



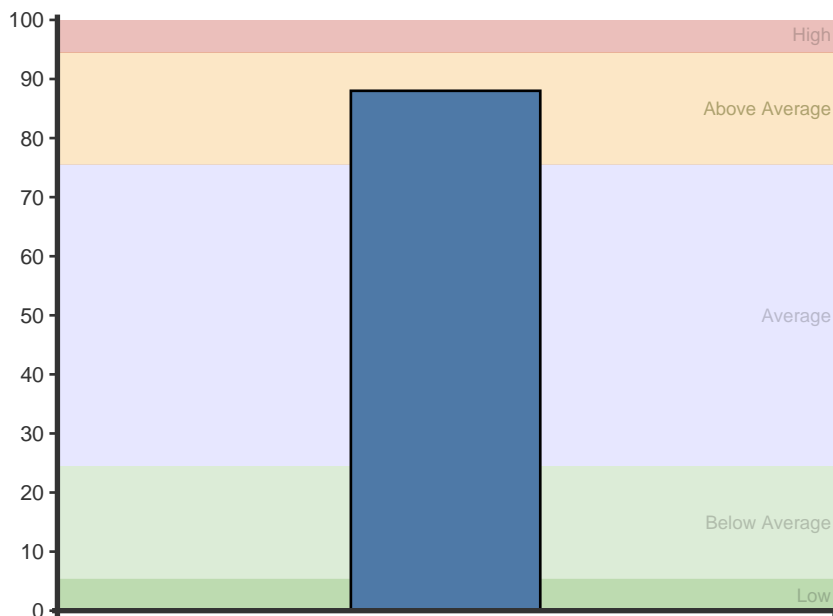
Brief Experiential Avoidance Questionnaire (BEAQ)

| | | | |
|----------------------------|-----------------|--------------------------|------------|
| <i>Client Name</i> | Generic Client | <i>Date administered</i> | 6 Sep 2024 |
| <i>Date of birth (age)</i> | 1 Jan 1980 (44) | <i>Time taken</i> | 3 min 22s |
| <i>Assessor</i> | Dr Simon Baker | | |

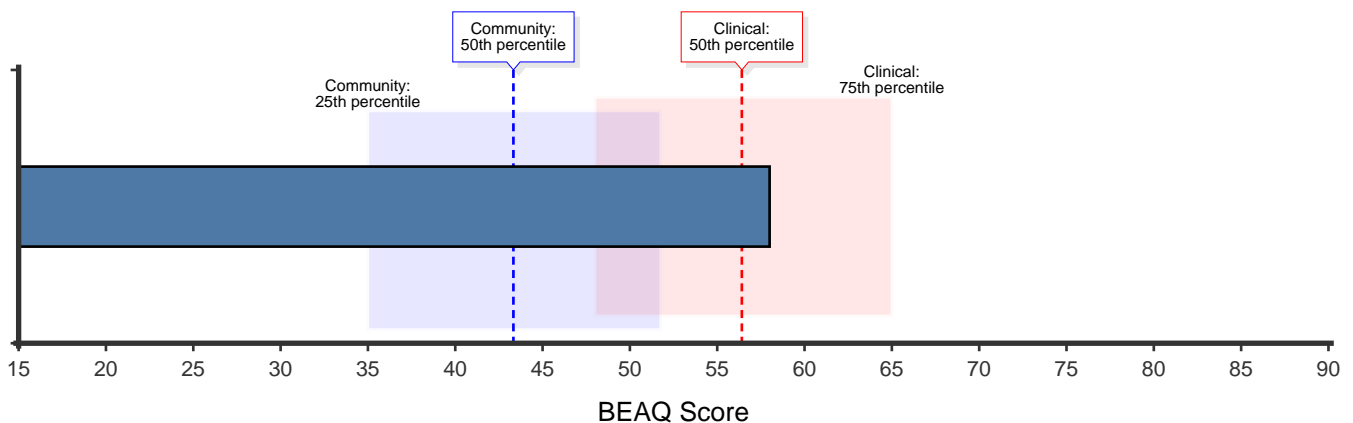
Results

| | Score (15-90) | Percentile | Descriptor |
|------|---------------|------------|---------------|
| BEAQ | 58 | 88 | Above Average |

BEAQ Experiential Avoidance Percentile



BEAQ Experiential Avoidance Score Compared to Community and Clinical Distributions





Client Name | Generic Client

Interpretation

The respondent scored 58 out of 90 on the Brief Experiential Avoidance Questionnaire (BEAQ). This score is on the 88th percentile when compared to a community sample, indicating that the respondent has an above average level of experiential avoidance. When compared to a clinical sample, the respondent's score is on the 55th percentile.

Individuals with an above average level of experiential avoidance may often try to escape from or suppress uncomfortable emotions, thoughts, or sensations, and this may be associated with difficulties relating to mental health and well-being. Interventions that focus on developing strategies to increase psychological flexibility and reduce the reliance on avoidance as a coping strategy can be beneficial.

The items with the highest ratings were:

- 2. *I'm quick to leave any situation that makes me feel uneasy (Moderately Agree)*
- 10. *I try to put off unpleasant tasks for as long as possible (Moderately Agree)*
- 3. *When unpleasant memories come to me, I try to put them out of my mind (Slightly Agree)*
- 5. *I won't do something until I absolutely have to (Slightly Agree)*
- 6. *Fear or anxiety won't stop me from doing something important (R) (Slightly Disagree)*

Scoring and Interpretation Information

For comprehensive information on the BEAQ, [see here](#).

The Brief Experiential Avoidance Questionnaire (BEAQ) yields a total score between 15 and 90, with higher scores indicating greater levels of experiential avoidance.

The total score is presented as a percentile based on normative data from a community sample of adults (Gámez et al., 2014), contextualising the respondent's score relative to the typical level of experiential avoidance among individuals in the community.

Qualitative descriptors categorise the total score based on specific ranges of percentiles.

- Low (less than or equal to the 5th percentile)
- Below Average (percentile between 6 and 24)
- Average (percentile between 25 and 75)
- Above Average (percentile between 76 and 94)
- High (greater than or equal to the 95th percentile)

An above average or high score suggests that the respondent tends to rely on avoidance as a coping strategy for uncomfortable internal experiences. This reflects lower levels of psychological flexibility and may be associated with difficulties relating to mental health and well-being. Lower scores suggest adaptive psychological flexibility and greater acceptance of internal experiences, even when they are uncomfortable or distressing.

A graph is presented comparing the respondent's score to the normative distribution of scores among adults in the community and a clinical sample of adults presenting for treatment in mental health outpatient clinics, with shaded areas corresponding to scores between the 25th and 75th percentile (Gámez et al., 2014). This graph contextualises the respondent's score relative to typical levels of experiential avoidance among adults in the community and those presenting for treatment in mental health clinics.



| | |
|--------------------|----------------|
| Client Name | Generic Client |
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Scoring and Interpretation Information (cont.)

If administered more than once, a meaningful change in experiential avoidance is defined as a change of 6 or more points in the total score based on a Minimally Important Difference (MID) calculation.

Client Responses

| | | Strongly Disagree | Moderately Disagree | Slightly Disagree | Slightly Agree | Moderately Agree | Strongly Agree |
|----|-----------------------------------------------------------------------|-------------------|---------------------|-------------------|----------------|------------------|----------------|
| 1 | The key to a good life is never feeling any pain | 1 | 2 | 3 | 4 | 5 | 6 |
| 2 | I'm quick to leave any situation that makes me feel uneasy | 1 | 2 | 3 | 4 | 5 | 6 |
| 3 | When unpleasant memories come to me, I try to put them out of my mind | 1 | 2 | 3 | 4 | 5 | 6 |
| 4 | I feel disconnected from my emotions | 1 | 2 | 3 | 4 | 5 | 6 |
| 5 | I won't do something until I absolutely have to | 1 | 2 | 3 | 4 | 5 | 6 |
| 6 | Fear or anxiety won't stop me from doing something important | 6 | 5 | 4 | 3 | 2 | 1 |
| 7 | I would give up a lot not to feel bad | 1 | 2 | 3 | 4 | 5 | 6 |
| 8 | I rarely do something if there is a chance that it will upset me | 1 | 2 | 3 | 4 | 5 | 6 |
| 9 | It's hard for me to know what I'm feeling | 1 | 2 | 3 | 4 | 5 | 6 |
| 10 | I try to put off unpleasant tasks for as long as possible | 1 | 2 | 3 | 4 | 5 | 6 |
| 11 | I go out of my way to avoid uncomfortable situations | 1 | 2 | 3 | 4 | 5 | 6 |
| 12 | One of my big goals is to be free from painful emotions | 1 | 2 | 3 | 4 | 5 | 6 |
| 13 | I work hard to keep out upsetting feelings | 1 | 2 | 3 | 4 | 5 | 6 |
| 14 | If I have any doubts about doing something, I just won't do it | 1 | 2 | 3 | 4 | 5 | 6 |
| 15 | Pain always leads to suffering | 1 | 2 | 3 | 4 | 5 | 6 |