

**Wording of the BACQ-12, the BACQ-14, and
additional questions of the questionnaire**

The 12-item Brief Approach/Avoidance Coping Questionnaire (BACQ) – English version

The next questions are about how you usually act in relation to problems and stressful situations. The questions are written in 'I' form, and you place your tick in the box that fits best with how much you agree/disagree with the statement

	Disagree completely	Tend to disagree	Yes and no	Tend to agree	Agree completely
I say so if I am angry or sad.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I like to talk with few chosen people when things get too much for me.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I make an active effort to find a solution to my problems.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Physical exercise is important to me when having problems or when being in stressful situations.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I think something positive could come out of my problems.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I firmly believe that my problems will decrease (and my situation improves).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I try to forget my problems.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I put my problems behind me by concentrating on something else.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I bury myself in work to keep my problems at a distance.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I often find it difficult to do something new when having problems or when being in stressful situations.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
In difficult situations, I am inclined to feel that I have given up.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I withdraw from other people when things get difficult.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

The 14-item Brief Approach/Avoidance Coping Questionnaire (BACQ) – dansk version

De næste spørgsmål handler om, hvordan du reagerer ved problemer og i svære situationer. Afhængigt af omstændighederne kan man reagere forskelligt. Vi vil bede dig tænke på, hvordan du **oftest** reagerer og markere det felt, som bedst stemmer overens med, hvor enig eller uenig du er.

Item	Spørgsmål	Helt uenig	Delvist uenig	Hverken enig eller uenig	Delvist enig	Helt enig
n1	I svære situationer hjælper det mig at dele mine følelser med nogen	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
n2	Når tingene bliver for meget for mig, siger jeg det til nogen	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
n3	Jeg fortæller andre om mine problemer, fordi jeg tror på, at de kan hjælpe mig	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
n4	Når jeg har problemer, er det vigtigt for mig at række ud efter andre for at få hjælp	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
n5	Jeg anstrenger mig for at finde en løsning på mine problemer	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
n6	I svære situationer er fysisk aktivitet vigtig for mig	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
n7	Jeg tror, der kan komme noget positivt ud af mine problemer	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
n8	Jeg tror fuldt og fast på, at mine problemer bliver mindre og at min situation bliver bedre	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
n9	Jeg prøver at glemme mine problemer	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
n10	Jeg skubber problemerne fra mig ved at koncentrere mig om noget andet	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
n11	Jeg begraver mig i arbejde for at holde problemerne på afstand	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
n12	Når jeg har problemer, synes jeg ofte, at det er svært at gøre noget nyt	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
n13	I svære situationer er jeg tilbøjelig til at føle, at jeg har givet op	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
n14	Jeg trækker mig tilbage fra andre mennesker, når tingene bliver vanskelige	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

The 14-item Brief Approach/Avoidance Coping Questionnaire (BACQ) – English version

The next questions are about how you react to problems and difficult situations. Depending on the circumstances, one can react differently. We would like you to think about how you **most often** react and mark the box that best agrees with how much you agree or disagree

Item	Question	Agree completely	Tend to agree	Yes and no	Tend to disagree	Disagree completely
n1	In difficult situations it helps me to share my feelings with someone.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
n2	When things get to be too much for me, I tell someone	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
n3	I tell others about my problems because I believe they can help me.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
n4	When I have problems, it is important for me to reach out to others for help	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
n5	I make an active effort to find a solution to my problems.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
n6	Physical exercise is important to me.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
n7	I think something positive could come out of my complaints/problems.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
n8	I firmly believe that my problems will decrease, and my situation improves.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
n9	I try to forget my problems.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
n10	I put my problems behind me by concentrating on something else.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
n11	I bury myself in work to keep my problems at a distance.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
n12	I often find it difficult to do something new ⁵ .	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
n13	I am well on the way towards feeling I have given up.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
n14	I withdraw from other people when things get difficult.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Supplerende spørgsmål i spørgeskemaet dansk/engelsk

Wording of additional questions in the questionnaire Danish/English

Angiv dit køn / Specify your gender

- Kvinde /woman
- Mand / man
- Andet /other

Angiv din alder (i hele år) / Enter your age (in whole years)

Hvad er det højeste uddannelsestrin du har fuldført? / What is the highest level of education you have completed?

- Folkeskole / Primary and lower secondary education
- Studenter- eller HF-eksamen (inkl. HHX, HTX) / General upper secondary education
- Erhvervsfaglig uddannelse/faglært (f.eks. kontor- eller butiksassistent, frisør, murer) / Vocational education and training
- Kort videregående uddannelse, 2-3 år (f.eks. markedsøkonom, politibetjent, laborant, maskintekniker) / Academy Profession degree
- Mellemlang videregående uddannelse, 3-4 år (f.eks. folkeskolelærer, socialrådgiver, bygningskonstruktør, sygeplejerske, bachelor) / Professional bachelor's degree or bachelor's degree
- Lang videregående uddannelse, mere end 4 år (f.eks. civilingeniør, cand.mag., læge) / Master's degree
- Ingen af ovenstående (angiv hvilken anden uddannelse eller ingen uddannelse) / None of the above

Hvad er din nuværende arbejdsmæssige situation? / What is your current employment situation?

- Under uddannelse / Studying
- I arbejde / Employed
- Arbejdsløs/jobsøgende / Unemployed /seeking for a job
- Sygemeldt / On sick leave
- På orlov / On leave
- På førtidspension / On early retirement
- På efterløn / Pension /voluntary early retirement/pension

Er du født i Danmark? / Are you born in Denmark?

- Ja / Yes
- Nej (angiv hvilket land du er født i) / No (specify which country you were born in)
- Ved ikke/ønsker ikke at oplyse / Don't know/do not wish to specify

Har du nogen langvarig sygdom, eftervirkning efter skade, handicap eller anden langvarig lidelse? / Do you have any chronic disease, long-term effects after injuries, disability, or other chronic disorder?

- Ja / Yes
- Nej / No
- Ved ikke / I don't know

I hvor høj grad er du bekymret for dit nuværende helbred? / To what extent are you concerned about your current health?

- Slet ikke / Not at all
- Lidt / Slightly
- Noget / Moderately
- En hel del / Quite a bit
- Virkelig meget / Extremely

Hvordan synes du, dit helbred er alt i alt? /In general, would you say your health is:

- Fremragende / Excellent
- Vældig godt / Very good
- Godt/ Good
- Mindre godt/ Fair
- Dårligt / Poor

Hvordan vurderer du din fysiske form er? How do you rate your physical fitness?

- Virkelig god / Very good
- God / Good
- Nogenlunde / Fair
- Mindre god / Not so good
- Dårlig / Poor