

Acceptance and Action Epilepsy Questionnaire

Epilepsy probably isn't a condition you think about when you think about mental health. In some sense, it is clearly a neurological condition, right? Yet there is some preliminary evidence that the ACT skills you're learning in *A Liberated Mind* may be useful in coping with your epilepsy, if not useful in reducing your seizures altogether (Lundgren, Dahl, Melin, & Kies, 2006; Lundgren, Dahl, & Hayes, 2008). Use the Acceptance and Action Epilepsy Questionnaire to follow your own progress in applying the skills of psychological flexibility to your relationship with epilepsy.

Table 1

AAEpQ items and format

Below you will find a list of statements. Please rate the truth of each statement as it applies to you using 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. _____ Anxiety is bad
2. _____ If I could magically remove all the painful experiences I've had in my life, I would do so
3. _____ My thoughts and feelings about having epilepsy are too distressing
4. _____ When I have upsetting feelings or thoughts about my epilepsy, I try to get rid of those feelings or thoughts
5. _____ I am too scared of what epilepsy can do to me to think about it every day
6. _____ I cannot exercise regularly because it reminds me that I have epilepsy (or because I was told not to exercise by my doctor)
7. _____ I want to avoid thinking about what epilepsy can do to me
8. _____ I want to avoid thinking about epilepsy because someone I know/knew has hurt themselves from epilepsy

To score: sum all items together. Lower sums indicate greater psychological flexibility. Higher sums indicated more difficulty accepting your experience of diabetes.

References

Lundgren, T., Dahl, J., Melin, L., & Kies, B. (2006). Evaluation of acceptance and commitment therapy for drug refractory epilepsy: a randomized controlled trial in South Africa—a pilot study. *Epilepsia*, *47*(12), 2173-2179.

Lundgren, L., Dahl, J., & Hayes, S.C. (2008). Evaluation of mediators of change in the treatment of epilepsy with acceptance and commitment therapy. *Journal of Behavioral Medicine*, *31*(3), 225,235.