

Barratt Impulsiveness Scale (BIS-11)

Name:

Date:

Instructions: Please read each statement and mark the number that best describes how frequently the statement applies to you. Try to answer each question as honestly and quickly as possible.

Scoring Key: 1 = Rarely/Never 2 = Occasionally 3 = Often 4 = Almost Always/Always

Attentional Facet

1. I don't "pay attention."

- 1
- 2
- 3
- 4

2. I concentrate easily. (*Reverse Score*)

- 1
- 2
- 3
- 4

3. I "squirm" at plays or lectures.

- 1
- 2
- 3
- 4

Motor Facet

1. I do things without thinking.

- 1
- 2
- 3
- 4

2. I make up my mind quickly.

- 1
- 2
- 3
- 4

3. I am future oriented. (*Reverse Score*)

- 1
- 2
- 3
- 4

Planning Facet

1. I plan tasks carefully. (*Reverse Score*)

- 1
- 2
- 3
- 4

2. I plan trips well ahead of time. (*Reverse Score*)

- 1
- 2
- 3
- 4

3. I say things without thinking.

- 1
- 2
- 3
- 4

Remember to reverse the scores of reverse score questions before adding up your scores in each section. After answering all the questions, add your scores for each section. If you're unsure about an answer, it's okay to guess based on your overall feelings about each statement.

Note: This is a simplified version of the BIS-11; you may need a professional or healthcare provider to interpret the results accurately.