

Behavioral Activation and Behavioral Inhibition Scales (BIS/BAS)

Name: _____ Date: _____

Each item on this questionnaire is a statement that a person may either agree with or disagree with. For each item, indicate how much you agree or disagree with what the item says.

Please respond to all of the items; do NOT leave any item unanswered. Choose only one response to each statement. Please be as accurate and honest as you can be.

Choose from the following four response options:

- 1 = Strongly disagree
- 2 = Disagree
- 3 = Agree
- 4 = Strongly agree

Statement	Strongly disagree	Disagree	Agree	Strongly agree
1. Even if something bad is about to happen to me, I rarely experience fear or nervousness*	<input type="radio"/> 4	<input type="radio"/> 3	<input type="radio"/> 2	<input type="radio"/> 1
2. I go out of my way to get things I want	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4
3. When I'm doing well at something, I love to keep at it	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4
4. I'm always willing to try something new if I think it will be fun	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4
5. When I get something I want, I feel excited and energized	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4
6. Criticism or scolding hurts me quite a bit	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4
7. When I want something, I usually go all-out to get it	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4
8. I will often do things for no other reason than that they might be fun	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4

Statement	Strongly disagree	Disagree	Agree	Strongly agree
9. If I see a chance to get something I want, I move on it right away	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4
10. I feel pretty worried or upset when I think or know somebody is angry at me	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4
11. When I see an opportunity for something I like, I get excited right away	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4
12. I often act on the spur of the moment	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4
13. If I think something unpleasant is going to happen, I usually get pretty "worked up."	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4
14. When good things happen to me, it affects me strongly	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4
15. I feel worried when I think I have done poorly at something	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4
16. I crave excitement and new sensations	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4
17. When I go after something, I use a "no holds barred" approach	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4
18. I have very few fears compared to my friends*	<input type="radio"/> 4	<input type="radio"/> 3	<input type="radio"/> 2	<input type="radio"/> 1
19. It would excite me to win a contest	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4
20. I worry about making mistakes	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4

**Reverse scored*

Scores

Scale	Score
BIS or punishment sensitivity scale	
BAS reward responsiveness	
BAS drive	
BAS fun seeking	

Scoring and interpretation

The BIS/BAS Scales yield four primary scales. Scale scores are calculated as the sum of respective items. Items 1 and 18 are reversed scored.

Scale	Description	Items
BIS or punishment sensitivity scale	This scale includes all items referencing reactions to the anticipation of punishment.	1, 6, 10, 13, 15, 18, 20
BAS reward responsiveness	This scale has items that focus on positive responses to the occurrence or anticipation of reward.	3, 5, 11, 14, 19
BAS drive	This scale is made up of items pertaining to the persistent pursuit of desired goals.	2, 7, 9, 17
BAS fun seeking	This scale has items reflecting both a desire for new rewards and a willingness to approach a potentially rewarding event on the spur of the moment.	4, 8, 12, 16

Carver, C. & White, T. (1994). Behavioral Inhibition, Behavioral Activation, and affective response to impending reward and punishment: The BIS/BAS Scales. *Journal of Personality and Social Psychology*, 67(2), 319-333.