TABLE 3.6 INTOLERANCE OF UNCERTAINTY SCALE (IUS)

You will find below a series of statements that 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 write the number that describes you best in the space before each item).

1	2	3	4	5	
Not at all	A little	Somewhat	Very	Entirely	
characteris	ic characteristic	characteristic	characteristic	characteristic	
of me	of me	of me	of me	of me	
	**				
1. Uncertainty stops me from having a firm opinion.					
2. Being uncertain means that a person is disorganized.					
3. Uncertainty makes life intolerable.					
4. It's not fair that there are no guarantees in life.					
5.	5. My mind can't be relaxed if I don't know what will happen tomorrow.				
6.	6. Uncertainty makes me uneasy, anxious, or stressed.				
7.	7. Unforeseen events upset me greatly.				
8.	8. It frustrates me not having all the information I need.				
9. Being uncertain allows me to foresee the consequences beforehand and					
	to prepare for them.				
10.	. One should always look ahead so as to avoid surprises.				
11.	1. A small unforeseen event can spoil everything, even with the best of				
	planning.				
12.	When it's time to act, uncertainty paralyzes me.				
13.	Being uncertain means that I am not first-rate.				
14.	When I am uncertain I can't go forward.				
15.	When I am uncertain I can't function very well.				
16.	Unlike me, others always seem to know where they are going with their				
	lives.				
17.	Uncertainty makes me vulnerable, unhappy, or sad.				
18.	I always want to know what the future has in store for me.				
19.	I hate being taken by surprise.				
20.	The smallest doubt stops me from acting.				
21.	. I should be able to organize everything in advance.				
22.	22. Being uncertain means that I lack confidence.				
	23. I think it's unfair that other people seem sure about their future.				
24.	24. Uncertainty stops me from sleeping well.				
25.	25. I must get away from uncertain situations.				
26. The ambiguities in life stress me.					
	7. I can't stand being undecided about my future.				
	Total score (sum of yo				