

Appendix C. *Intolerance of Uncertainty Scale: Scale and Scoring Instructions.*

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 disorganised.	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 paralyses 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 organise 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

Scoring Instructions:

Total IUS Score: sum of all items.

Prospective Anxiety Subscale: sum of items 7, 8, 10, 11, 18, 19 and 21.

Inhibitory Anxiety Subscale: sum of items 9, 12, 15, 20 and 25.