

Acceptance and Action Questionnaire for Cancer

Cancer is one of the most painful and challenging health problems out there, and it contributes to mental distress and suffering for both patients and care givers. Addressing the psychological suffering of people with cancer is important. One reason is that there appears to be a link between psychological distress and cancer mortality (Hamer, Chida, & Molloy, 2009). If you're someone trying to cope with cancer and cancer treatment, we suggest tracking your psychological flexibility using the Acceptance and Action Questionnaire for Cancer (Arch and Mitchell, 2016). This questionnaire specifically includes items designed to track the experiences of people suffering from cancer.

CANCER AAQ

Below you will find a list of statements. Please rate how true each statement is for you by circling a number next to it. Use the scale below to make your choice.

	1	2	3	4	5	6	7
	never true	very seldom true	seldom true	sometimes true	frequently true	almost always true	always true
1. My memories and painful experiences with cancer make it difficult for me to live a life that I would value.	1	2	3	4	5	6	7
2. I'm afraid of my feelings about cancer.	1	2	3	4	5	6	7
3. I worry about not being able to control my worries and feelings about cancer.	1	2	3	4	5	6	7
4. My painful memories of cancer prevent me from having a fulfilling life.	1	2	3	4	5	6	7
5. Emotions about cancer cause problems in my life.	1	2	3	4	5	6	7

My Flexibility Scores

6. It seems like most cancer survivors are handling their lives better than I am. 1 2 3 4 5 6 7
7. Worries about cancer get in the way of my success. 1 2 3 4 5 6 7
8. I try to avoid reminders of my cancer. 1 2 3 4 5 6 7
9. I have thoughts and feelings about cancer that are distressing 1 2 3 4 5 6 7
10. When I have an upsetting feeling or thought about my cancer, I try to get rid of that feeling or thought. 1 2 3 4 5 6 7
11. I avoid thinking about what cancer can do to me. 1 2 3 4 5 6 7
12. I don't exercise regularly because it reminds me that I had/have cancer. 1 2 3 4 5 6 7
13. I avoid thinking about cancer because someone I knew died from cancer. 1 2 3 4 5 6 7
14. I avoid thinking about cancer because I fear it will come back. 1 2 3 4 5 6 7
15. I avoid cancer-related medical appointments and tests because I don't want to think about cancer. 1 2 3 4 5 6 7
16. When I feel depressed or anxious about cancer, I am unable to take care of my responsibilities. 1 2 3 4 5 6 7
17. If I could magically remove all my painful experiences of cancer, I would do so. 1 2 3 4 5 6 7
18. If applicable: I avoid taking or forget to take my anti-hormonal or other cancer-related medications because it reminds me that I have cancer. 1 2 3 4 5 6 7

My Flexibility Scores

To score: Sum all of your responses together. Higher numbers indicate greater inflexibility.

Notes: Items 1-7 are adapted from the AAQ-II by Bond et al, 2011. Items 8-15 are adapted from the AADQ by Gregg et al, 2007, the AAQ for diabetes.

References

Arch, J.J. & Mitchell, J. L. (2016). An acceptance and commitment therapy (ACT) group intervention for cancer survivors experiencing anxiety at re-entry. *Psycho-Oncology*, 25(5), 610-615.

Bond, F. W., Hayes, S. C., Baer, R. A., Carpenter, K. M., Guenole, N., Orcutt, H. K., Waltz, T., & Zettle, R. D. (2011). Preliminary psychometric properties of the Acceptance and Action Questionnaire–II: A revised measure of psychological inflexibility and experiential avoidance. *Behavior Therapy*, 42(4), 676-688.

Gregg, J. A., Callaghan, G. M., Hayes, S. C., & Glenn-Lawson, J. L. (2007). Improving diabetes self-management through acceptance, mindfulness, and values: a randomized controlled trial. *Journal of Consulting and Clinical psychology*, 75(2), 336-343.

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