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| **Name:** | **Date:** |

Please rate the following 23 statements using the scale below:

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| **0**  Strongly disagree | **1**  Moderately disagree | **2**  Slightly disagree | **3**  Neither agree nor disagree | **4**  Slightly agree | **5**  Moderately agree | **6**  Strongly agree |

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| --- | --- | --- | --- | --- | --- | --- | --- |
| 1. I can identify the things that really matter to me in life and pursue them | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 2. One of my big goals is to be free from painful emotions | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 3. I rush through meaningful activities without being really attentive to them | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 4. I try to stay busy to keep thoughts or feelings from coming | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 5. I act in ways that are consistent with how I wish to live my life | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 6. I get so caught up in my thoughts that I am unable to do the things that I most  want to do | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 7. I make choices based on what is important to me, even if it is stressful | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 8. I tell myself that I shouldn’t have certain thoughts | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 9. I find it difficult to stay focused on what’s happening in the present | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 10. I behave in line with my personal values | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 11. I go out of my way to avoid situations that might bring difficult thoughts,  feelings, or sensations | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 12. Even when doing the things that matter to me, I find myself doing them without  paying attention | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 13. I am willing to fully experience whatever thoughts, feelings and sensations come  up for me, without trying to change or defend against them | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 14. I undertake things that are meaningful to me, even when I find it hard to do so | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 15. I work hard to keep out upsetting feelings | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 16. I do jobs or tasks automatically, without being aware of what I'm doing | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 17. I am able to follow my long terms plans including times when progress is slow | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 18. Even when something is important to me, I’ll rarely do it if there is a chance it  will upset me | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 19. It seems I am "running on automatic" without much awareness of what I'm  doing | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 20. Thoughts are just thoughts – they don’t control what I do | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 21. My values are really reflected in my behaviour | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 22. I can take thoughts and feelings as they come, without attempting to control or  avoid them | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 23. I can keep going with something when it’s important to me | 0 | 1 | 2 | 3 | 4 | 5 | 6 |

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| **Scoring instructions** (administrative use only) |
| * Scores are derived by summing responses for each of the three subscales (Openness to Experience; Behavioral Awareness; Valued Action) or the scale as a whole (CompACT Total score). * Twelve items are reverse-scored before summation (items 2, 3, 4, 6, 8, 9, 11, 12, 15, 16, 18, and 19).   ***Openness to Experience (OE) subscale***  Calculated as the sum of scores for items: 2 (reversed), 4 (reversed), 6 (reversed), 8 (reversed), 11 (reversed), 13, 15 (reversed),  18 (reversed), 20, and 22.  Subscale scores range from 0-60, with higher scores indicating greater openness to experience (willingness to experience internal events [thoughts, feelings, sensations, etc.] without trying to control or avoid them)  ***Behavioral Awareness (BA) subscale***  Calculated as the sum of scores for items: 3 (reversed), 9 (reversed), 12 (reversed), 16 (reversed), and 19 (reversed). Subscale scores range from 0-30 with higher scores indicating greater behavioral awareness (mindful attention to current actions)  ***Valued Action (VA) subscale***  Calculated as the sum of scores for items: 1, 5, 7, 10, 14, 17, 21, and 23.  Subscale scores range from 0-48 with higher scores indicating greater engagement in valued actions (meaningful activity)  ***CompACT Total***  Calculated as the sum of the three subscale scores, the full-scale CompACT Total score ranges from 0-138, with higher scores indicating greater psychological flexibility. |