

IUS

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.

	Not at all characteristic of me	Somewhat characteristic of me	Entirely characteristic 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.....
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.....

- | | Not at all
characteristic
of me | Somewhat
characteristic
of me | Entirely
characteristic
of me |
|---------------------------------------------------------------------------------------|---------------------------------------|-------------------------------------|-------------------------------------|
| 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..... |
| 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..... |

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.