

INFERENTIAL CONFUSION SCALE  
(ICQ-EV)

Please rate your agreement or disagreement with the following statements using this scale:

1	2	3	4	5	6
Strongly Disagree	Disagree	Somewhat Disagree	Somewhat Agree	Agree	Strongly Agree

	Answer 1 to 6
I am sometimes more convinced about what might be there than by what I actually see.	
I sometimes invent stories about certain problems that might be there without paying attention to what I actually see	
Sometimes certain far-fetched ideas feel so real they could just as well be happening	
Often my mind starts to race and I come up with all kinds of far-fetched ideas	
I can get distracted in very remote possibilities that feel as if they are real	
I often confuse different events as if they were the same.	
I often connect ideas or events in my mind that would seem far-fetched to other or even to me	
Certain disturbing thoughts of mine sometimes cast a shadow onto everything I see around me	
I sometimes forget who or where I am when I get absorbed into certain ideas or stories	
My imagination is so strong that I feel stuck and unable to see things differently.	
I invent arbitrary rules, which I then feel I have to live by.	
I often cannot tell whether something is safe because things are not what they appear to be.	
Sometimes every far-fetched possibility my mind comes up with feels real to me.	
I sometimes get so absorbed in certain ideas that I am completely unable to see things differently even if I try.	
In order to tell whether there is a problem or not I tend to look more for that which is hidden than what I can actually see.	
Even if I don't have any actual proof of a certain problem, my imagination can convince me otherwise.	
Just the thought that there can be a problem or something wrong is proof enough for me that there is.	
I can get caught up in certain ideas of mine that I totally forget about everything around me.	
Often when I feel certain about something, a small detail comes to mind that puts everything into doubt.	

I sometimes get caught up with far-fetched reasons why there is a problem or something wrong, which then suddenly starts to feel real to me.	
I often cannot get rid of certain ideas, because I keep coming up with possibilities that confirm my ideas.	
My imagination can make me lose confidence in what I actually perceive.	
A mere possibility often has as much impact on me as reality itself.	
Even if I have all sorts of visible evidence against the existence of a certain problem, I still feel it will occur.	
Even the smallest possibility can make me lose confidence in what I know.	
I can imagine something and end up living it.	
I am more often concerned with something I cannot see rather than something I can see.	
I sometimes come up with bizarre possibilities that seem real to me.	
I often react to a scenario that might happen as if it is actually happening.	
I sometimes cannot tell whether all the possibilities that enter my mind are real or not.	

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