

Impulsivity Test

Name: Oscar Martinez

Age: 28

Instructions

Please indicate the frequency of each symptom using the following scale:

1 = Never/Rarely 2 = Sometimes 3 = Often 4 = Very Often/Always

Attentional Facet I

1. I don't "pay attention."

1.

Never/Rarely

2.

Sometimes

3.

Often

4.

Very Often/Always

2. I concentrate easily.*

1.

Never/Rarely

2.

Sometimes

3.

Often

4.

Very Often/Always

3. I "squirm" at plays or lectures.

1.

Never/Rarely

2.

Sometimes

3.

Often

4.

Very Often/Always

4. I am a steady thinker.*

1.

Never/Rarely

2.

Sometimes

3.

Often

4.

Very Often/Always

5. I am restless at the theater or lectures.

1.

Never/Rarely

2.

Sometimes

3.

Often

4.

Very Often/Always

Attentional Facet II

6. I have "racing" thoughts.

1.

Never/Rarely

2.

Sometimes

3.

Often

4.

Very Often/Always

7. I change hobbies.

1.

Never/Rarely

2.

Sometimes

3.

Often

4.

Very Often/Always

8. I often have extraneous thoughts when thinking.

1.

Never/Rarely

2.

Sometimes

3.

Often

4.

Very Often/Always

Motor Facet I

9. I do things without thinking.

1.

Never/Rarely

2.

Sometimes

3.

Often

4.

Very Often/Always

10. I make up my mind quickly.

1.

Never/Rarely

2.

Sometimes

3.

Often

4.

Very Often/Always

11. I am happy-go-lucky.



1.

Never/Rarely



2.

Sometimes



3.

Often



4.

Very Often/Always

12. I "act" on impulse.



1.

Never/Rarely



2.

Sometimes



3.

Often



4.

Very Often/Always

13. I act on the spur of the moment.



1.

Never/Rarely



2.

Sometimes



3.

Often



4.

Very Often/Always

14. I buy things on impulse.



1.

Never/Rarely



2.

Sometimes



3.

Often



4.

Very Often/Always

15. I spend or charge more than I earn.



1.

Never/Rarely



2.

Sometimes



3.

Often



4.

Very Often/Always

Motor Facet II

16. I change jobs



1.

Never/Rarely



2.

Sometimes



3.

Often



4.

Very Often/Always

17. I change residences.

<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
1.	2.	3.	4.
Never/Rarely	Sometimes	Often	Very Often/Always

18. I can think only about one thing at a time.

<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
1.	2.	3.	4.
Never/Rarely	Sometimes	Often	Very Often/Always

19. I am future oriented.*

<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
1.	2.	3.	4.
Never/Rarely	Sometimes	Often	Very Often/Always

Planning Facet I

20. I plan tasks carefully.*

<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
1.	2.	3.	4.
Never/Rarely	Sometimes	Often	Very Often/Always

21. I plan trips well ahead of time.*

<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
1.	2.	3.	4.
Never/Rarely	Sometimes	Often	Very Often/Always

22. I am self-controlled.*

<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
1.	2.	3.	4.
Never/Rarely	Sometimes	Often	Very Often/Always

23. I am a careful thinker.*

<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
1.	2.	3.	4.
Never/Rarely	Sometimes	Often	Very Often/Always

24. I plan for job security.*

<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
1.	2.	3.	4.
Never/Rarely	Sometimes	Often	Very Often/Always

25. I say things without thinking.

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
1.	2.	3.	4.
Never/Rarely	Sometimes	Often	Very Often/Always

Planning Facet II

26. I save regularly.*

<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
1.	2.	3.	4.
Never/Rarely	Sometimes	Often	Very Often/Always

27. I like to think about complex problems.*

<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
1.	2.	3.	4.
Never/Rarely	Sometimes	Often	Very Often/Always

28. I am easily bored when solving thought problems.

<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
1.	2.	3.	4.
Never/Rarely	Sometimes	Often	Very Often/Always

29. I am more interested in the present than in the future.

- | | | | |
|-----------------------|-----------------------|-----------------------|----------------------------------|
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input checked="" type="radio"/> |
| 1. | 2. | 3. | 4. |
| Never/Rarely | Sometimes | Often | Very Often/Always |

30. I am more interested in the present than in the future.

- | | | | |
|-----------------------|-----------------------|----------------------------------|-----------------------|
| <input type="radio"/> | <input type="radio"/> | <input checked="" type="radio"/> | <input type="radio"/> |
| 1. | 2. | 3. | 4. |
| Never/Rarely | Sometimes | Often | Very Often/Always |

Scores and Interpretation

Reverse the scores on the following questions when getting the total (items with asterisks):

- 2, 4, 19, 20, 21, 22, 23, 24, 26, 27, 30

Attentional Facet I	<u>18</u> / 20
Attentional Facet II	<u>10</u> / 12
Motor Facet I	<u>25</u> / 28
Motor Facet II	<u>10</u> / 16
Planning Facet I	<u>19</u> / 24
Planning Facet II	<u>13</u> / 20
Total	<u>95</u> / 120

- Low scores in Attentional Facets I and II indicated good attention span and cognitive stability, which are qualities of non-impulsivity.
- Low scores on Motor Facets I and II indicate strong control over motor actions and good resistance against impulsivity.
- Low scores on Planning Facets I and II indicate strong control over future plans and show that the patient shows good cognitive ability in the face of complexity, which are the opposite of impulsivity.

Mental Health Professional Details

Name of Professional: Angela Johnson

Name of Practice: Pennsylvania Medical and Mental Health Center

License Number: MH123456

Date of Review: Jan 11, 2024

Additional Notes and Reminders from Your Mental Health Professional

Oscar demonstrates significant impulsivity, particularly in attentional and motor aspects, which aligns with his reported gambling issues. It's important to explore underlying causes and consider cognitive-behavioral therapy to address impulse control.