

PERSONAL EVALUATION – BIS 11 A

Name: _____

Date: _____

Directions: People differ in the ways they act and think in different situations. This is a test to measure some of the ways in which you act and think. Read each statement and darken the appropriate circle on the right side of the page. Do not spend too much time on any statement. Answer quickly and honestly.

	BIS-11A	Translate into BIS-11	SIMILAR	DIFFERENT
1. I plan tasks carefully	NP	NP	X	
2. I do things without thinking	M	M	X	
3. I am happy-go-lucky	NP	M		X
4. I have “racing” thoughts	C/A	C/A	X	
5. I plan trips well ahead of time	NP	NP	X	
6. I am self-controlled	M	NP		X
7. I concentrate easily	C/A	C/A	X	
8. I save regularly	NP	NP		
9. I find it hard to sit still for long periods of time	M	-		X
10. I am a careful thinker	C/A	NP		X
11. I plan for job security	NP	NP	X	
12. I say things without thinking	M	NP		X
13. I like to think about complex problems	C/A	NP		X
14. I change jobs	NP	M		X
15. I act “on impulse”	M	M		
16. I get easily bored when solving thought problems	C/A	NP		X
17. I have regular medical/dental checkups	NP	-		X
18. I act on the spur of the moment	M	M	X	
19. I am a steady thinker	C/A	C/A	X	
20. I change where I live	NP	M		X
21. I buy things on impulse	M	M	X	
22. I finish what I start	NP	-		X
23. I walk and move fast	M	-		X
24. I solve problems by trial-and-error	C/A	-		X
25. I spend or charge more than I earn	NP	M		X
26. I talk fast	M	-		X
27. I have outside thoughts when thinking	C/A	C/A	X	
28. I am more interested in the present than the future	NP	NP	X	
29. I am restless at lectures or talks	M	C/A		X
30. I plan for the future	NP	M		X

Overlap between BIS-11A and BIS-11 items. The colors represent the original scoring key and the key to translate BIS-11A items into BIS-11 items (green = NP; yellow = C/A; red = M; empty (-) = not present in BIS-11).

BIS 11_A TO BIS-11: SCORING

Name: _____

Date: _____

Directions: People differ in the ways they act and think in different situations. This is a test to measure some of the ways in which you act and think. Read each statement and darken the appropriate circle on the right side of the page. Do not spend too much time on any statement. Answer quickly and honestly.

	RARELY/NEVER	OCCASIONALLY	OFTEN	ALMOST ALWAYS / ALWAYS
1. I plan tasks carefully	4	3	2	1
2. I do things without thinking	1	2	2	4
3. I am happy-go-lucky	1	2	2	4
4. I have "racing" thoughts	1	2	2	4
5. I plan trips well ahead of time	4	3	2	1
6. I am self-controlled	4	3	2	1
7. I concentrate easily	4	3	2	1
8. I save regularly	4	3	2	1
10. I am a careful thinker	4	3	2	1
11. I plan for job security	4	3	2	1
12. I say things without thinking	1	2	2	4
13. I like to think about complex problems	4	3	2	1
14. I change jobs	1	2	2	4
15. I act "on impulse"	1	2	2	4
16. I get easily bored when solving thought problems	1	2	2	4
18. I act on the spur of the moment	1	2	2	4
19. I am a steady thinker	4	3	2	1
20. I change where I live	1	2	2	4
21. I buy things on impulse	1	2	2	4
25. I spend or charge more than I earn	1	2	2	4
27. I have outside thoughts when thinking	1	2	2	4
28. I am more interested in the present than the future	1	2	2	4
29. I am restless at lectures or talks	1	2	2	4
30. I plan for the future	4	3	2	1

Prorating score to BIS-11 Total Impulsiveness: (score/24)*30

BIS 11_A TO BIS-11: NON-PLANNING IMPULSIVENESS

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Date: _____

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	RARELY/NEVER	OCCASIONALLY	OFTEN	ALMOST ALWAYS / ALWAYS
1. I plan tasks carefully	4	3	2	1
5. I plan trips well ahead of time	4	3	2	1
6. I am self-controlled	4	3	2	1
8. I save regularly	4	3	2	1
10. I am a careful thinker	4	3	2	1
11. I plan for job security	4	3	2	1
12. I say things without thinking	1	2	2	4
13. I like to think about complex problems	4	3	2	1
16. I get easily bored when solving thought problems	1	2	2	4
28. I am more interested in the present than the future	1	2	2	4

Prorating score to BIS-11 Non-planning Impulsiveness: (score/10)*11

BIS 11_A TO BIS-11: COGNITIVE/ATTENTIONAL IMPULSIVENESS

Name: _____

Date: _____

Directions: People differ in the ways they act and think in different situations. This is a test to measure some of the ways in which you act and think. Read each statement and darken the appropriate circle on the right side of the page. Do not spend too much time on any statement. Answer quickly and honestly.

	RARELY/NEVER	OCCASIONALLY	OFTEN	ALMOST ALWAYS / ALWAYS
4. I have “racing” thoughts	1	2	2	4
7. I concentrate easily	4	3	2	1
19. I am a steady thinker	4	3	2	1
27. I have outside thoughts when thinking	1	2	2	4
29. I am restless at lectures or talks	1	2	2	4

Prorating score to BIS-11 Cognitive Impulsiveness: (score/5)*8

BIS 11_A TO BIS-11: MOTOR IMPULSIVENESS

Name: _____

Date: _____

Directions: People differ in the ways they act and think in different situations. This is a test to measure some of the ways in which you act and think. Read each statement and darken the appropriate circle on the right side of the page. Do not spend too much time on any statement. Answer quickly and honestly.

	RARELY/NEVER	OCCASIONALLY	OFTEN	ALMOST ALWAYS / ALWAYS
2. I do things without thinking	1	2	2	4
3. I am happy-go-lucky	1	2	2	4
14. I change jobs	1	2	2	4
15. I act "on impulse"	1	2	2	4
18. I act on the spur of the moment	1	2	2	4
20. I change where I live	1	2	2	4
21. I buy things on impulse	1	2	2	4
25. I spend or charge more than I earn	1	2	2	4
30. I plan for the future	4	3	2	1

Prorating score to BIS-11 Motor Impulsiveness: (score/9)*11