«Psy-Flex»

Questionnaire

Instructions: The questions refer to your experiences in the last seven days.

very often	often	from time to time	seldom	very seldon
(5)	4	3	2	1
f need be, I can le m immediately.	t unpleasant tho	ughts and experiences ha	appen without ha	aving to get rid c
very often	often	from time to time	seldom	very seldom
(5)	4	3	2	1)
very often (5)	often ④	from time to time 3	seldom ②	very seldon
•	•	.		1
Even if thoughts ar		are confusing me I can no	-	
Even if thoughts ar		-	-	
Even if thoughts and de of me.	nd experiences a	are confusing me I can no	tice something li	ke a steady core
Even if thoughts and ide of me. very often ⑤	often	from time to time	tice something li seldom ②	ke a steady core very seldom
Even if thoughts and de of me. very often ⑤	often	from time to time	tice something li seldom ②	ke a steady core very seldom
Even if thoughts and ide of me. very often ⑤ determine what's	often ④ simportant for m	from time to time 3 e and decide what I want	seldom ② to use my energ	ke a steady core very seldom ①
Even if thoughts and ide of me. very often (5) determine what's very often (5)	often a) often often often 4	from time to time and decide what I want from time to time	seldom 2 to use my energy seldom 2	ke a steady core very seldom ① y for. very seldom ①
Even if thoughts and ide of me. very often 5 I determine what's very often 5	often a) often often often 4	from time to time are and decide what I want from time to time 3	seldom 2 to use my energy seldom 2	very seldon 1 very seldon very seldon 1

«Psy-Flex»

Instruction sheet

Gloster, A. T., Block, V. J., Klotsche, J., Villanueva, J., Rinner, M. T. B., Benoy, C., Walter, M., Karekla, M., Bader, K. (2021). Psy-Flex: A contextually sensitive measure of psychological flexibility. *Journal of Contextual Behavioral Science*, 22, 13–23. https://doi.org/10.1016/J.JCBS.2021.09.001

1. Being present Even if I am somewhere else with my thoughts, I can focus on what's going on in important moments. very often often from time to time seldom very seldom 4 3 2 (5) 1 2. Being open for experiences If need be, I can let unpleasant thoughts and experiences happen without having to get rid of them immediately. very often often from time to time seldom very seldom (5) 4 3 2 1 3. Leaving thoughts be I can look at hindering thoughts from a distance without letting them control me. very often often seldom from time to time very seldom (5) 4 3 2 1 4. Steady self Even if thoughts and experiences are confusing me I can notice something like a steady core inside of me. very often often from time to time seldom very seldom (5) 4 3 2 1 5. Awareness of one's own values I determine what's important for me and decide what I want to use my energy for. very often often from time to time seldom very seldom (5) 4 3 2 1 6. Being engaged I engage thoroughly in things that are important, useful, or meaningful to me. very often often from time to time seldom very seldom (5) (4) (3) (2) (1)

Scoring instructions: Sum all 6 answers. The higher the sum, the higher the psychological flexibility.

English version by: Andrew Gloster (send feedback to: andrew.gloster@unibas.ch). Updated 10/2021.

Latest English validation study: Gloster AT, Block VJ, Klotsche J, et al. Psy-Flex: A contextually sensitive measure of psychological flexibility. J Context Behav Sci 2021;22:13-23. doi:10.1016/J.JCBS.2021.09.001