

# UPPS Impulsive Behavior Scale

## Client Information

Client Name:

Date of birth:

## Assessment Information

Assessment: UPPS Impulsive Behavior Scale (UPPS-P)

Date administered:

Assessor:

Time taken:

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**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**

Score	Negative Urgency
	1. When I feel bad, I often do things I later regret in order to feel better.
	2. When I am upset I often act without thinking.
	3. I often make matters worse because I act without thinking when I am upset.
	4. I often get involved in things I later wish I could get out of when I am upset.
	5. When overjoyed, I feel like I can't stop myself from going overboard.

Score	Positive Urgency
	1. When I am in a great mood, I tend to get into situations that could cause me problems.
	2. I tend to lose control when I am in a great mood.
	3. When I am very happy, I can't seem to stop myself from doing things that can have bad consequences.

	4. Others would say I make bad decisions when I am extremely happy about something.
	5. I often make spur-of-the-moment decisions when I am excited about something.

Score	Lack of Premeditation
	1. I am a cautious person.
	2. Before making up my mind, I consider all the advantages and disadvantages.
	3. I think long and hard before making decisions.
	4. I plan tasks carefully.
	5. I am a careful thinker.

Score	Lack of Perseverance
	1. I generally like to see things through to the end.
	2. Unfinished tasks really bother me.
	3. I always finish what I start.
	4. I am able to work diligently on tasks.
	5. I concentrate easily.

Score	Sensation Seeking
	1. I enjoy new and thrilling experiences, even if they are a little frightening.
	2. I would love to have new and exciting experiences, even if they're illegal.
	3. I prefer friends who are excitingly unpredictable.
	4. I generally seek new and exciting experiences and sensations.
	5. I like to explore a strange city or section of town by myself, even if it means getting lost.

(Continue the remaining 34 statements using the UPPS scale items. Please ensure you have the appropriate permissions to use the scale.)

## **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)

A large, empty rectangular box with a thin grey border, intended for entering interpretive text after the assessment.