Extended Post-Event Processing Questionnaire (15-Item)

We would like you to remember one specific social situation, which has led to unreasonably strong or unrealistic anxiety or discomfort or in which you had a strong feeling of shame. Please let yourself be guided by the situations listed below. The situation should have been of personal relevance to you, and it should have happened during the past six months. If you remember more than one situation, please choose the one that was most relevant for you.

Examples:

- talking in front of a group
- being at a party
- talking to authorities
- participating in group activities
- using public restrooms
- returning goods to a store
- beginning/maintaining a conversation
- expressing disapproval
- talking on the phone

- initiating a romantic relationship
- dating someone
- oral exams
- eating/drinking/writing in public
- talking on the phone with others listening
- giving a party
- formal and informal meetings
- being criticized

Please mark the situation you have chosen and remember to refer to this situation while answering the following questions.

		1	2	3	4	5	6	7	8	9	10	11
1	After the event was over,	not at all										very
	did you think about it a lot?											much so
2	Did your memories and	not at all										very
	thoughts about the event											much so
	keep coming into your head											
	even when you did not wish											
	to think about it again?											
3	Did the thoughts about the	not at all										very
	event interfere with your											much so
	concentration?											
4	Did you find it difficult to	not at all										very
	forget about the event?											much so
5	Did you try to resist	not at all										very
	thinking about the event?											much so
6	If you repeatedly thought	not at all										very
	about the event, did your											much so
	feelings about the event											
	worsen?											
7	Have you ever wondered	not at all										very
	about whether you could											much so
	have avoided or prevented											
	your behavior/feelings											
	during the event?											
8	Have you ever wished that	not at all										very
	you could turn the clock											much so

	back and do it again but better this time?					
9	Did you experience a sense of shame while remembering your behavior during the situation?	not at all				very much so
10	Did you think about anxious feelings that you had experienced during the event?	not at all				very much so
11	When remembering the situation did other instances of past failure that you had experienced in the same way come into your mind?	not at all				very much so
12	Did you criticize yourself for your behavior in the situation?	not at all				very much so
13	Did you think about the event more than you wanted to?	not at all				very much so
14	Did you think about bodily sensations you had experienced in the situation?	not at all				very much so
15	In my memories about the event, I saw myself (my behavior, my attributes)	in a positive way				in a negative way