

## Emotion Acceptance Questionnaire (EAQ)\*

\*Kisley, M.A., Beblo, T., & Lac, A. (2024) Emotion Acceptance Questionnaire (EAQ): Factor Analysis and Psychometric Evaluation. *Journal of Personality Assessment*, in press.

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The scale has two parts, one each for unpleasant emotions and pleasant emotions. Each part can be administered by itself, or you may administer both, one after the other. Each part has 2 sub-scales, leading to a total of 4 factors: Accept Unpleasant Emotion, Reject Unpleasant Emotion, Accept Pleasant Emotion, and Reject Pleasant Emotion. Instructions, items, and scoring rubrics are included below.

Additional considerations:

- Items are listed below in pseudorandomized order. You can present them in the order shown here or randomize them through your testing platform.
- Note that the current instructions do not provide any discrete emotions to serve as anchors for unpleasant emotions (e.g., sadness, anger) or pleasant emotions (e.g., happiness). If you decide to modify the instructions in this or any other way, we strongly recommend that you perform a factor analysis to show that the scale still holds together as originally published. Or, at the very least, be sure to compute scale reliabilities.
- Another possible adaptation would be to replace the phrase “unpleasant feeling” with a specific discrete emotion, such as “sadness,” for all items in part 1. Or replace the phrase “pleasant feeling” with a specific discrete emotion, such as “happiness,” for all items in part 2. These modifications would absolutely require a factor analysis in order to ensure that the scale holds together as intended.

If questions arise, feel free to reach out to the first author, Michael Kisley (see link below). Either way, we would appreciate hearing about how you plan to use the scale, and we invite collaboration.

<https://psychology.uccs.edu/mike-kisley>

## Part 1: Unpleasant Emotion

**This survey will ask you questions about your experience with feelings, or emotions.** The following statements describe how people deal with unpleasant feelings. Please rate the extent to which each statement applies or does not apply to you. If you are unsure, choose the answer that applies most to you. Please do not leave out any statement. There are no "right" or "wrong" answers.

*Please rate the following questions from 1-6*

*1 = strongly disagree*

*2 = disagree*

*3 = somewhat disagree*

*4 = somewhat agree*

*5 = agree*

*6 = strongly agree*

1. I try to bottle up unpleasant feelings
2. I let unpleasant feelings happen
3. I stand behind my unpleasant feelings
4. I fight against my unpleasant feelings
5. I permit myself to experience unpleasant feelings
6. I try to push aside unpleasant feelings
7. I usually allow myself to accept unpleasant feelings
8. I believe that unpleasant feelings are justified and important
9. I try to suppress my unpleasant feelings as much as possible
10. I find it bad to experience unpleasant feelings
11. I can accept unpleasant feelings
12. I try to resist unpleasant feelings as much as I can
13. I allow myself to show unpleasant feelings

Scoring:

- **Accept Unpleasant Emotion:** average of items 2, 3, 5, 7, 8, 11, 13
- **Reject Unpleasant Emotion:** average of items 1, 4, 6, 9, 10, 12

## Part 2: Pleasant Emotion

**This survey will ask you questions about your experience with feelings, or emotions.** The following statements describe how people deal with pleasant feelings. Please rate the extent to which each statement applies or does not apply to you. If you are unsure, choose the answer that applies most to you. Please do not leave out any statement. There are no "right" or "wrong" answers.

*Please rate the following questions from 1-6*

*1 = strongly disagree*

*2 = disagree*

*3 = somewhat disagree*

*4 = somewhat agree*

*5 = agree*

*6 = strongly agree*

1. I have gotten used to suppressing pleasant feelings
2. I accept pleasant feelings
3. I try not to feel pleasant feelings completely
4. Pleasant feelings are only for shallow people
5. Pleasant feelings come natural to me
6. I can relate well to pleasant feelings
7. To be guided by pleasant feelings often has negative consequences
8. Pleasant feelings are a normal part of me
9. I try to curb pleasant feelings
10. Pleasant feelings often lead to difficulties
11. I allow myself to perceive pleasant feelings
12. I block out pleasant feelings

Scoring:

- **Accept Pleasant Emotion**: average of items 2, 5, 6, 8, 11
- **Reject Pleasant Emotion**: average of items 1, 3, 4, 7, 9, 10, 12