

Barratt Impulsiveness Scale (BIS-11)

Patton, J. H., Stanford, M. S., & Barratt, E. S. (1995). Barratt Impulsiveness Scale. *Journal of Clinical Psychology*, 51, 768-774.

Directions:

People differ in the ways they act and think in different situations. This is a test to measure some of the ways in which you act and think. Read each statement and put an X in the appropriate space on the right side of the page. Do not spend too much time on any statement. Answer quickly and honestly.

	Rarely/Never (1)	Occasionally (2)	Often (3)	Almost always / Always (4)
1. I plan tasks carefully				
2. I do things without thinking				
3. I make up my mind quickly				
4. I am happy-go-lucky				
5. I don't "pay attention"				
6. I have 'racing' thoughts				
7. I plan trips well ahead of time				
8. I am self-controlled				
9. I concentrate easily				
10. I save regularly				
11. I squirm at plays or lectures				
12. I am a careful thinker				
13. I plan for job security				
14. I say things without thinking				
15. I like to think about complex problems				

16. I change jobs				
17. I act 'on impulse'				
18. I get easily bored when solving thought problems				
19. I act on the spur of the moment				
20. I am a steady thinker				
21. I change residences				
22. I buy things on impulse				
23. I can only think about one thing at a time				
24. I change hobbies				
25. I spend more than I earn				
26. I often have extraneous thoughts when thinking				
27. I am more interested in the present than the future				
28. I am restless at the theatre or lectures				
29. I like puzzles				
30. I am future oriented				

Scoring:

Reverse scored items:

1, 7, 8, 9, 10, 12, 13, 15, 20, 29, 30.

Higher scores equate to higher level of impulsivity.