BIS-11

Barratt Impulsiveness Scale (BIS-11)

The Barratt Impulsiveness Scale is a psychological assessment tool designed to measure impulsivity in individuals. Used in many behavioral and clinical studies, it identifies different facets of impulsivity, such as attentional, motor and non-planning impulsiveness.

Number of questions	30 questions
Estimated duration	5 minutes
Language	English
Original name	Barratt Impulsiveness Scale
Target audience	Adults
Authors	Patton, Stanford & Barratt (1995)
Category	General

Preview of the 30 questions

I plan tasks carefully

Never/rarely | Sometimes | Often | Almost always/always

I do things without thinking

Never/rarely | Sometimes | Often | Almost always/always

I change my mind quickly

Never/rarely | Sometimes | Often | Almost always/always

I am happy to be alive

Never/rarely | Sometimes | Often | Almost always/always

I am not "attentive"

Never/rarely	Sometimes	Often	Almost always/always

Administer your questionnaires online

Send your patient a link: they answer from their phone or computer, and you receive the scored results by email.

View the questionnaire on mentaal.org ›

Scoring & interpretation

Responses are rated on a four-point Likert scale ranging from 'Rarely/Never' to 'Almost Always/Always'. Total scores are used to assess levels of impulsivity, and higher scores suggest more pronounced impulsivity.

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Julie V. - Online Psychologist