





Scoring:

1. Lack of premeditation. Items are 4, 6, 10, 16, 23, 25, 28, 29 (reverse code all but item 4)
2. Negative urgency. Items are 1, 7, 11, 17, 20, 26, 30, 32
3. Sensation seeking. Items are 2, 8, 12, 14, 18, 21, 27, 31
4. Lack of perseverance. Items are 3, 5, 9, 13, 15, 19, 22, 24 (reverse code all items)
5. Positive urgency. Items are 33-40

The reason to reverse code is so that high scores on each scale are in the impulsivity direction.