

Impulsive Behavior Scale (UPPS-P)

Client information				
Client name:				
Date of birth:				
Assessment information				
Date administered:				
Assessor:				
Time taken:				
Instructions				
Below are a number of statements that describe the ways in which people act and think. For each statement, please indicate how much you agree or disagree with the statement.				
1 = Strongly agree 2 = Somewhat agree 3 = Somewhat disagree 4 = Strongly disagree				
Questions	1	2	3	4
1. I have a reserved and cautious attitude toward life.				
2. I have trouble controlling my impulses.				
3. I generally seek new and exciting experiences and sensations.				
4. I generally like to see things through to the end.				
5. When I am very happy, I can't seem to stop myself from doing things that can have bad consequences.				
6. My thinking is usually careful and purposeful.				
7. I have trouble resisting my cravings (for food, cigarettes, etc.).				
8. I'll try anything once.				
9. I tend to give up easily.				
10. When I am in great mood, I tend to get into situations that could cause me problems.				
11. I am not one of those people who blurt out things without thinking.				
12. I often get involved in things I later wish I could get out of.				
13. I like sports and games in which you have to choose your next move very quickly.				
14. Unfinished tasks really bother me.				
15. When I am very happy, I tend to do things that may cause problems in my life.				

Questions	1	2	3	4
16. I like to stop and think things over before I do them.				
17. When I feel bad, I will often do things I later regret in order to make myself feel better now.				
18. I would enjoy water skiing.				
19. Once I get going on something I hate to stop.				
20. I tend to lose control when I am in a great mood.				
21. I don't like to start a project until I know exactly how to proceed.				
22. Sometimes when I feel bad, I can't seem to stop what I am doing even though it is making me feel worse.				
23. I quite enjoy taking risks.				
24. I concentrate easily.				
25. When I am really ecstatic, I tend to get out of control.				
26. I would enjoy parachute jumping.				
27. I finish what I start.				
28. I tend to value and follow a rational, "sensible" approach to things.				
29. When I am upset I often act without thinking.				
30. Others would say I make bad choices when I am extremely happy about something.				
31. I welcome new and exciting experiences and sensations, even if they are a little frightening and unconventional.				
32. I am able to pace myself so as to get things done on time.				
33. I usually make up my mind through careful reasoning.				
34. When I feel rejected, I will often say things that I later regret.				
35. Others are shocked or worried about the things I do when I am feeling very excited.				
36. I would like to learn to fly an airplane.				
37. I am a person who always gets the job done.				
38. I am a cautious person.				
39. It is hard for me to resist acting on my feelings.				
40. When I get really happy about something, I tend to do things that can have bad consequences.				
41. I sometimes like doing things that are a bit frightening.				
42. I almost always finish projects that I start.				

Questions	1	2	3	4
43. Before I get into a new situation I like to find out what to expect from it.				
44. I often make matters worse because I act without thinking when I am upset.				
45. When overjoyed, I feel like I can't stop myself from going overboard.				
46. I would enjoy the sensation of skiing very fast down a high mountain slope.				
47. Sometimes there are so many little things to be done that I just ignore them all.				
48. I usually think carefully before doing anything.				
49. Before making up my mind, I consider all the advantages and disadvantages.				
50. When I am really excited, I tend not to think of the consequences of my actions.				
51. In the heat of an argument, I will often say things that I later regret.				
52. I would like to go scuba diving.				
53. I tend to act without thinking when I am really excited.				
54. I always keep my feelings under control.				
55. When I am really happy, I often find myself in situations that I normally wouldn't be comfortable with.				
56. I would enjoy fast driving.				
57. When I am very happy, I feel like it is ok to give in to cravings or overindulge.				
58. Sometimes I do impulsive things that I later regret.				
59. I am surprised at the things I do while in a great mood.				

Interpretation

Scores are presented for each of the five subscales, plus a total impulsivity score. In addition to the raw scores, the mean is calculated for the items on each subscale, from 1 to 4, where 1 indicates that the respondent did not endorse impulsive answers, and 4 indicates a high level of self-reported impulsivity.

Subscale scores

Negative urgency:

Positive urgency:

(Lack of) premeditation:

(Lack of) perseverance:

Sensation seeking:

Total impulsivity score:

Notes

References

- Whiteside, S. P., & Lynam, D. R. (2001). The Five Factor Model and impulsivity: Using a structural model of personality to understand impulsivity. *Personality and Individual Differences*, 30, 669–689.
- Cyders, M. A., Smith, G. T., Spillane, N. S., Fischer, S., Annus, A. M., & Peterson, C. (2007). Integration of impulsivity and positive mood to predict risky behavior: Development and validation of a measure of positive urgency. *Psychological Assessment*, 19, 107–118.