UPPS

UPPS Impulsive Behavior Scale (UPPS)

The UPPS Impulsive Behavior Scale is designed to assess different aspects of impulsive behavior. It is based on a multifactorial model of impulsivity that identifies four main dimensions: urgency, lack of perseverance, lack of premeditation, and sensation seeking. It helps psychologists better understand how these different impulsivity factors are represented in an individual.

Number of questions	45 questions
Estimated duration	20 minutes
Language	English
Original name	UPPS Impulsive Behavior Scale
Target audience	Adults
Authors	Matthew S. Whiteside, Lynam, Miller, Reynolds (2001)
Category	Mood disorders

Preview of the 45 questions

I have a reserved and cautious attitude in life

Strongly agree | Somewhat agree | Somewhat disagree | Strongly disagree

I have difficulty controlling my impulses

Strongly agree | Somewhat agree | Somewhat disagree | Strongly disagree

I generally seek out new experiences and sensations

Strongly agree | Somewhat agree | Somewhat disagree | Strongly disagree

I generally want to carry things through to the end

Strongly agree | Somewhat agree | Somewhat disagree | Strongly disagree

When I am very happy, I can't stop myself from doing things that sometimes have negative consequences

Strongly agree | Somewhat agree | Somewhat disagree | Strongly disagree

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

Each item is rated on a Likert scale. Scores are calculated for each of the four dimensions based on the responses to the corresponding items. High scores in a dimension indicate more pronounced impulsivity in that specific area.

Are you a psychologist?

With Mentaal, get meaningful insights to support your patients.

- Standardized tests
- Automatic scoring
- Results sent by email

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★★★★★

“Skeptical at first, I now can't do without this tool in my practice.”

Elodie C. - CBT Psychologist