

Impulsivity Test

Name: _____ Age: _____

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 ☐ 2 ☐ 3 ☐ 4

2. I concentrate easily.*

☐ 1 ☐ 2 ☐ 3 ☐ 4

3. I "squirm" at plays or lectures.

☐ 1 ☐ 2 ☐ 3 ☐ 4

4. I am a steady thinker.*

☐ 1 ☐ 2 ☐ 3 ☐ 4

5. I am restless at the theater or lectures.

☐ 1 ☐ 2 ☐ 3 ☐ 4

ATTENTIONAL FACET II

6. I have "racing" thoughts.

☐ 1 ☐ 2 ☐ 3 ☐ 4

7. I change hobbies.

☐ 1 ☐ 2 ☐ 3 ☐ 4

8. I often have extraneous thoughts when thinking.

☐ 1 ☐ 2 ☐ 3 ☐ 4

MOTOR FACET I

9. I do things without thinking.

☐ 1 ☐ 2 ☐ 3 ☐ 4

10. I make up my mind quickly.

☐ 1 ☐ 2 ☐ 3 ☐ 4

11. I am happy-go-lucky.

☐ 1 ☐ 2 ☐ 3 ☐ 4

12. I "act" on impulse.

☐ 1 ☐ 2 ☐ 3 ☐ 4

13. I act on the spur of the moment.

☐ 1 ☐ 2 ☐ 3 ☐ 4

14. I buy things on impulse.

☐ 1 ☐ 2 ☐ 3 ☐ 4

15. I spend or charge more than I earn.

☐ 1 ☐ 2 ☐ 3 ☐ 4

MOTOR FACET II

16. I change jobs

☐ 1 ☐ 2 ☐ 3 ☐ 4

17. I change residences.

☐ 1 ☐ 2 ☐ 3 ☐ 4

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

☐ 1 ☐ 2 ☐ 3 ☐ 4

19. I am future oriented.*

☐ 1 ☐ 2 ☐ 3 ☐ 4

PLANNING FACET I

20. I plan tasks carefully.*

☐ 1 ☐ 2 ☐ 3 ☐ 4

21. I plan trips well ahead of time.*

☐ 1 ☐ 2 ☐ 3 ☐ 4

22. I am self-controlled.*

☐ 1 ☐ 2 ☐ 3 ☐ 4

23. I am a careful thinker.*

☐ 1 ☐ 2 ☐ 3 ☐ 4

24. I plan for job security.*

☐ 1 ☐ 2 ☐ 3 ☐ 4

25. I say things without thinking.

☐ 1 ☐ 2 ☐ 3 ☐ 4

PLANNING FACET II

26. I save regularly.*

☐ 1 ☐ 2 ☐ 3 ☐ 4

27. I like to think about complex problems.*

☐ 1 ☐ 2 ☐ 3 ☐ 4

28. I am easily bored when solving thought problems.

☐ 1 ☐ 2 ☐ 3 ☐ 4

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

☐ 1 ☐ 2 ☐ 3 ☐ 4

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: _____

Attentional Facet II: _____

Motor Facet I: _____

Motor Facet II: _____

Planning Facet I: _____ Planning Facet II: _____

Total: _____

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: _____ Name of Practice: _____

License Number: _____ Date of Review: _____ dd / mm / yyyy

ADDITIONAL NOTES AND REMINDERS FROM YOUR MENTAL HEALTH PROFESSIONAL

Additional Notes and Reminders from Your Mental Health Professional