**UPPS-P Impulsive Behavior Scale**

PERSONALITY STUDIES – STUDY: Couples

**Measurement Label:** UPPS

**Measurement ID:** 64

**Filename:** Couples\_UPPS\_final.sav

**Valid Case Summary**

|  |  |  |  |
| --- | --- | --- | --- |
| **TIMEPOINT** | **EVALUATOR** | **LABEL** | **# OF CASES** |
| Intake | Participant | LA | 285 |

**Variables**

|  |  |  |
| --- | --- | --- |
| **SERIAL NUMBER** | **QUESTION** | **POSSIBLE VALUES** |
| 40800 | I have a reserved and cautious attitude toward life. | 1 = Agree Strongly  2 = Agree Some  3 = Disagree Some  4 = Disagree Strongly |
| 40801 | I have trouble controlling my impulses. |
| 40802 | I generally seek new and exciting experiences and sensations. |
| 40803 | I generally like to see things through to the end. |
| 40804 | When I am very happy I can’t seem to stop myself from doing things that can have bad consequences. |
| 40805 | My thinking is usually careful and purposeful. |
| 40806 | I have trouble resisting my cravings (for food, cigarettes, etc). |
| 40807 | I’ll try anything once. |
| 40808 | I tend to give up easily. |
| 40809 | When I am in a great mood, I tend to get into situations that could cause me problems. |
| 40810 | I am not one of those people who blurt things without thinking. |
| 40811 | I often get involved in things I later wish I could get out of. |
| 40812 | I like sports and games in which you have to choose your next move very quickly. |
| 40813 | Unfinished tasks really bother me. | 1 = Agree Strongly  2 = Agree Some  3 = Disagree Some  4 = Disagree Strongly |
| 40814 | When I am very happy, I tend to do things that may cause problems in my life. |
| 40815 | I like to stop and think things over before I do them. |
| 40816 | When I feel bad, I will often do things I later regret in order to make myself feel better now. |
| 40817 | I would enjoy water skiing. |
| 40818 | Once I get going on something I hate to stop. |
| 40819 | I tend to lose control when I am in a great mood. |
| 40820 | I don’t like to start a project until I know exactly how to proceed. |
| 40821 | Sometimes when I feel bad, I can’t seem to stop what I am doing even though it is making me feel worse. |
| 40822 | I quite enjoy taking risks. |
| 40823 | I concentrate easily. |
| 40824 | When I am really ecstatic, I tend to get out of control. |
| 40825 | I would enjoy parachute jumping. |
| 40826 | I finish what I start. |
| 40827 | I tend to value and follow a rational, “sensible” approach to things. |
| 40828 | When I am upset I often act without thinking. |
| 40829 | Others would say I make bad choices when I am extremely happy about something. |
| 40830 | I welcome new and exciting experiences and sensations, even if they are a little frightening and unconventional. |
| 40831 | I am able to pace myself so as to get things done on time. |
| 40832 | I usually make up my mind through careful reasoning. |
| 40833 | When I feel rejected, I will often say things that I later regret. | 1 = Agree Strongly  2 = Agree Some  3 = Disagree Some  4 = Disagree Strongly |
| 40834 | Others are shocked or worried about the things I do when I am feeling very excited. |
| 40835 | I would like to learn to fly an airplane. |
| 40836 | I am a person who always gets the job done. |
| 40837 | I am a cautious person. |
| 40838 | It is hard for me to resist acting on my feelings. |
| 40839 | When I get really happy about something, I tend to do things that can have bad consequences. |
| 40840 | I sometimes like doing things that are a bit frightening. |
| 40841 | I almost always finish projects that I start. |
| 40842 | Before I get into a new situation I liked to find out what to expect from it. |
| 40843 | I often make matters worse because I act without thinking when I am upset. |
| 40844 | When overjoyed, I feel like I can’t stop myself from going overboard. |
| 40845 | I would enjoy the sensation of skiing very fast down a high mountain slope. |
| 40846 | Sometimes there are so many little things to be done that I just ignore them all. |
| 40847 | I usually think carefully before doing anything. |
| 40848 | Before making up my mind, I consider all the advantages and disadvantages. |
| 40849 | When I am really excited, I tend not to think of the consequences of my actions. |
| 40850 | In the heat of an argument, I will often say things that I later regret. |
| 40851 | I would like to go scuba diving. |
| 40852 | I tend to act without thinking when I am really excited. |
| 40853 | I always keep my feelings under control. |
| 40854 | When I am really happy, I often find myself in situations that I normally wouldn’t be comfortable with. | 1 = Agree Strongly  2 = Agree Some  3 = Disagree Some  4 = Disagree Strongly |
| 40855 | I would enjoy fast driving. |
| 40856 | When I am very happy, I feel like it is ok to give in to cravings or overindulge. |
| 40857 | Sometimes I do impulsive things that I later regret. |
| 40858 | I am surprised at the things I do while in a great mood. |
| 40860 | Scoring: Negative Urgency | Mean: 40801\_r1, 40806\_r1, 40811\_r1, 40816\_r1, 40821\_r1, 40828\_r1, 40833\_r1, 40838\_r1,  40843\_r1, 40850\_r1, 40853, 40857\_r1 |
| 40861 | Scoring: (Lack of) Premeditation | Mean: 40800, 40805, 40810, 40815, 40820, 40827, 40832, 40837, 40842, 40847, 40848 |
| 40862 | Scoring: (Lack of) Perseverance | Mean: 40803, 40808\_r1, 40813, 40818, 40823, 40826, 40831, 40836, 40841, 40846\_r1 |
| 40863 | Scoring: Sensation Seeking | Mean: 40802\_r1, 40807\_r1, 40812\_r1, 40817\_r1, 40822\_r1, 40825\_r1, 40830\_r1, 40835\_r1, 40840\_r1, 40845\_r1, 40851\_r1, 40855\_r1 |
| 40864 | Scoring: Positive Urgency | Mean: 40804\_r1, 40809\_r1, 40814\_r1, 40819\_r1, 40824\_r1, 40829\_r1, 40834\_r1, 40839\_r1, 40844\_r1, 40849\_r1, 40852\_r1, 40854\_r1, 40856\_r1, 40858\_r1 |