





## Instructions for Scoring the Questionnaire on Self-Transcendence (QUEST)

Participants provide scores ranging from 1-7 for each item, as indicated by the numbers above the Likert response options. Subscales for the three sub-factors (Distancing, Observing Self, and Inter-transcendence) may be computed. A total score may also be computed.

Distancing subscore: Sum of items 4, 5, 10, 12, 15, 17, 21

Observing Self subscore: Sum of items 1, 2, 7, 8, 11, 14, 18, 20

Inter-transcendence subscore: Sum of items 3, 6, 9, 13, 16, 19

Total score: Sum of all items

Please cite the QUEST in any publication as follows:

Fishbein, J.N., Baer, R.A., Correll, J., & Arch, J.J. (in press). The Questionnaire on Self-Transcendence (QUEST): A measure of trait self-transcendence informed by contextual cognitive behavioral therapies. *Assessment*.

The QUEST developers kindly request that users of the QUEST in research settings notify the authors via email [joel.fishbein@colorado.edu](mailto:joel.fishbein@colorado.edu). Questions about the QUEST may be directed to the same email address.