



Data Collection Worksheet

Please Note: The Data Collection Worksheet (DCW) is a tool to aid integration of a PhenX protocol into a study. The PhenX DCW is not designed to be a data collection instrument. Investigators will need to decide the best way to collect data for the PhenX protocol in their study. Variables captured in the DCW, along with variable names and unique PhenX variable identifiers, are included in the PhenX Data Dictionary (DD) files.

Intolerance of Uncertainty Scale (IUS)

You will find below a series of statements which 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 circle a number (1 to 5) that describes you best.

	Not at all characteristic of me		Somewhat characteristic of me		Entirely characteristic of me
1. Uncertainty stops me from having a firm opinion.	1	2	3	4	5
2. Being uncertain means that a person is disorganized.	1	2	3	4	5
3. Uncertainty makes life intolerable.	1	2	3	4	5
4. It's unfair not having any guarantees in life.	1	2	3	4	5
5. My mind can't be relaxed if I don't know what will happen tomorrow.	1	2	3	4	5

6. Uncertainty makes me uneasy, anxious, or stressed.	1	2	3	4	5
7. Unforeseen events upset me greatly..	1	2	3	4	5
8. It frustrates me not having all the information I need.	1	2	3	4	5
9. Uncertainty keeps me from living a full life.	1	2	3	4	5
10. One should always look ahead so as to avoid surprises.	1	2	3	4	5
11. A small unforeseen event can spoil everything, even with the best of planning.	1	2	3	4	5
12. When it's time to act, uncertainty paralyzes me.	1	2	3	4	5
13. Being uncertain means that I am not first rate.	1	2	3	4	5
14. When I am uncertain, I can't go forward.	1	2	3	4	5
15. When I am uncertain I can't function very well.	1	2	3	4	5
16. Unlike me, others	1	2	3	4	5

always seem to know
where they are going with
their lives.

17. Uncertainty makes me
vulnerable, unhappy, or
sad.

1 2 3 4 5

18. I always want to know
what the future has in
store for me..

1 2 3 4 5

19. I can't stand being
taken by surprise.

1 2 3 4 5

20. The smallest doubt can
stop me from acting.

1 2 3 4 5

21. I should be able to
organize everything in
advance.

1 2 3 4 5

22. Being uncertain means
that I lack confidence.

1 2 3 4 5

23. I think it's unfair that
other people seem sure
about their future.

1 2 3 4 5

24. Uncertainty keeps me
from sleeping soundly.

1 2 3 4 5

25. I must get away from
all uncertain situations.

1 2 3 4 5

26. The ambiguities in life

1 2 3 4 5

stress me.

27. I can't stand being
undecided about my
future.

	1	2	3	4	5
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Scoring Instructions The IUS may be used as a unifactorial or a bifactorial assessment tool. To score the IUS as a unifactorial tool, add up the responses for each of the items. As a bifactorial tool, the IUS is used to assess the following two factors:

Factor 1: Uncertainty has negative behavioural and self-referent implications

Factor 2: Uncertainty is unfair and spoils everything

To score Factor 1, add up the responses for items 1, 2, 3, 9, 12, 13, 14, 15, 16, 17, 20, 22, 23, 24, and 25

To score Factor 2, add up the responses for items 4, 5, 6, 7, 8, 10, 11, 18, 19, 21, 26, and 27

Protocol source: <https://www.phenxtoolkit.org/protocols/view/650701>