

Anxiety and Depression Questionnaire (ADQ-ApA)

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Name and surname/ or nickname

Date of birthSex

EducationE-mail address.....

This questionnaire contains statements that concern various emotions, experiences, and behaviors. Each statement can be responded to by circling "Agree" or "Disagree". Please mark the answer that describes you better. Do not spend too much time on individual statements. There are no good or bad responses. Please respond to all of the statements provided below.

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| 1. | When trying to concentrate on something, it is difficult for me to get rid of distracting thoughts. | Agree/ Disagree |
| 2. | When I start to worry, I cannot stop. | Agree/ Disagree |
| 3. | During a stressful and nervous situation, I feel tension in my body. | Agree/ Disagree |
| 4. | I find it difficult to forget unpleasant events. | Agree/ Disagree |
| 5. | I cannot concentrate on a difficult task if there are noises around. | Agree/ Disagree |
| 6. | I don't worry in advance. | Agree/ Disagree |
| 7. | Stress causes me diverse physical ailments. | Agree/ Disagree |
| 8. | When I am under stress, I cannot gather my thoughts. | Agree/ Disagree |
| 9. | Many situations that involved me cause me to worry. | Agree/ Disagree |
| 10. | When facing danger, I often feel like my legs "turn to jelly". | Agree/ Disagree |
| 11. | I find it easy to forget about unpleasant events. | Agree/ Disagree |
| 12. | When I am excited or upset because of something I find it difficult to turn my attention away. | Agree/ Disagree |
| 13. | My body reacts intensively to sudden stress. | Agree/ Disagree |

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| 14. | I know I should not worry about certain things, but I cannot help it. | Agree/ Disagree |
| 15. | It is difficult for me to drop my current way of thinking and look at a problem from a different point of view. | Agree/ Disagree |
| 16. | I worry a lot when I am under pressure. | Agree/ Disagree |
| 17. | I often rethink my most recent problems. | Agree/ Disagree |
| 18. | My concerns overwhelm me. | Agree/ Disagree |
| 19. | When something unpleasant happens to me I find it difficult to relax, even among other people. | Agree/ Disagree |
| 20. | My hands are cold or sweaty when I am stressed. | Agree/ Disagree |
| 21. | It is difficult for me to focus on a current task. | Agree/ Disagree |
| 22. | Often a persistent thought is tormenting me. | Agree/ Disagree |
| 23. | As soon as I am done with something I start worrying about what I have left to do. | Agree/ Disagree |
| 24. | I analyze various unpleasant situations in detail. | Agree/ Disagree |
| 25. | It is easy to turn my attention away from what I am doing. | Agree/ Disagree |
| 26. | I constantly worry about something. | Agree/ Disagree |
| 27. | I forget about my failures quickly. | Agree/ Disagree |
| 28. | When I am worrying about something I have difficulty concentrating on work. | Agree/ Disagree |
| 29. | I quickly lose my cool and temper in difficult situations. | Agree/ Disagree |
| 30. | An unpleasant situation can keep me from work for a few hours. | Agree/ Disagree |
| 31. | I find it difficult to accept failure. | Agree/ Disagree |
| 32. | I worry about what others might say about me. | Agree/ Disagree |
| 33. | When I get stressed, I cannot speak in a calm voice. | Agree/ Disagree |
| 34. | When I have a family or professional problem, I think about it constantly. | Agree/ Disagree |
| 35. | I am often tense. | Agree/ Disagree |

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| 36. I can easily push away negative thoughts. | Agree/ Disagree |
| 37. I think that I deal with most things worse than others. | Agree/ Disagree |
| 38. When a distracting thought comes to my mind I can easily turn my attention away from it. | Agree/ Disagree |
| 39. It is easy to scare me. | Agree/ Disagree |
| 40. I usually stop thinking about negative things quickly. | Agree/ Disagree |
| 41. My friends tell me I worry too much about everything. | Agree/ Disagree |
| 42. I often imagine the worst case scenario. | Agree/ Disagree |
| 43. When something unsettling is happening, I immediately feel it in my body. | Agree/ Disagree |
| 44. I think that I have more worries than others. | Agree/ Disagree |
| 45. When I fail at something, I cannot function normally for several days. | Agree/ Disagree |
| 46. Sudden stress paralyzes me. | Agree/ Disagree |
| 47. I am not in the habit of worrying excessively. | Agree/ Disagree |
| 48. When something unpleasant happens, I cannot stop thinking about it. | Agree/ Disagree |

Please make sure you did not omit any of the above statements.