

UPPS-P Impulsive Behavior Scale Scoring Procedure

5 subscales:

1. Positive Urgency (items 5R, 10R, 15R, 20R, 25R, 30R, 35R, 40R, 45R, 49R, 52R, 54R, 57R, 59R)
2. Negative Urgency (items 2R, 7R, 12R, 17R, 22R, 29R, 34R, 39R, 44R, 50R, 53, 58)
3. Lack of Premeditation (items 1, 6, 11, 16, 21, 28, 33, 38, 43, 48, 55)
4. Lack of Perseverance (items 4, 9R, 14, 19, 24, 27, 32, 37, 42, 47R)
5. Sensation Seeking (items 3R, 8R, 13R, 18R, 23R, 26R, 31R, 36R, 41R, 46R, 51R, 56R)

*R Indicates an item that needs to be reverse-scored

Compute means for each subscale (as long as at least 70% of the items within the subscale are answered). Higher scores indicate higher endorsement of the impulsive behavior.