 35, 41, 46, 49, 52, 56, 60
Total items 6, 12, 18, 24, 29, 37, 43, 48, 53, 57, 62

(r) indicates reverse-key item; to reverse-key, subtract item from " 7 "

TOTAL SCORE

Behavioral Avoidance + Distress Aversion + Procrastination +
Distraction & Suppression + Repression & Denial + (77 - Distress Endurance)

- NORMATIVE DATA -

COMMUNITY ADULTS
(N = 201)

COLLEGE STUDENTS
(N = 677)

PSYCHIATRIC PATIENTS
(N = 466)

	Mean	SD	+1.0	+1.5	Mean	SD	+1.0	+1.5	Mean	SD	+1.0	+1.5
BEHAV. AVOID	34.40	10.41	44.81	50.01	36.26	8.70	44.96	49.31	42.36	11.13	53.49	59.06
DISTRESS AVER.	41.65	11.97	53.62	59.60	43.24	11.46	54.70	60.43	50.47	12.63	63.10	69.42
PROCRASTINAT.	22.41	7.45	29.86	33.58	25.04	6.61	31.65	34.96	26.62	7.00	33.62	37.12
DIST./SUPPRESS.	25.64	6.58	32.22	35.51	26.02	6.35	32.37	35.55	28.79	7.55	36.34	40.12
REPRESS./DENIAL.	31.31	10.77	42.08	47.46	34.02	10.60	44.62	49.92	37.82	12.33	50.15	56.32
DISTRESS ENDUR.	47.12	7.93	39.19-	35.23-	46.51	7.66	38.85-	35.02-	43.21	9.57	33.64-	28.86-
TOTAL SCORE	185.29	39.95	225.24	245.21	195.08	34.46	229.54	246.77	224.61	39.94	264.55	284.52

Gamez, W., Chmielewski, M., Kotov, R., Ruggero, C., & Watson, D. (in press). Development of a measure of experiential avoidance: The Multidimensional Experiential Avoidance Questionnaire (MEAQ). *Psychological Assessment*.