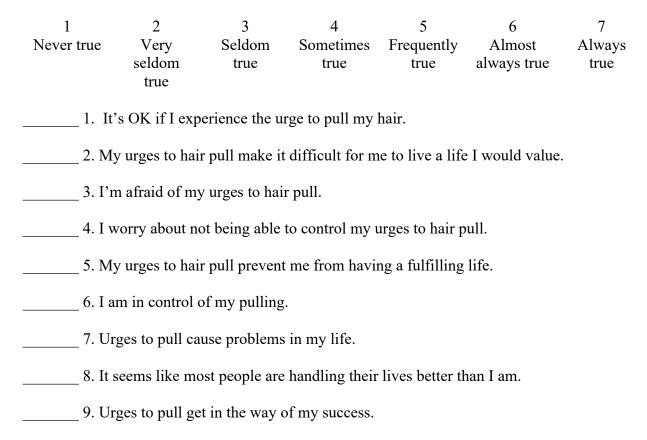
Acceptance and Action Questionnaire - Trichotillomania

Below you will find a list of statements. Please rate the truth of each statement as it applies to you. Use the following scale to make your choice.



Scoring Instructions

To calculate your score, add your ratings for all items. Be sure to reverse your scores for items 2, 3, 4, 5, 7, 8, 9 (i.e., 1 = 7, 2 = 6, 3 = 5, 4 = 4, 5 = 3, 6 = 2, 7 = 1). Higher scores indicate more psychological flexibility.