

**Intolerance of Uncertainty Scale - Short Form**  
**(Carleton, Norton, & Asmundson, 2007)**

Please select the option that best corresponds to **how much you agree with each item**.

1 = not characteristic of me

2 = a little characteristic of me

3 = somewhat characteristic of me

4 = very characteristic of me

5 = entirely characteristic of me

1. Unforeseen events upset me greatly.
2. It frustrates me not having all the information I need.
3. Uncertainty keeps me from living a full life.
4. One should always look ahead so as to avoid surprises.
5. A small unforeseen event can spoil everything, even with the best of planning.
6. When it's time to act, uncertainty paralyses me.
7. When I am uncertain I can't function very well.
8. I always want to know what the future has in store for me.
9. I can't stand being taken by surprise.
10. The smallest doubt can stop me from acting.
11. I should be able to organise everything in advance.
12. I must get away from all uncertain situations.