BetterMind BetterWorld
HEALTHCARE

Client Information

Client Name	Dummy Client
Date of birth (age)	1 January 2000 (24)

Assessment Information

Assessment	Automatic Thoughts Questionnaire – Believability (ATQ-B)
Date administered	10 February 2024
Assessor	Mr Jimmy Whispers
Time taken	0 minutes 15 seconds

Results

	Total Score (15-75)	How much fusion to thoughts?
ATQ-B	42	Moderate

Scoring and Interpretation Information

The respondent is asked to rate how much he/she BELIEVED a given thought when they had it on a 5-point scale (1 = Not at all, to 5 = Totally). Scores are summed across the 15 items to form an ATQ-B index ranging from 15 to 75. A higher score indicates a higher level of cognitive fusion with depressive thoughts.

A descriptor is provided to give an overall indication of how 'fused' the client is to these thoughts. This descriptor is determined by the average response to the questions.

ATQ-B scores can be used to track progress in therapy over time. Successful therapy should see ATQ-B scores reduce over time, reflecting a reduction in fusion.

Based on ACT theory, a client's ability to distance themselves from depressive thoughts would decrease the control exerted by these thoughts and result in a reduction of depression symptomatology.

Note that the ATQ-B does not measure the frequency of unhelpful thoughts, but rather the extent to which unhelpful thoughts are believed.

Client Responses

		Not at all	Somewhat	Moderately	Very much	Totally
1	I'm no good	1	**2**	3	4	5
2	I don't think I can go on	1	**2**	3	4	5

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Client Responses (cont.)

		Not at all	Somewhat	Moderately	Very much	Totally
3	I'm so disappointed in myself	1	2	**3**	4	5
4	Nothing feels good anymore	1	2	**3**	4	5
5	I can't stand this anymore	1	2	3	4	**5**
6	I can't get started	1	**2**	3	4	5
7	What's wrong with me?	**1**	2	3	4	5
8	I'm worthless	1	2	**3**	4	5
9	I'll never make it	1	2	**3**	4	5
10	I feel so helpless	1	2	3	**4**	5
11	Something has to change	1	2	3	**4**	5
12	There must be something wrong with me	1	**2**	3	4	5
13	My future is bleak	**1**	2	3	4	5
14	It's just not worth it	1	2	**3**	4	5
15	I can't finish anything	1	2	3	**4**	5