

Table 1. *Final Items Included in the SUPPS-P (Lynam, 2013)*

Negative Urgency ($M = 1.35$, $SD = 0.70$; Range: 0.00 – 3.00; $\alpha = 0.78$)

- 6. (17.) When I feel bad, I will often do things I later regret in order to make myself feel better now. **(R)**
- 8. (22.) Sometimes when I feel bad, I can't seem to stop what I am doing even though it is making me feel worse. **(R)**
- 13. (29.) When I am upset I often act without thinking.* **(R)**
- 15. (34.) When I feel rejected, I will often say things that I later regret.* **(R)**

Lack of Perseverance ($M = 0.64$, $SD = 0.54$; Range: 0.00 – 2.67; $\alpha = 0.79$)

- 1. (4.) I generally like to see things through to the end.*
- 4. (14.) Unfinished tasks really bother me.
- 7. (19.) Once I get going on something I hate to stop.
- 11. (27.) I finish what I start.

Lack of Premeditation ($M = 0.80$, $SD = 0.56$; Range: 0.00 – 2.50; $\alpha = 0.85$)

- 2. (6.) My thinking is usually careful and purposeful.*
- 5. (16.) I like to stop and think things over before I do them.
- 12. (28.) I tend to value and follow a rational, "sensible" approach to things.
- 19. (48.) I usually think carefully before doing anything.*

Sensation Seeking ($M = 1.78$, $SD = 0.73$; Range: 0.00 – 3.00; $\alpha = 0.74$)

- 9. (23.) I quite enjoy taking risks.* **(R)**
- 14. (31.) I welcome new and exciting experiences and sensations, even if they are a little frightening and unconventional.* **(R)**
- 16. (36.) I would like to learn to fly an airplane. **(R)**
- 18. (46.) I would enjoy the sensation of skiing very fast down a high mountain slope. **(R)**

Positive Urgency ($M = 0.90$, $SD = 0.74$; Range: 0.00 – 3.00; $\alpha = 0.85$)

- 3. (10.) When I am in great mood, I tend to get into situations that could cause me problems. **(R)**
- 10. (20.) I tend to lose control when I am in a great mood. **(R)**
- 17. (35.) Others are shocked or worried about the things I do when I am feeling very excited. **(R)**
- 20. (52.) I tend to act without thinking when I am really excited.* **(R)**

Note. Item numbers indicate the item order on the Short UPPS-P, whereas numbers in parentheses indicate the original item numbers on the UPPS-P. All items are rated on a four point scale from 1 (strongly agree) to 4 (strongly disagree). Items with an (R) are reverse coded, so that higher values indicate more impulsive behavior. Total subscale or Mean subscale scores can be calculated. * indicates that the item is also present in the French Short UPPS-P Scale. † indicates that the item is also present in the Spanish Short UPPS-P Scale.

(R) indicates the item needs to be reverse scored such 1=4, 2=3, 3=2, and 4=1

Short UPPS-P

Below are a number of statements that describe ways in which people act and think. For each statement, please indicate how much you agree or disagree with the statement. If you **Agree Strongly** circle **1**, if you **Agree Somewhat** circle **2**, if you **Disagree somewhat** circle **3**, and if you **Disagree Strongly** circle **4**. Be sure to indicate your agreement or disagreement for every statement below.

	Agree Strongly	Agree Some	Disagree Some	Disagree Strongly
1. I generally like to see things through to the end.	1	2	3	4
2. My thinking is usually careful and purposeful.	1	2	3	4
3. When I am in great mood, I tend to get into situations that could cause me problems.	1	2	3	4
4. Unfinished tasks really bother me.	1	2	3	4
5. I like to stop and think things over before I do them.	1	2	3	4
6. When I feel bad, I will often do things I later regret in order to make myself feel better now.	1	2	3	4
7. Once I get going on something I hate to stop.	1	2	3	4
8. Sometimes when I feel bad, I can't seem to stop what I am doing even though it is making me feel worse.	1	2	3	4
9. I quite enjoy taking risks.	1	2	3	4
10. I tend to lose control when I am in a great mood.	1	2	3	4
11. I finish what I start.	1	2	3	4
12. I tend to value and follow a rational, "sensible" approach to things.	1	2	3	4
13. When I am upset I often act without thinking.	1	2	3	4
14. I welcome new and exciting experiences and sensations, even if they are a little frightening and unconventional.	1	2	3	4
15. When I feel rejected, I will often say things that I later regret.	1	2	3	4
16. I would like to learn to fly an airplane.	1	2	3	4
17. Others are shocked or worried about the things I do when I am feeling very excited.	1	2	3	4
18. I would enjoy the sensation of skiing very fast down a high mountain slope.	1	2	3	4
19. I usually think carefully before doing anything.	1	2	3	4
20. I tend to act without thinking when I am really excited.	1	2	3	4