

Cognitive Behavioural Responses to Symptoms Questionnaire (CBRQ)

CBRQ Statement posed to participant with response options 'strongly disagree', 'disagree', 'neither agree nor disagree', 'agree', 'strongly agree'

- **FA1:** I am afraid that I will make my symptoms worse if I exercise
- **FA2 (R):** My symptoms would be relieved if I were to exercise
- **DB4:** The severity of my symptoms must mean there is something serious going on in my body
- **DB9 (R):** Even though I experience symptoms, I don't think they are actually harming me
- **DB10:** When I experience symptoms, my body is telling me that there is something seriously wrong.
- **FA12:** Physical activity makes my symptoms worse
- **SF5:** I think a great deal about my symptoms
- **SF9:** My symptoms are always at the back of my mind
- **SF12:** I spend a lot of time thinking about my illness
- **EA1:** I am embarrassed about my symptoms
- **EA2:** I worry that people will think badly of me because of my symptoms
- **EA5:** I am ashamed of my symptoms

CBRQ Statement posed to participant with response options 'never', 'sometimes', 'quite often', 'very often', 'all the time'

- **AL1:** I tend to overdo things when I feel energetic
- **AL2:** I find myself rushing to get things done before I crash
- **AL3:** I tend to overdo things and then rest up for a while
- **L2:** I stay in bed to control my symptoms
- **L7:** I tend to nap during the day to control my symptoms
- **L9:** I sleep when I'm tired in order to control my symptoms

Subscale Abbreviations:

AL = All or Nothing Behaviour

EA = Embarrassment Avoidance Subscale

FA = Fear Avoidance Subscale

DB = Damage Beliefs Subscale

L = Avoidance/Resting Behaviour

SF = Symptom Focusing Subscale

Items denoted with 'R' are reverse scored.

Ryan EG, Vitoratou S, Goldsmith KA, Chalder T. Psychometric Properties and Factor Structure of a Long and Shortened Version of the Cognitive and Behavioural Responses Questionnaire. *Psychosom Med.* 2018 Feb/Mar;80(2):230-237. doi: 10.1097/PSY.0000000000000536. PMID: 29023262.