

Intolerance of Uncertainty Scale

Your Full Name: _____ Date Submitted: _____

Clinician's name: _____

Instructions: Below, you'll find several statements about dealing with life's inherent uncertainty. Please use the scale below to describe to what extent each item is characteristic of you. Please tick the number (1 to 5) that describes you best.

	Not at all characteristic of me		Somewhat characteristic of me		Entirely characteristic of me
1. Uncertainty stops me from having a firm opinion.	1 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>	4 <input type="radio"/>	5 <input type="radio"/>
2. Being uncertain means that a person is disorganized.	1 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>	4 <input type="radio"/>	5 <input type="radio"/>
3. Uncertainty makes life intolerable.	1 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>	4 <input type="radio"/>	5 <input type="radio"/>
4. It's unfair not having any guarantees in life.	1 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>	4 <input type="radio"/>	5 <input type="radio"/>
5. My mind can't be relaxed if I don't know what will happen tomorrow.	1 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>	4 <input type="radio"/>	5 <input type="radio"/>
6. Uncertainty makes me uneasy, anxious, or stressed.	1 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>	4 <input type="radio"/>	5 <input type="radio"/>
7. Unforeseen events upset me greatly.	1 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>	4 <input type="radio"/>	5 <input type="radio"/>
8. It frustrates me not having all the information I need.	1 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>	4 <input type="radio"/>	5 <input type="radio"/>
9. Uncertainty keeps me from living a full life.	1 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>	4 <input type="radio"/>	5 <input type="radio"/>
10. One should always look ahead so as to avoid surprises.	1 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>	4 <input type="radio"/>	5 <input type="radio"/>
11. A small unforeseen event can spoil everything, even with the best of planning.	1 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>	4 <input type="radio"/>	5 <input type="radio"/>
12. When it's time to act, uncertainty paralyzes me.	1 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>	4 <input type="radio"/>	5 <input type="radio"/>
13. Being uncertain means that I am not first rate.	1 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>	4 <input type="radio"/>	5 <input type="radio"/>
14. When I am uncertain, I can't go forward.	1 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>	4 <input type="radio"/>	5 <input type="radio"/>
15. When I am uncertain I can't function very well.	1 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>	4 <input type="radio"/>	5 <input type="radio"/>
16. Unlike me, others always seem to know where they are going with their lives.	1 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>	4 <input type="radio"/>	5 <input type="radio"/>
17. Uncertainty makes me vulnerable, unhappy, or sad.	1 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>	4 <input type="radio"/>	5 <input type="radio"/>

Adapted from the English version of the scale by Buhr, K., Dugas, M. J. (2002). The intolerance of uncertainty scale: psychometric properties of the English version. Behavior Research and Therapy, 40, 931-945.]

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|---|-------------------------|-------------------------|-------------------------|-------------------------|-------------------------|
| 18. I always want to know what the future has in store for me. | 1 <input type="radio"/> | 2 <input type="radio"/> | 3 <input type="radio"/> | 4 <input type="radio"/> | 5 <input type="radio"/> |
| 19. I can't stand being taken by surprise. | 1 <input type="radio"/> | 2 <input type="radio"/> | 3 <input type="radio"/> | 4 <input type="radio"/> | 5 <input type="radio"/> |
| 20. The smallest doubt can stop me from acting. | 1 <input type="radio"/> | 2 <input type="radio"/> | 3 <input type="radio"/> | 4 <input type="radio"/> | 5 <input type="radio"/> |
| 21. I should be able to organize everything in advance. | 1 <input type="radio"/> | 2 <input type="radio"/> | 3 <input type="radio"/> | 4 <input type="radio"/> | 5 <input type="radio"/> |
| 22. Being uncertain means that I lack confidence. | 1 <input type="radio"/> | 2 <input type="radio"/> | 3 <input type="radio"/> | 4 <input type="radio"/> | 5 <input type="radio"/> |
| 23. I think it's unfair that other people seem sure about their future. | 1 <input type="radio"/> | 2 <input type="radio"/> | 3 <input type="radio"/> | 4 <input type="radio"/> | 5 <input type="radio"/> |
| 24. Uncertainty keeps me from sleeping soundly. | 1 <input type="radio"/> | 2 <input type="radio"/> | 3 <input type="radio"/> | 4 <input type="radio"/> | 5 <input type="radio"/> |
| 25. I must get away from all uncertain situations. | 1 <input type="radio"/> | 2 <input type="radio"/> | 3 <input type="radio"/> | 4 <input type="radio"/> | 5 <input type="radio"/> |
| 26. The ambiguities in life stress me. | 1 <input type="radio"/> | 2 <input type="radio"/> | 3 <input type="radio"/> | 4 <input type="radio"/> | 5 <input type="radio"/> |
| 27. I can't stand being undecided about my future. | 1 <input type="radio"/> | 2 <input type="radio"/> | 3 <input type="radio"/> | 4 <input type="radio"/> | 5 <input type="radio"/> |

Scoring:

There are twenty-seven items in total. Now, the scoring for this scale is based on two factors:

- Factor 1: Uncertainty has negative behavioral and self-referent implications
- Factor 2: Uncertainty is unfair and spoils everything

Factor 1 covers the following items: 1, 2, 3, 9, 12, 13, 14, 15, 16, 17, 20, 22, 23, 24, and 25.

Factor 2 covers the following items: 4, 5, 6, 7, 8, 10, 11, 18, 19, 21, 26, and 27.

Just add up the scores for both factors and indicate the total for both below:

- Factor 1 total score: _____
- Factor 2 total score: _____