

## The Chinese Version of the Existential Anxiety Questionnaire

請細閱以下陳述，並從右邊目選出適合你的回應。請留意，你所填寫的選擇並沒有對錯之分，故請

以你真實的經驗填寫。

Please read each statement in detail and select ONE option from the **right side**. There is no model answer.

Indicate your options based on your personal feelings and thoughts.

	非常 不同意 Strongly disagree	不同意 Disagree	有點 不同意 Slightly disagree	有點 同意 Slightly agree	同意 Agree	非常 同意 Strongly agree
1. 我常想到死的問題，而這會引起我的焦慮。 I often think about death and this causes me anxiety.	1	2	3	4	5	6
2. 我對命運不會感到焦慮，因為我順應天命。 I am not anxious about fate because I am resigned to it.	1	2	3	4	5	6
3. 我常感到焦慮因為我擔心人生可能沒有意義。 I often feel anxious because I am worried that life might have no meaning.	1	2	3	4	5	6
4. 我既不擔心也沒有想過罪疚感的問題。 I am not worried about nor think about being guilty.	1	2	3	4	5	6
5. 我因有罪疚感而常感到焦慮。 I often feel anxious because of feelings of guilt	1	2	3	4	5	6
6. 我常覺得焦慮因為感到上天/良心的責備。 I often feel anxious because I feel condemned.	1	2	3	4	5	6
7. 我從未想過空虛的問題。 I never think about emptiness.	1	2	3	4	5	6
8. 我常覺得過去生命中重要的事現已顯得空虛。 I often think that the things that were once important in life are empty.	1	2	3	4	5	6
9. 我從不會因上天/良心的責備而感到焦慮。 I never feel anxious of being condemned	1	2	3	4	5	6
10. 我對死不會感到焦慮，因為我對死所產生的一切可能後果皆有心理準備。 I am not anxious about death because I am prepared for whatever it may bring.	1	2	3	4	5	6
11. 我常想到命運而且它讓我感到焦慮。 I often	1	2	3	4	5	6

think about fate and it causes me to feel anxious.

12. 我對命運不會感到焦慮因為我相信事情總會解決的。 I am not anxious about fate because I am sure things will work out.
- |  |   |   |   |   |   |   |
|--|---|---|---|---|---|---|
|  | 1 | 2 | 3 | 4 | 5 | 6 |
|--|---|---|---|---|---|---|

Anxiety about the meaning of life and death: Item 1, 3, 8, 11

Anxiety about guilt and condemnation: Item 4 (Reverse), 5, 6, 9 (Reverse)

Non-acceptance of anxiety about the meaning of life and death: Item 2 (Reverse), 7 (Reverse), 10 (Reverse), 12 (Reverse)

Scoring: add the total score of each item. 把各題總分加起

A higher total scale score indicates a higher level of existential anxiety.

越高分代表更高程度上的存在焦慮

#### Reference:

To, S.M., & Chan, W.C.H. (2016). Psychometric evaluation of the Chinese Version of the Existential Anxiety Questionnaire in a sample of Chinese adolescents living in Hong Kong. *Child & Youth Care Forum, 45*, 487-503.