

# IUS

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You will find below a series of statements which describe how people may react to the uncertainties of life. Please use the scale below to describe to what extent each item is characteristic of you. Please circle a number (1 to 5) that describes you best.

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- |   | Not at all<br>characteristic<br>of me |        | Somewhat<br>characteristic<br>of me |        | Entirely<br>characteristic<br>of me |
|---|---------------------------------------|--------|-------------------------------------|--------|-------------------------------------|
| 1. Uncertainty stops me from having a firm opinion. ....                    | 1.....                                | 2..... | 3.....                              | 4..... | 5.....                              |
| 2. Being uncertain means that a person is disorganized. ....                | 1.....                                | 2..... | 3.....                              | 4..... | 5.....                              |
| 3. Uncertainty makes life intolerable. ....                                 | 1.....                                | 2..... | 3.....                              | 4..... | 5.....                              |
| 4. It's unfair not having any guarantees in life. ....                      | 1.....                                | 2..... | 3.....                              | 4..... | 5.....                              |
| 5. My mind can't be relaxed if I don't know what will happen tomorrow. .... | 1.....                                | 2..... | 3.....                              | 4..... | 5.....                              |
| 6. Uncertainty makes me uneasy, anxious, or stressed. ....                  | 1.....                                | 2..... | 3.....                              | 4..... | 5.....                              |
| 7. Unforeseen events upset me greatly. ....                                 | 1.....                                | 2..... | 3.....                              | 4..... | 5.....                              |
| 8. It frustrates me not having all the information I need. ....             | 1.....                                | 2..... | 3.....                              | 4..... | 5.....                              |
| 9. Uncertainty keeps me from living a full life. ....                       | 1.....                                | 2..... | 3.....                              | 4..... | 5.....                              |
| 10. One should always look ahead so as to avoid surprises. ....             | 1.....                                | 2..... | 3.....                              | 4..... | 5.....                              |

- |   | Not at all<br>characteristic<br>of me | Somewhat<br>characteristic<br>of me | Entirely<br>characteristic<br>of me |
|---|---------------------------------------|-------------------------------------|-------------------------------------|
| 11. A small unforeseen event can spoil everything, even with the best of planning. .... | 1.....                                | 2.....                              | 3.....4.....5.....                  |
| 12. When it's time to act, uncertainty paralyzes me. ....                               | 1.....                                | 2.....                              | 3.....4.....5.....                  |
| 13. Being uncertain means that I am not first rate. ....                                | 1.....                                | 2.....                              | 3.....4.....5.....                  |
| 14. When I am uncertain, I can't go forward. ....                                       | 1.....                                | 2.....                              | 3.....4.....5.....                  |
| 15. When I am uncertain I can't function very well. ....                                | 1.....                                | 2.....                              | 3.....4.....5.....                  |
| 16. Unlike me, others always seem to know where they are going with their lives. ....   | 1.....                                | 2.....                              | 3.....4.....5.....                  |
| 17. Uncertainty makes me vulnerable, unhappy, or sad. ....                              | 1.....                                | 2.....                              | 3.....4.....5.....                  |
| 18. I always want to know what the future has in store for me. ....                     | 1.....                                | 2.....                              | 3.....4.....5.....                  |
| 19. I can't stand being taken by surprise. ....   | 1.....                                | 2.....                              | 3.....4.....5.....                  |
| 20. The smallest doubt can stop me from acting. ....                                    | 1.....                                | 2.....                              | 3.....4.....5.....                  |
| 21. I should be able to organize everything in advance. ....                            | 1.....                                | 2.....                              | 3.....4.....5.....                  |
| 22. Being uncertain means that I lack confidence. ....                                  | 1.....                                | 2.....                              | 3.....4.....5.....                  |

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- |  | Not at all<br>characteristic<br>of me | Somewhat<br>characteristic<br>of me | Entirely<br>characteristic<br>of me |        |        |
|--|---------------------------------------|-------------------------------------|-------------------------------------|--------|--------|
| 23. I think it's unfair that other people seem sure about their future. .... | 1.....                                | 2.....                              | 3.....                              | 4..... | 5..... |
| 24. Uncertainty keeps me from sleeping soundly. ....                         | 1.....                                | 2.....                              | 3.....                              | 4..... | 5..... |
| 25. I must get away from all uncertain situations. ....                      | 1.....                                | 2.....                              | 3.....                              | 4..... | 5..... |
| 26. The ambiguities in life stress me.....                                   | 1.....                                | 2.....                              | 3.....                              | 4..... | 5..... |
| 27. I can't stand being undecided about my future. ....                      | 1.....                                | 2.....                              | 3.....                              | 4..... | 5..... |

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Original French Version: Freeston, M.H., Rhéaume, J., Letarte, H., Dugas, M.J., & Ladouceur, R. (1994): Why do people worry? *Personality and Individual Differences*, 17 (6), 791-802.

English Version: Buhr, K., Dugas, M. J. (2002). The intolerance of uncertainty scale: psychometric properties of the English version. *Behavior Research and Therapy*, 40 , 931-945.

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## Scoring Instructions

**The IUS may be used as a unifactorial or a bifactorial assessment tool.**

**To score the IUS as a unifactorial tool, add up the responses for each of the items.**

**As a bifactorial tool, the IUS is used to assess the following two factors:**

Factor 1: Uncertainty has negative behavioural and self-referent implications

Factor 2: Uncertainty is unfair and spoils everything

To score Factor 1, add up the responses for items 1, 2, 3, 9, 12, 13, 14, 15, 16, 17, 20, 22, 23, 24, and 25

To score Factor 2, add up the responses for items 4, 5, 6, 7, 8, 10, 11, 18, 19, 21, 26, and 27

**A discussion on the 2-factor IUS scale may be found here:**

Sexton, K. A., & Dugas, M. J. (2009). Defining Distinct Negative Beliefs about Uncertainty: Validating the Factor Structure of the Intolerance of Uncertainty Scale. *Psychological Assessment, 21*, 176-186.