**Intolerance of Uncertainty Behaviours in Everyday Life**

**IUBEL 1.0 -Situational Version**

Many situations in life have an element of uncertainty, that is not knowing what will happen. How much depends on the situation, and novel situations, whether new but will be re-encountered or complete “one offs” are likely to be more uncertain. Some people embrace uncertainty whereas others dislike it intensely. People use a variety of behaviours in the face of uncertainty. This questionnaire is about the behaviours that people may use in the face of an uncertain situation.

By an uncertain situation we mean something hasn’t happened yet where there are possibilities of positive, neutral, or negative outcomes. It is a situation where the outcome cannot yet be known.

**Please think of an uncertain situation that hasn’t happened yet, one where there could be a good outcome, or one that is neutral (OK, acceptable) or one that could be considered a bad outcome. The key issue is that you just don’t know yet.**

**Please briefly describe the situation:**

**Place rate how much you use each of the following strategies to when dealing with this situation using the following scale.**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **0** | **1** | **2** | **3** | **4** |
| **Never** | **Rarely** | **Sometimes** | **Often** | **Very frequently** |

|  |  |  |
| --- | --- | --- |
|  | I approach this situation half-heartedly or in a roundabout way | 0 1 2 3 4 |
|  | In this situation, I become a control freak | 0 1 2 3 4 |
|  | I churn this situation over and over in my mind | 0 1 2 3 4 |
|  | I constantly reassure myself about this situation | 0 1 2 3 4 |
|  | I distract myself from this situation by doing various other things | 0 1 2 3 4 |
|  | In this situation, I do the first thing that comes into my mind to get it out to the way | 0 1 2 3 4 |
|  | I find out as much as I can about this situation (internet, family, friends, professional services) | 0 1 2 3 4 |
|  | I focus completely on this situation to the exclusion of all other things | 0 1 2 3 4 |
|  | I get sick of thinking about this situation and make an impulsive decision to be done with it | 0 1 2 3 4 |
|  | In this situation, I have back-up plans or a fall-back strategy | 0 1 2 3 4 |
|  | In this situation, I just give up | 0 1 2 3 4 |
|  | I keep a constant eye on this situation without doing anything about it | 0 1 2 3 4 |
|  | I keep away from anything that will remind me of this situation, or force me to deal with it | 0 1 2 3 4 |
|  | In this situation, I know what to do but wait until the time is right to take action | 0 1 2 3 4 |
|  | In this situation, I make a plan and start to do something, then stop | 0 1 2 3 4 |
|  | In this situation, I make a quick decision, even though I know it may not be the best course of action | 0 1 2 3 4 |
|  | I plan everything in great detail in this situation | 0 1 2 3 4 |
|  | I prepare myself for all eventualities in this situation | 0 1 2 3 4 |
|  | I put off doing something about it until the last minute in this situation | 0 1 2 3 4 |
|  | I put off thinking about it until later in this situation | 0 1 2 3 4 |
|  | I run through everything I know about this situation again and again | 0 1 2 3 4 |
|  | I track this situation but don't act until I have to | 0 1 2 3 4 |
|  | I try and ignore this situation | 0 1 2 3 4 |
|  | In this situation, I'd rather do anything now than do nothing at all | 0 1 2 3 4 |

Please continue on next page

**Please answer the following questions about this situation:**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Now rate the following questions by circling the corresponding number:** | **Not at all** | **A bit** | | **Moderately** | | | **Very/ A lot** | **Extremely/ Completely** | |
| How uncertain do you feel? | 0 | | 1 | | 2 | 3 | | | 4 |
| How much does this uncertainty bother you? | 0 | | 1 | | 2 | 3 | | | 4 |

Now please briefly describe

Possible **positive** outcome:

Possible **neutral** outcome (OK, good enough, acceptable…):

Possible **negative** outcome:

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Now rate the following questions by circling the corresponding number:** | **Not at all** | **A bit** | | **Moderately** | | | **Very/ A lot** | **Extremely/ Completely** | |
| How **positive** do you think the **positive** outcome could be? | 0 | | 1 | | 2 | 3 | | | 4 |
| How likely is the **positive** outcome? | 0 | | 1 | | 2 | 3 | | | 4 |
| How **negative** do you think the **negative** outcome could be? | 0 | | 1 | | 2 | 3 | | | 4 |
| How likely is the **negative** outcome? | 0 | | 1 | | 2 | 3 | | | 4 |
| How likely is the **neutral** outcome? | 0 | | 1 | | 2 | 3 | | | 4 |