

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.

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.

1.

Never/Rarely

2.

Sometimes

3.

Often

4.

Very Often/Always

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

1.

Never/Rarely

2.

Sometimes

3.

Often

4.

Very Often/Always

19. I am future oriented.*

1.

Never/Rarely

2.

Sometimes

3.

Often

4.

Very Often/Always

Planning Facet I

20. I plan tasks carefully.*

1.

Never/Rarely

2.

Sometimes

3.

Often

4.

Very Often/Always

21. I plan trips well ahead of time.*

1.

Never/Rarely

2.

Sometimes

3.

Often

4.

Very Often/Always

22. I am self-controlled.*

1.

Never/Rarely

2.

Sometimes

3.

Often

4.

Very Often/Always

23. I am a careful thinker.*

1.

Never/Rarely

2.

Sometimes

3.

Often

4.

Very Often/Always

24. I plan for job security.*

1.

Never/Rarely

2.

Sometimes

3.

Often

4.

Very Often/Always

25. I say things without thinking.

1.

Never/Rarely

2.

Sometimes

3.

Often

4.

Very Often/Always

Planning Facet II

26. I save regularly.*

1.

Never/Rarely

2.

Sometimes

3.

Often

4.

Very Often/Always

27. I like to think about complex problems.*

1.

Never/Rarely

2.

Sometimes

3.

Often

4.

Very Often/Always

28. I am easily bored when solving thought problems.

1.

Never/Rarely

2.

Sometimes

3.

Often

4.

Very Often/Always

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

1.

Never/Rarely

2.

Sometimes

3.

Often

4.

Very Often/Always

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

1.

Never/Rarely

2.

Sometimes

3.

Often

4.

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	_____ / 20
Attentional Facet II	_____ / 12
Motor Facet I	_____ / 28
Motor Facet II	_____ / 16
Planning Facet I	_____ / 24
Planning Facet II	_____ / 20
Total	_____ / 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:

Name of Practice:

License Number:

Date of Review:

Additional Notes and Reminders from Your Mental Health Professional

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