

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
	<i>Not at all characteristic of me</i>	<i>A little characteristic of me</i>	<i>Somewhat characteristic of me</i>	<i>Very characteristic of me</i>	<i>Entirely characteristic of me</i>
_____	1.				
_____	2.				
_____	3.				
_____	4.				
_____	5.				
_____	6.				
_____	7.				
_____	8.				
_____	9.				
_____	10.				
_____	11.				
_____	12.				
_____	13.				
_____	14.				
_____	15.				
_____	16.				
_____	17.				
_____	18.				
_____	19.				
_____	20.				
_____	21.				
_____	22.				
_____	23.				
_____	24.				
_____	25.				
_____	26.				
_____	27.				
_____	Total score (sum of your scores above)				