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| **BIS** | **Loadings** | | |
| **Item** | **Factor 1** | **Factor 2** | **Factor 3** |
| 1. I plan tasks carefully | 0.377 | -0.493 | 0.283 |
| 2. I do things without thinking | 0.074 | -0.214 | **0.509** |
| 3. I make-up my mind quickly | -0.304 | -0.157 | 0.135 |
| 4. I am happy-go-lucky | -0.456 | -0.12 | 0.18 |
| 5. I dont "pay attention" | 0.186 | -0.081 | 0.412 |
| 6. I have "racing" thoughts | 0.06 | 0.237 | 0.464 |
| 7. I plan trips well ahead of time | 0.161 | -0.449 | 0.295 |
| 8. I am self controlled | 0.423 | -0.217 | 0.328 |
| 9. I concentrate easily | **0.501** | -0.123 | 0.329 |
| 10. I save regularly | 0.302 | -0.247 | 0.225 |
| 11. I "squirm" at plays or lectures | 0.076 | 0.248 | 0.213 |
| 12. I am a careful thinker | 0.389 | -0.368 | 0.309 |
| 13. I plan for job security | 0.487 | -0.313 | 0.108 |
| 14. I say things without thinking | -0.007 | -0.051 | **0.503** |
| 15. I like to think about complex problems | 0.306 | -0.072 | -0.073 |
| 16. I change jobs | 0.074 | -0.005 | 0.26 |
| 17. I act "on impulse" | -0.141 | -0.128 | **0.618** |
| 18. I get easily bored when solving thought problems | 0.115 | 0.094 | 0.324 |
| 19. I act on the spur of the moment | -0.2 | -0.133 | **0.599** |
| 20. I am a steady thinker | 0.361 | -0.243 | 0.347 |
| 21. I change residences | -0.003 | 0.012 | 0.169 |
| 22. I buy things on impulse | -0.078 | -0.004 | 0.447 |
| 23. I can only think about one thing at a time | 0.113 | 0.146 | 0.07 |
| 24. I change hobbies | 0.027 | 0.011 | 0.308 |
| 25. I spend or charge more than I earn | 0.074 | -0.045 | 0.485 |
| 26. I often have extraneous thoughts when thinking | 0.088 | 0.139 | 0.456 |
| 27. I am more interested in the present than the future | 0.001 | -0.065 | 0.15 |
| 28. I am restless at the theater or lectures | 0.099 | 0.216 | 0.306 |
| 29. I like puzzles | 0.195 | -0.077 | -0.009 |
| 30. I am future oriented | 0.471 | -0.275 | 0.005 |

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| ASRS\_1 | How often do you have trouble wrapping up the final details of a project, once the challenging parts have been done? | 0.181 | 0.095 | 0.416 |
| ASRS\_2 | How often do you have difficulty getting things in order when you have to do a task that requires organization? | 0.261 | 0.018 | 0.446 |
| ASRS\_3 | How often do you have problems remembering appointments or obligations? | 0.143 | -0.017 | 0.437 |
| ASRS\_4 | When you have a task that requires a lot of thought, how often do you avoid or delay getting started? | 0.395 | 0.036 | 0.261 |
| ASRS\_5 | How often do you fidget or squirm with your hands or feet when you have to sit down for a long time? | 0.081 | 0.125 | 0.436 |
| ASRS\_6 | How often do you feel overly active and compelled to do things, like you were driven by a motor? | -0.23 | 0.238 | 0.484 |
| ASRS\_7 | How often do you make careless mistakes when you have to work on a boring or difficult project? | 0.183 | -0.022 | 0.468 |
| ASRS\_8 | How often do you have difficulty keeping your attention when you are doing boring or repetitive work? | 0.185 | 0.021 | 0.476 |
| ASRS\_9 | How often do you have difficulty concentrating on what people say to you, even when they are speaking to you directly? | 0.2 | 0.13 | 0.413 |
| ASRS\_10 | How often do you misplace or have difficulty finding things at home or at work? | 0.067 | 0.022 | 0.477 |
| ASRS\_11 | How often are you distracted by activity or noise around you? | 0.173 | 0.097 | 0.47 |
| ASRS\_12 | How often do you leave your seat in meetings or other situations in which you are expected to remain seated? | -0.039 | 0.094 | 0.533 |
| ASRS\_13 | How often do you feel restless or fidgety? | 0.073 | 0.19 | 0.497 |
| ASRS\_14 | How often do you have difficulty unwinding and relaxing when you have time to yourself? | 0.099 | 0.335 | 0.349 |
| ASRS\_15 | How often do you find yourself talking too much when you are in social situations? | -0.089 | 0.086 | 0.47 |
| ASRS\_16 | When youre in a conversation, how often do you find yourself finishing the sentences of the people you are talking to, before they can finish them themselves? | -0.128 | 0.176 | 0.398 |
| ASRS\_17 | How often do you have difficulty waiting your turn in situations when turn taking is required? | -0.069 | 0.181 | 0.506 |
| ASRS\_18 | How often do you interrupt others when they are busy? | -0.08 | 0.112 | 0.461 |
| AQ10\_1 | I often notice small sounds when others do not | 0.03 | -0.152 | -0.189 |
| AQ10\_2 | I usually concentrate more on the whole picture, rather than the small details | 0.244 | 0.035 | -0.044 |
| AQ10\_3 | I find it easy to do more than one thing at once | 0.345 | 0.022 | -0.026 |
| AQ10\_4 | If there is an interruption, I can switch back to what I was doing very quickly | 0.422 | 0.073 | 0.154 |
| AQ10\_5 | I find it easy to "read between the lines" when someone is talking to me | 0.208 | 0.03 | 0.093 |
| AQ10\_6 | I know how to tell if someone listenning to me is getting bored | 0.065 | 0.134 | 0.079 |
| AQ10\_7 | When Im reading a story I find it difficult to work out the characters intentions | -0.075 | -0.109 | -0.155 |
| AQ10\_8 | I like to collect information about categories of things (e.g. types of car, types of bird, types of train, types of plant etc) | 0.093 | -0.201 | -0.179 |
| AQ10\_9 | I find it easy to work out what someone is thinking or feeling just by looking at their face | 0.207 | -0.035 | 0.008 |
| AQ10\_10 | I find it difficult to work out peoples intentions | -0.243 | -0.075 | -0.095 |
| CFS\_1 | I can communicate an idea in many different ways | -0.512 | -0.013 | 0.079 |
| CFS\_2 | I avoid new and unusual situations | -0.441 | -0.391 | 0.114 |
| CFS\_3 | I feel like I never get to make decisions | -0.305 | -0.246 | -0.195 |
| CFS\_4 | I can find workable solutions to seemingly unsolvable problems | -0.446 | 0.126 | 0.119 |
| CFS\_5 | I seldom have choices when deciding how to behave | -0.087 | -0.241 | -0.194 |
| CFS\_6 | I am willing to work at creative solutions to problems | -0.325 | -0.001 | 0.099 |
| CFS\_7 | In any given situation, I am able to act appropriately | -0.38 | 0.053 | -0.218 |
| CFS\_8 | My behaviour is a result of conscious decisions that I make | -0.304 | 0.103 | -0.231 |
| CFS\_9 | I have many possible ways of behaving in any given situation | -0.257 | -0.03 | 0.093 |
| CFS\_10 | I have difficulty using my knowledge on a given topic in real life situations | -0.396 | -0.179 | -0.081 |
| CFS\_11 | I am willing to listen and consider alternatives for handling a problem | -0.262 | 0.068 | -0.165 |
| CFS\_12 | I have the self-confidence necessary to try different ways of behaving | -0.68 | -0.014 | 0.098 |
| OCIR\_1 | I have saved up so many things that they get in the way | 0.147 | 0.165 | 0.383 |
| OCIR\_2 | I check things more often than necessary | 0.001 | 0.347 | 0.409 |
| OCIR\_3 | I get upset if objects are not arranged properly | -0.157 | 0.47 | 0.304 |
| OCIR\_4 | I feel compelled to count while I am doing things | -0.113 | 0.348 | 0.31 |
| OCIR\_5 | I find it difficult to touch an object when I know it has been touched by strangers or certain people | -0.059 | 0.298 | 0.201 |
| OCIR\_6 | I find it difficult to control my own thoughts | 0.207 | 0.248 | 0.517 |
| OCIR\_7 | I collect things I dont need | 0.109 | 0.124 | 0.419 |
| OCIR\_8 | I repeatedly check doors, windows, drawers, etc | -0.148 | 0.36 | 0.287 |
| OCIR\_9 | I get upset if others change the way I have arranged things | -0.032 | 0.455 | 0.254 |
| OCIR\_10 | I feel I have to repeat certain numbers | -0.071 | 0.244 | 0.314 |
| OCIR\_11 | I sometimes have to wash or clean myself simply because I feel contaminated | -0.084 | 0.277 | 0.283 |
| OCIR\_12 | I am upset by unpleasant thoughts that come into my mind against my will | 0.153 | 0.222 | 0.508 |
| OCIR\_13 | I avoid throwing things away because I am afraid I might need them later | 0.053 | 0.226 | 0.357 |
| OCIR\_14 | I repeatedly check gas and water taps and light switches after turning them off | -0.167 | 0.397 | 0.267 |
| OCIR\_15 | I need things to be arranged in a particular way | -0.188 | 0.53 | 0.238 |
| OCIR\_16 | I feel that there are good and bad numbers | -0.046 | 0.28 | 0.255 |
| OCIR\_17 | I wash my hands more often and longer than necessary | -0.191 | 0.305 | 0.319 |
| OCIR\_18 | I frequently get nasty thoughts and have difficulty in getting rid of them | 0.197 | 0.179 | 0.53 |
| SDS\_1 | I feel down-hearted and blue | 0.496 | 0.116 | 0.263 |
| SDS\_2 | Morning is when I feel the best (-) | 0.283 | -0.119 | 0.007 |
| SDS\_3 | I have crying spells or feel like it | 0.275 | 0.167 | 0.263 |
| SDS\_4 | I have trouble sleeping at night | 0.173 | 0.13 | 0.276 |
| SDS\_5 | I eat as much as I used to (-) | 0.077 | 0.046 | 0.074 |
| SDS\_6 | I still enjoy sex (-) | 0.381 | 0.058 | -0.015 |
| SDS\_7 | I notice that I am losing weight | -0.15 | 0.098 | 0.155 |
| SDS\_8 | I have trouble with constipation | 0.032 | 0.092 | 0.253 |
| SDS\_9 | My heart beats faster than usual | 0.115 | 0.23 | 0.268 |
| SDS\_10 | I get tired for no reason | 0.348 | 0.14 | 0.29 |
| SDS\_11 | My mind is as clear as it used to be (-) | 0.563 | -0.018 | 0.191 |
| SDS\_12 | I find it easy to do the things I used to (-) | 0.587 | -0.053 | 0.181 |
| SDS\_13 | I am restless and cant keep still | -0.041 | 0.22 | 0.5 |
| SDS\_14 | I feel hopeful about the future (-) | 0.656 | 0.015 | -0.043 |
| SDS\_15 | I am more irritable than usual | 0.188 | 0.233 | 0.327 |
| SDS\_16 | I find it easy to make decisions (-) | 0.571 | 0.086 | 0.093 |
| SDS\_17 | I feel that I am useful and needed (-) | 0.711 | -0.004 | 0.062 |
| SDS\_18 | My life is pretty full (-) | 0.619 | 0.04 | -0.073 |
| SDS\_19 | I feel that others would be better off if I were dead | 0.247 | 0.102 | 0.247 |
| SDS\_20 | I still enjoy the things I used to do (-) | 0.572 | 0.07 | 0.133 |
| STAI\_1 | I feel pleasant (-) | 0.678 | -0.03 | 0.066 |
| STAI\_2 | I feel nervous and restless | 0.436 | 0.181 | 0.295 |
| STAI\_3 | I feel satisfied with myself (-) | 0.724 | -0.03 | 0.045 |
| STAI\_4 | I wish I could be as happy as others seem to be | 0.461 | 0.162 | 0.185 |
| STAI\_5 | I feel like a failure | 0.608 | 0.08 | 0.181 |
| STAI\_6 | I feel rested (-) | 0.448 | 0.071 | 0.169 |
| STAI\_7 | I am calm, cool, and collected (-) | 0.554 | 0.017 | 0.195 |
| STAI\_8 | I feel that difficulties are piling up so that I cannot overcome them | 0.411 | 0.18 | 0.306 |
| STAI\_9 | I worry too much over something that really doesnt matter | 0.278 | 0.272 | 0.263 |
| STAI\_10 | I am happy (-) | 0.691 | -0.006 | 0.065 |
| STAI\_11 | I have disturbing thoughts | 0.232 | 0.132 | 0.449 |
| STAI\_12 | I lack self confidence | 0.635 | 0.135 | 0 |
| STAI\_13 | I feel secure (-) | 0.632 | -0.001 | 0.146 |
| STAI\_14 | I make decision easily (-) | 0.553 | 0.024 | 0.074 |
| STAI\_15 | I feel inadequate | 0.626 | 0.033 | 0.14 |
| STAI\_16 | I am content (-) | 0.672 | -0.034 | 0.105 |
| STAI\_17 | Some unimportant thoughts runs through my mind and bothers me | 0.201 | 0.232 | 0.429 |
| STAI\_18 | I take disappointments so keenly that I cant put them out of my mind | 0.316 | 0.292 | 0.265 |
| STAI\_19 | I am a steady person (-) | 0.577 | -0.084 | 0.276 |
| STAI\_20 | I get in a state of tension or turmoil as I think over my recent concerns and interests | 0.287 | 0.248 | 0.386 |
| IUS\_1 | Uncertainty stops me from having a firm opinion | 0.289 | 0.305 | 0.164 |
| IUS\_2 | Being uncertain means that a person is disorganized | -0.059 | 0.347 | 0.113 |
| IUS\_3 | Uncertainty makes life intolerable | 0.004 | 0.547 | 0.113 |
| IUS\_4 | its unfair not having any guarantees in life | 0.075 | 0.447 | 0.165 |
| IUS\_5 | My mind cant be relaxed if I dont know what will happen tomorrow | 0.001 | 0.706 | 0.072 |
| IUS\_6 | Uncertainty makes me uneasy, anxious, or stressed | 0.183 | 0.688 | 0.052 |
| IUS\_7 | Unforeseen events upset me greatly | 0.092 | 0.755 | 0.06 |
| IUS\_8 | It frustrates me not having all the information I need | 0.046 | 0.639 | 0.017 |
| IUS\_9 | Uncertainty keeps me from living a full life | 0.213 | 0.645 | 0.034 |
| IUS\_10 | One should always look ahead so as to avoid surprises | -0.102 | 0.591 | -0.199 |
| IUS\_11 | A small unforeseen event can spoil everything, even with the best of planning | 0.07 | 0.505 | -0.043 |
| IUS\_12 | When its time to act, uncertainty paralyses me | 0.209 | 0.573 | 0.122 |
| IUS\_13 | Being uncertain means that I am not first rate | 0.108 | 0.601 | 0.093 |
| IUS\_14 | When I am uncertain, I cant go forward | 0.175 | 0.636 | 0.046 |
| IUS\_15 | When I am uncertain I cant function very well | 0.18 | 0.642 | 0.111 |
| IUS\_16 | Unlike me, others always seem to know where they are going with their lives | 0.405 | 0.375 | 0.038 |
| IUS\_17 | Uncertainty makes me vulnerable, unhappy, or sad | 0.238 | 0.662 | 0.082 |
| IUS\_18 | I always want to know what the future has in store for me | -0.055 | 0.661 | -0.014 |
| IUS\_19 | I cant stand being taken by surprise | 0.132 | 0.628 | -0.092 |
| IUS\_20 | The smallest doubt can stop me from acting | 0.264 | 0.573 | 0.051 |
| IUS\_21 | I should be able to organize everything in advance | -0.126 | 0.754 | -0.117 |
| IUS\_22 | Being uncertain means that I lack confidence | 0.303 | 0.512 | -0.001 |
| IUS\_23 | I think its unfair that other people seem sure about their future | 0.187 | 0.485 | 0.097 |
| IUS\_24 | Uncertainty keeps me from sleeping soundly | 0.116 | 0.537 | 0.22 |
| IUS\_25 | I must get away from all uncertain situations | 0.03 | 0.721 | 0.04 |
| IUS\_26 | The ambiguities in life stress me | 0.22 | 0.666 | 0.095 |
| IUS\_27 | I cant stand being undecided about my future | 0.113 | 0.664 | 0.102 |
| LSAS\_1 | Telephone in public | 0.474 | 0.219 | -0.076 |
| LSAS\_2 | Participating in small groups | 0.538 | 0.225 | -0.082 |
| LSAS\_3 | Eating in public place | 0.383 | 0.144 | -0.068 |
| LSAS\_4 | Drinking with others in public places | 0.352 | 0.196 | -0.074 |
| LSAS\_5 | Talking to people in authority | 0.483 | 0.181 | 0.002 |
| LSAS\_6 | Acting, performing or giving a talk in front of an audience | 0.571 | 0.17 | -0.232 |
| LSAS\_7 | Going to a party | 0.538 | 0.222 | -0.22 |
| LSAS\_8 | Working while being observed | 0.418 | 0.165 | 0.024 |
| LSAS\_9 | Writing while being observed | 0.287 | 0.146 | 0.087 |
| LSAS\_10 | Calling someone you don’t know very well | 0.577 | 0.134 | -0.017 |
| LSAS\_11 | Talking with people you don’t know very well | 0.595 | 0.194 | -0.127 |
| LSAS\_12 | Meeting strangers | 0.564 | 0.236 | -0.179 |
| LSAS\_13 | Urinating in a public bathroom | 0.177 | 0.112 | -0.081 |
| LSAS\_14 | Entering a room when others are already seated | 0.403 | 0.223 | -0.077 |
| LSAS\_15 | Being the centre of attention | 0.577 | 0.213 | -0.257 |
| LSAS\_16 | Speaking up at a meeting | 0.582 | 0.176 | -0.161 |
| LSAS\_17 | Taking a test | 0.323 | 0.205 | 0.029 |
| LSAS\_18 | Expressing a disagreement or disapproval to people you don’t know very well | 0.47 | 0.176 | -0.044 |
| LSAS\_19 | Looking at people you don’t very well in the eyes | 0.443 | 0.153 | 0.05 |
| LSAS\_20 | Giving a report to a group | 0.557 | 0.174 | -0.109 |
| LSAS\_21 | Trying to pick up someone | 0.477 | 0.055 | -0.132 |
| LSAS\_22 | Returning goods to a store | 0.464 | 0.09 | -0.021 |
| LSAS\_23 | Giving a party | 0.532 | 0.136 | -0.143 |
| LSAS\_24 | Resisting a high pressure salesperson | 0.3 | 0.106 | 0.051 |