

Everyday Psychological Inflexibility Checklist (EPIC)

Key information v1.0 (August 2018)

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The Everyday Psychological Inflexibility Checklist or EPIC seeks to measure aspects of psychological inflexibility in an everyday context. The measure was designed to form one small part of Contextual Behavioural Science's (CBS) aspirations to meet some wider challenges of the human condition such as poverty, inequality, climate change and environmental destruction. Unlike the Acceptance and Action Questionnaire version 2, (AAQ-II), the items of the EPIC make no reference to pain, fear and worry.

The EPIC contains seven items spread across two factors: Avoidance (items: 1, 3, 5 & 7) and Behavioural Rigidity (items 2, 4 & 6). Participants are asked to rate how true each item is for them in their everyday life (no time frame given). Items are rated on a 7 point Likert-type scale ranging from (1) never true to (7) always true. Higher scores indicate higher levels of psychological inflexibility.

The preliminary psychometric properties of the EPIC are detailed in a paper, containing four studies, published in the Journal of Contextual Behavioural Science (JCBS). The full paper is available from the first author or the publishers website (reference below, article may sit behind a paywall).

The EPIC can be found on the next page. The measure itself can also be downloaded separately from the website above as a rich text format document (*.rtf) for easy inclusion in your own studies. If you have any questions about the EPIC, please contact the first author – Dr. Miles Thompson (<http://www.mvdct.org.uk/contact.php>).

Reference:

Thompson M., Bond, F. W., Lloyd, J. (in press). Preliminary psychometric properties of the Everyday Psychological Inflexibility Checklist. Journal of Contextual Behavioral Science. Retrieved from: <https://doi.org/10.1016/j.jcbs.2018.08.004>.

EPIC

Below you will find a list of statements. Please rate how true each statement is for you by circling a number next to it. Use the scale below to make your choice.

1	2	3	4	5	6	7
Never True	Very Seldom True	Seldom True	Sometimes True	Frequently True	Almost Always True	Always True

1	I try to avoid thinking about difficult topics	1	2	3	4	5	6	7
2	I find I follow rigid patterns when doing some tasks	1	2	3	4	5	6	7
3	When awkward thoughts occur I try and block them out	1	2	3	4	5	6	7
4	Although I have never been told to I find I perform certain activities in a set order	1	2	3	4	5	6	7
5	In my personal life I steer clear of conversations that I find uncomfortable	1	2	3	4	5	6	7
6	I notice I do certain everyday tasks in a particular order	1	2	3	4	5	6	7
7	If unpleasant situations come to mind I think about something else	1	2	3	4	5	6	7