

Intolerance of Uncertainty Scale (IUS)

The Intolerance of Uncertainty Scale (IUS) is a psychometric tool used to measure a person's difficulty tolerating uncertainty, that is, their inability to accept the idea that future events may be unpredictable or ambiguous.

Number of questions	27 questions
Estimated duration	6 minutes
Language	English
Original name	Intolerance of Uncertainty Scale
Target audience	Adults
Authors	Dugas MJ, Ladouceur R. (2002)
Category	Anxiety

Preview of the 27 questions

How well does this statement describe you?

Uncertainty keeps me from taking a stand.

Does not describe me at all | Describes me a little | Describes me fairly well | Describes me very well | Describes me exactly

How well does this statement describe you?

Being uncertain means you're a disorganized person.

Does not describe me at all | Describes me a little | Describes me fairly well | Describes me very well | Describes me exactly

How well does this statement describe you?

Uncertainty makes life unbearable.

Does not describe me at all | Describes me a little | Describes me fairly well | Describes me very well | Describes me exactly

How well does this statement describe you?

It is unfair that we can never be certain of anything in life.

Does not describe me at all | Describes me a little | Describes me fairly well | Describes me very well | Describes me exactly

How well does this statement describe you?

I can't have peace of mind as long as I don't know what will happen the next day.

Does not describe me at all | Describes me a little | Describes me fairly well | Describes me very well | Describes me exactly

Scoring & interpretation

The scale uses a Likert format in which participants answer each item on a scale from 1 (Not at all characteristic of me) to 5 (Entirely characteristic of me). High total scores indicate greater intolerance of uncertainty.

The IUS can be scored according to 2 models:

One-factor model: Add up the scores of all items to obtain an overall total score of intolerance of uncertainty.

Two-factor model: This model distinguishes two dimensions: Factor 1: Uncertainty perceived as having negative effects on oneself and on behavior → Sum of the scores of items: 1, 2, 3, 9, 12, 13, 14, 15, 16, 17, 20, 22, 23, 24, 25 Factor 2: Uncertainty perceived as unfair and disruptive → Sum of the scores of items: 4, 5, 6, 7, 8, 10, 11, 18, 19, 21, 26, 27