

# CPFQ Children's Psychological Flexibility Questionnaire: CAREGIVER REPORT

**Name:** \_\_\_\_\_ **Date:** \_\_\_\_\_ **Assessor:** \_\_\_\_\_ **Relationship:**  Family  Provider

**Directions:** Read the follow statements. For each, indicate how frequently the child exhibits these behaviors using the following scale:

**0 = Never; 1 = Rarely; 2 = Sometimes; 3 = Often; 4 = Always**

Item	Question	NEVER	RARELY	SOME-TIMES	OFTEN	ALWAYS
1	The child is aware of and listening to what is happening around them.	0	1	2	3	4
2	The child does not tend to believe the content of thoughts is literally true.	0	1	2	3	4
3	The child reports having clearly identified values (i.e. family, athletics, toys, school, etc.)	0	1	2	3	4
4	The child tends to define him or herself as "bad" when they engage in inappropriate behavior.	0	1	2	3	4
5	The child reports changes in body feeling at appropriate times (change of temperature, pressure placed).	0	1	2	3	4
6	When the child makes a mistake, they exhibit anger and blame him or herself for the event.	0	1	2	3	4
7	The child does not appear to have items, events, people, or activities that are important to them.	0	1	2	3	4
8	When the child cries or becomes upset, they appear concerned with what others think about them.	0	1	2	3	4
9	When the child gets scared, they appear to understand that it is an emotion everyone experiences.	0	1	2	3	4
10	The child uses phrases like "I am lonely, upset, etc." but does not believe that is who they are.	0	1	2	3	4
11	The child appears not to notice events in the environment or when they are being spoken to.	0	1	2	3	4
12	The child appears to understand that their behavior is not controlled by their thoughts and emotions.	0	1	2	3	4
13	The child reports that their thoughts and feelings are literally true, despite contrary evidence.	0	1	2	3	4
14	When the child gets mad, it appears that he or she accepts that emotions without attachment to it.	0	1	2	3	4
15	The child is able to identify specific items or events that are motivating to him/her in the moment.	0	1	2	3	4
16	When the child makes an error or loses, he or she tries again right away.	0	1	2	3	4
17	When a situation is challenging, the child appears to give up or stop trying quickly.	0	1	2	3	4
18	The child reports worrying about things that have already happened or that may occur in the future.	0	1	2	3	4
19	When the child exhibits anger, he or she reports having "messed up" or being at fault.	0	1	2	3	4
20	The child tends to be under the power of his / her thoughts and unable to control them.	0	1	2	3	4
21	The child tends to define him/herself based on what others say (i.e. "I am dumb," "I am ugly," etc.).	0	1	2	3	4
22	When the child does something wrong, he or she acknowledges that it is normal to make mistakes.	0	1	2	3	4
23	The child appears to rely on adults to tell him/her what is important or of value in their life.	0	1	2	3	4
24	The child appears to put forth his/her best effort to behave each day.	0	1	2	3	4



# Children's Psychological Flexibility Questionnaire: Caregiver's Score Report

**Name:** \_\_\_\_\_ **Date:** \_\_\_\_\_ **Assessor:** \_\_\_\_\_ **Relationship:**  Family  Provider

**Directions:** Record the responders' scores for each item next to the corresponding item number in the tables below. Items are grouped by ACT core process. Items in grey boxes are to be reverse scored using the metric below. Sum the items within each category to obtain the Core Process Subtotal. Sum all items to obtain a Psychological Flexibility Total Score. Higher scores indicate greater psychological flexibility, while lower scores suggest greater inflexibility.

<b>Reverse Scoring Metric:</b>	<b>0 = 4</b>	<b>1 = 3</b>	<b>2 = 2</b>	<b>3 = 1</b>	<b>4 = 0</b>
	<i>[RESPONDER'S SELECTION] = [SCORE RECORDED]</i>				

PRESENT MOMENT		SELF-AS-CONTEXT		CORE PROCESS SUBTOTALS:	
1		4		PRESENT MOMENT	
5		10		ACCEPTANCE	
11		21		DEFUSION	
18		22		SELF-AS-CONTEXT	
ACCEPTANCE		VALUES		VALUES	
8		3		COMMITTED ACTION	
9		7		PSYCHOLOGICAL FLEXIBILITY TOTAL SCORE:	
14		15		NOTES:	
19		23			
DEFUSION		COMMITTED ACTION			
2		6			
12		16			
13		17			
20		24			