

# NPOQ

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People react in different ways when faced with problems in their daily lives (e.g., health problems, arguments, lack of time, etc.). Please use the scale below to indicate to what extent each of the following items corresponds to the way you react or think when confronted with a problem. Please circle the number that best corresponds to you for each item.

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Not at all      Slightly      Moderately      Very      Extremely  
true of me    true of me    true of me    true of me    true of me

1. I see problems as a threat to my well-being.    .....1.....2.....3.....4.....5.....
2. I often doubt my capacity to solve problems.    .....1.....2.....3.....4.....5.....
3. Often before even trying to find a solution, I tell myself that it is difficult to solve problems.    .....1.....2.....3.....4.....5.....
4. My problems often seem insurmountable.    .....1.....2.....3.....4.....5.....
5. When I attempt to solve a problem, I often question my abilities.    .....1.....2.....3.....4.....5.....
6. I often have the impression that my problems cannot be solved.    .....1.....2.....3.....4.....5.....
7. Even if I manage to find some solutions to my problems, I doubt that they will be easily resolved.    .....1.....2.....3.....4.....5.....
8. I have a tendency to see problems as a danger.    .....1.....2.....3.....4.....5.....
9. My first reaction when faced with a problem is to question my abilities.    .....1.....2.....3.....4.....5.....
10. I often see my problems as bigger than they really are.    .....1.....2.....3.....4.....5.....

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	Not at all true of me	Slightly true of me	Moderately true of me	Very true of me	Extremely true of me
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11. Even if I have looked at a problem from all possible angles, I still wonder if the solution I decided on will be effective. ....1.....2.....3.....4.....5.....

12. I consider problems to be obstacles that interfere with my functioning. ....1.....2.....3.....4.....5.....

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Original French version: Gosselin, P., Ladouceur, R., & Pelletier, O., (2005). Évaluation de l'attitude d'un individu face aux différents problèmes de vie : le Questionnaire d'Attitude face aux Problèmes (QAP) [Evaluation of an individual's attitude toward daily life problems: The negative problem orientation questionnaire]. *Journal de Thérapie Comportementale et Cognitive*, 15 (4), 141-153.

English version: Robichaud, M., & Dugas, M. J. (2005). Negative problem orientation (part I): Psychometric properties of a new measure. *Behaviour Research and Therapy*, 43 (3), 391-401.

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## Scoring Instructions

The NPOQ is a unifactorial measure with no inverted questions. Add up the responses for all the items to calculate the total score.

