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Posttask Thoughts And Feelings Questionnaire (PTTFQ)

Please complete the survey below.

Thank you!

		1- Not at all	2- A little bit	3- Somewhat	4- Very much	5- Extremely
1)	I was completely focused on the task.	0	0	0	0	0
2)	I thought about things other than the task.	0	0	0	0	0
3)	I was distracted.	\circ	\circ	\circ	\bigcirc	\circ
4)	I thought about other people.	\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc
5)	I thought about previous or upcoming interactions.	0	0	0	0	0
6)	I thought about how I look to others.	0	0	0	0	0
7)	I thought about whether others would like me.	0	0	0	0	0
8)	I felt relaxed.	\bigcirc	\circ	\circ	\circ	\circ
9)	I had negative thoughts.	\circ	\bigcirc	\bigcirc	\bigcirc	\bigcirc
10)	The same thoughts kept repeating in my head.	0	0	0	0	0
11)	I felt anxious.	\bigcirc	\circ	\circ	\circ	\circ
12)	I worried a lot.	\circ	\bigcirc	\circ	\bigcirc	\circ

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10/29/2021 2:18pm