Instrument Title: Brief Body Sensations Interpretations Questionnaire (BBSIQ)

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Instructions for Scoring the BSIQ and BBSIQ

This sheet supplements the information given on pages 205 and 208 of Clark et al. (1997).

**Body Sensations Interpretations Questionnaire (BSIQ)**

This questionnaire contains 27 ambiguous events, which are divided into four classes: Panic body sensations, which are descriptions \(n = 7\) of body sensations that the cognitive theory predicts would be more likely to be misinterpreted by panic disorder patients; social events \(n = 8\), which are ambiguous social events; general events \(n = 6\), which are other ambiguous external events; and other symptoms, which are descriptions \(n = 6\) of bodily signs and symptoms that are not central to the cognitive theory of panic.

The numbers of the items that make up each scale and the letter corresponding to the negative explanation for that item are as follows:

- **Panic body sensations scale**: 1b, 6a, 8c, 14a, 19b, 22c, 25c.
- **Social events scale**: 3c, 5b, 9a, 12b, 15c, 18a, 21b, 26a.
- **External events scale**: 2a, 7b, 11c, 16b, 20c, 24a.
- **Other symptoms scale**: 4b, 10a, 13c, 17c, 23a, 27b.

Scores for the ranking data (likelihood that a negative explanation would come to mind) are based on the rank order of the negative explanation. A score of 3, 2, or 1 is given depending on whether the negative explanation is ranked first, second, or third. Mean ranking scores are then calculated for each of the four scales.

The questionnaire generates two measures of the extent to which subjects believe the provided explanation. The mean belief rating for negative explanations is obtained by calculating the mean score for the negative explanations on each scale. The mean belief rating for neutral explanation is obtained by calculating the mean for both of the neutral explanations in each scale.

**Brief Body Sensations Interpretations Questionnaire (BBSIQ)**

This is a brief, 14-item version, of the BSIQ. The items used in the panic body sensation scale are identical to the items used in the BSIQ, although the order in which they appear on the questionnaire is different. The remaining seven items are drawn from the social events and general events in the BSIQ and form a single external events scale.

The numbers of the items that make up each scale and the letter corresponding to the negative explanation for that item are as follows:

- **Panic body sensations scale**: 2b, 3c, 5a, 8c, 11b, 12a, 14c.
- **External events scale**: 1c, 4c, 6a, 7b, 9b, 10b, 13c.

The ranking and belief rating data for the BBSIQ is scored in the same way as the BSIQ. The only difference is that the BBSIQ has two scales, whereas the BSIQ has four scales.

A full listing of the ambiguous events used in each scale of the BSIQ and BBSIQ is given in the table on the reverse of this page.

**Reference**


D.M.C. 24 April 1997