

Barratt Impulsiveness Scale (BIS-11)

English Version

The Barratt Impulsiveness Scale (BIS-11) is a widely utilized 30-item self-report instrument for assessing impulsivity. It is designed for the assessment of impulsivity in both research and clinical settings.

Patton, J.H.; Stanford, M.S.; Barratt, E.S. (November 1995). "Factor structure of the Barratt Impulsiveness Scale". *Journal of Clinical Psychology*. **51** (6): 768–74. doi:[10.1002/1097-4679\(199511\)51:6<768::AID-JCLP2270510607>3.0.CO;2-1](https://doi.org/10.1002/1097-4679(199511)51:6<768::AID-JCLP2270510607>3.0.CO;2-1). PMID [8778124](https://pubmed.ncbi.nlm.nih.gov/8778124/).

https://en.wikipedia.org/wiki/Barratt_Impulsiveness_Scale

<https://www.sciencedirect.com/science/article/pii/S0191886909001639>

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 put an X on the appropriate circle on the right side of this 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.
- 2 I do things without thinking.
- 3 I make-up my mind quickly.
- 4 I am happy-go-lucky.
- 5 I don't "pay attention."
- 6 I have "racing" thoughts.
- 7 I plan trips well ahead of time.
- 8 I am self controlled.
- 9 I concentrate easily.
- 10 I save regularly.
- 11 I "squirm" at plays or lectures.
- 12 I am a careful thinker.
- 13 I plan for job security.
- 14 I say things without thinking.
- 15 I like to think about complex problems.
- 16 I change jobs.
- 17 I act "on impulse."
- 18 I get easily bored when solving thought problems.
- 19 I act on the spur of the moment.
- 20 I am a steady thinker.
- 21 I change residences.

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 put an X on the appropriate circle on the right side of this page. Do not spend too much time on any statement. Answer quickly and honestly.

Rarely/Never Occasionally Often Almost Always/Always

22 I buy things on impulse.

23 I can only think about one thing at a time.

24 I change hobbies.

25 I spend or charge more than I earn.

26 I often have extraneous thoughts when thinking.

27 I am more interested in the present than the future.

28 I am restless at the theater or lectures.

29 I like puzzles.

30 I am future oriented.

BIS-11 Administration and Scoring

by [Nick Schlienz](#) — last modified 2006-11-30 08:00

A brief summary of the factor structure of the BIS-11 and scoring protocol.

The Barratt Impulsiveness Scale, Version 11 (BIS-11; Patton et al., 1995) is a 30 item self-report questionnaire designed to assess general impulsiveness taking into account the multi-factorial nature of the construct. The structure of the instrument allows for the assessment of six first-order factors (attention, motor, self-control, cognitive complexity, perseverance, cognitive instability) and three second-order factors (attentional impulsiveness [attention and cognitive instability], motor impulsiveness [motor and perseverance], nonplanning impulsiveness [self-control and cognitive complexity]). A total score is obtained by summing the first or second-order factors. The items are scored on a four point scale (Rarely/Never [1], Occasionally [2], Often [3], Almost Always/Always [4]).

[BIS-11 English Version](#)

1st Order Factor Item Content

Attention (5 items): 5, 9*, 11, 20*, 28

Motor (7 items): 2, 3, 4, 17, 19, 22, 25

Self-Control (6 items): 1*, 7*, 8*, 12*, 13*, 14

Cognitive Complexity (5 items): 10*, 15*, 18, 27, 29*

Perseverance (4 items): 16, 21, 23, 30*

Cognitive Instability (3 items): 6, 24, 26

2nd Order Factor Item Content

Attentional Impulsiveness (8 items): 6, 5, 9*, 11, 20*, 24, 26, 28

Motor Impulsiveness (11 items): 2, 3, 4, 16, 17, 19, 21, 22, 23, 25, 30*

Nonplanning Impulsiveness (11 items): 1*, 7*, 8*, 10*, 12*, 13*, 14, 15*, 18, 27, 29*

*Reversed item scored 4, 3, 2, 1

If you have questions concerning the BIS-11 please

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