

INTERVIEWER: People differ in the ways they act and think in different situations. This is a test to measure some of the ways in which one acts and thinks. Tell the participant that you are going to read a number of statements to them, and you want to know how often, if ever, that statement is true of them. Inform them of what the choices are each time and mark appropriately. Tell the participant not to spend too much time on any statement. Answer quickly and honestly. Circle responses.

	Rarely/ Never	Occasionally	Often	Almost Always/ Always
1. I plan tasks carefully.	0	1	2	3
2. I do things without thinking.	0	1	2	3
3. I make up my mind quickly.	0	1	2	3
4. I am happy-go-lucky.	0	1	2	3
5. I don't "pay attention."	0	1	2	3
6. I have "racing" thoughts.	0	1	2	3
7. I plan trips well ahead of time.	0	1	2	3
8. I am self controlled.	0	1	2	3
9. I concentrate easily.	0	1	2	3
10. I save regularly.	0	1	2	3
11. I "squirm" at plays or lectures.	0	1	2	3
12. I am a careful thinker.	0	1	2	3
13. I plan for job security.	0	1	2	3
14. I say things without thinking.	0	1	2	3
15. I like to think about complex problems.	0	1	2	3
16. I change jobs.	0	1	2	3
17. I act "on impulse."	0	1	2	3
18. I get easily bored when solving thought problems.	0	1	2	3
19. I act on the spur of the moment.	0	1	2	3
20. I am a steady thinker.	0	1	2	3
21. I change residences.	0	1	2	3
22. I buy things on impulse.	0	1	2	3
23. I can only think about one thing at a time.	0	1	2	3
24. I change hobbies.	0	1	2	3
25. I spend or charge more than I earn.	0	1	2	3
26. I often have extraneous thoughts when thinking.	0	1	2	3
27. I am more interested in the present than the future.	0	1	2	3
28. I am restless at the theater or lectures.	0	1	2	3
29. I like puzzles.	0	1	2	3
30. I am future oriented.	0	1	2	3

Reference: Patton, J.H., Stanford, M.S., Barratt, E.S. (1995). Factor structure of the Barratt impulsiveness scale. *J Clin Psychol.*, 51(6): 768-74.