

UPPS Impulsive Behavior Scale

CLIENT INFORMATION

Client Name: _____ Date of birth: _____ dd / mm / yyyy

ASSESSMENT INFORMATION

Date administered: _____ dd / mm / yyyy Assessor: _____

Time taken: _____

Instructions: Please indicate how much you agree or disagree with each statement below using the scale provided: 1 = Agree Strongly, 2 = Agree Some, 3 = Disagree Some, 4 = Disagree Strongly

NEGATIVE URGENCY

When I feel bad, I often do things I later regret in order to feel better.

☐ 1 ☐ 2 ☐ 3 ☐ 4

When I am upset I often act without thinking.

☐ 1 ☐ 2 ☐ 3 ☐ 4

I often make matters worse because I act without thinking when I am upset.

☐ 1 ☐ 2 ☐ 3 ☐ 4

I often get involved in things I later wish I could get out of when I am upset.

☐ 1 ☐ 2 ☐ 3 ☐ 4

When overjoyed, I feel like I can't stop myself from going overboard.

☐ 1 ☐ 2 ☐ 3 ☐ 4

POSITIVE URGENCY

When I am in a great mood, I tend to get into situations that could cause me problems.

☐ 1 ☐ 2 ☐ 3 ☐ 4

I tend to lose control when I am in a great mood.

☐ 1 ☐ 2 ☐ 3 ☐ 4

When I am very happy, I can't seem to stop myself from doing things that can have bad consequences.

☐ 1 ☐ 2 ☐ 3 ☐ 4

Others would say I make bad decisions when I am extremely happy about something.

☐ 1 ☐ 2 ☐ 3 ☐ 4

I often make spur-of-the-moment decisions when I am excited about something.

☐ 1 ☐ 2 ☐ 3 ☐ 4

LACK OF PREMEDITATION

I am a cautious person.

☐ 1 ☐ 2 ☐ 3 ☐ 4

Before making up my mind, I consider all the advantages and disadvantages.

☐ 1 ☐ 2 ☐ 3 ☐ 4

I think long and hard before making decisions.

☐ 1 ☐ 2 ☐ 3 ☐ 4

I plan tasks carefully.

☐ 1 ☐ 2 ☐ 3 ☐ 4

I am a careful thinker.

☐ 1 ☐ 2 ☐ 3 ☐ 4

LACK OF PERSEVERANCE

I generally like to see things through to the end.

☐ 1 ☐ 2 ☐ 3 ☐ 4

Unfinished tasks really bother me.

☐ 1 ☐ 2 ☐ 3 ☐ 4

I always finish what I start.

☐ 1 ☐ 2 ☐ 3 ☐ 4

I am able to work diligently on tasks.

☐ 1 ☐ 2 ☐ 3 ☐ 4

I concentrate easily.

☐ 1 ☐ 2 ☐ 3 ☐ 4

SENSATION SEEKING

I enjoy new and thrilling experiences, even if they are a little frightening.

☐ 1 ☐ 2 ☐ 3 ☐ 4

I would love to have new and exciting experiences, even if they're illegal.

☐ 1 ☐ 2 ☐ 3 ☐ 4

I prefer friends who are excitingly unpredictable.

☐ 1 ☐ 2 ☐ 3 ☐ 4

I generally seek new and exciting experiences and sensations.

☐ 1 ☐ 2 ☐ 3 ☐ 4

I like to explore a strange city or section of town by myself, even if it means getting lost.

☐ 1 ☐ 2 ☐ 3 ☐ 4

Scoring and Interpretation Information: 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.

Interpretive Text (To be filled in after the assessment)