Melbourne Decision Making hyper-vigilance subscale

Instructions: People differ in the way they go about making decisions. Please indicate how you make decisions by ticking for each question the response which best fits your usual style (Possible responses: “True for me,” “Sometimes true,” and “Not true for me”).

1. I like to consider all of the alternatives.
2. I try to find out the disadvantages of all alternatives.
3. I consider how best to carry out a decision.
4. When making decisions I like to collect a lot of information.
5. I try to be clear about my objectives before choosing.
6. I take a lot of care before choosing.
7. I avoid making decisions.
8. I do not make decisions unless I really have to.
9. I prefer to leave decisions to others.
10. I do not like to take responsibility for making decisions.
11. If a decision can be made by me or another person I let the other person make it.
12. I prefer that people who are better informed decide for me.
13. I waste a lot of time on trivial matters before getting to the final decision.
14. Even after I have made a decision I delay acting upon it.
15. When I have to make a decision I wait a long time before starting to think about it.
16. I delay making decisions until it is too late.
17. I put off making decisions.
18. Whenever I face a difficult decision I feel pessimistic about finding a good solution.
19. I feel as if I am under tremendous time pressure when making decisions.
20. The possibility that some small thing might go wrong causes me to swing abruptly in my preference.
21. I cannot think straight if I have to make a decision in a hurry.
22. After a decision is made I spend a lot of time convincing myself it was correct.

Self-Assessments of Risk Perception and Sensation Seeking

Risk Perception Scale (1-5 scale; 1= Very unlikely, 5=Very likely)

How likely is it that something bad would happen to you if you:

1. Drove over the speed limit?
2. Drove while drunk?
3. Drove without a seatbelt?
4. Drank a lot?
5. Had sex with someone you just met?
6. Got drunk and had sex with someone you just met?

Risk-Taking and Impulsivity Scale (1-4 scale; 1=Not at all, 4=Quite a lot)

How much does each of the following statements describe you?

1. I often act on the spur of the moment without stopping to think.
2. I get a real kick out of doing things that are a little dangerous.
3. You might say I act impulsively.
4. I like to test myself every now and then by doing something a little chancy.
5. Many of my actions seem to be hasty.

Sensation-Seeking Scale (1-4 scale; 1=Not at all, 4=Quite a lot)

How much does each of the following statements describe you?

1. I'm always up for a new experience.
2. I like to try new things for the excitement.
3. I go for the thrills in life when I get a chance.
4. I like to experience new and different sensations.

Barratt Impulsiveness Scale, Version 11 (BIS)

Instructions: Please tick the response that best indicates your usual style (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.
22. I buy things on impulse.
23. I can only think about one problem 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.

Impulsive Sensation Seeking (ImpSS) Subscale of the Zuckerman-Kuhlman Personality Questionnaire (ZKPQ)

Instructions: If you agree with a statement or decide that it describes you, answer TRUE. If you disagree with a statement or feel that it is not descriptive of you, answer FALSE. Answer every statement either True or False, even if you are not entirely sure of your answer.

1. I tend to begin a new job without much advance planning on how I will do it.
2. I usually think about what I am going to do before doing it.
3. I often do things on impulse.
4. I very seldom spend much time on the details of planning ahead.
5. I like to have new and exciting experience and sesations even if they are a little frightening.
6. Before I begin a complicated job, I make careful plans.
7. I would like to take off on a trip with no preplanned or definite routes or timetable.
8. I enjoy getting into new situations where you can't predict how things will turn out.
9. I like doing things just for the thrill of it.
10. I tend to change interests frequently.
11. I sometimes like to do things that are a little frightening.
12. I'll try anything once.
13. I would like the kind of life where one is on the move and traveling a lot, with lots of change and excitement.
14. I sometimes do "crazy" things just for fun.
15. I like to explore a strange city or section of town by myself, even if it means getting lost.
16. I prefer friends who are excitingly unpredictable.
17. I often get so carried away by new and exciting things and ideas that I never think of possible complications.
18. I am an impulsive person.
19. I like "wild" uninhibited parties.

Risk Perception Questionnaire

Instructions: Compared to other adults of your age and gender, how likely is it that you will <*fill in event here*> at some point in your lifetime (using the scale below)?

Much less likely	Less likely	A little less likely	Equally likely	A little more likely	More likely	Much more likely
-3	-2	-1	0	1	2	3

1. _____ Lose a large amount of money while gambling
2. _____ Suffer from frostbite
3. _____ Get sick due to toxic gas in your home
4. _____ Get a cut, while preparing food, severe enough to need treatment
5. _____ Experience a fatal overdose of a prescription painkiller
6. _____ Develop asthma
7. _____ Get robbed on the street
8. _____ Become anemic
9. _____ Get sick from exposure to hazardous waste
10. _____ Experience an earthquake
11. _____ Experience non-fatal heat stroke
12. _____ Contract a non-fatal STD (Sexually Transmitted Disease)
13. _____ Experience asbestos poisoning
14. _____ Develop diabetes
15. _____ Experience a fatal overdose of aspirin or Tylenol
16. _____ Be injured by debris falling from space
17. _____ Be injured in a car as a result of not wearing a seatbelt
18. _____ Accidentally drown
19. _____ Contract a case of the common cold
20. _____ Be pressured by friends or family to commit a crime
21. _____ Experience a fatal fall
22. _____ Contract lung cancer
23. _____ Get sick as the result of a vaccination
24. _____ Contract a non-fatal case of influenza
25. _____ Develop cataracts
26. _____ Experience obesity
27. _____ Be the victim of a non-fatal violent crime
28. _____ Develop glaucoma
29. _____ Get sick as a result of drinking water contamination
30. _____ Develop arthritis
31. _____ Experience a non-fatal case of appendicitis
32. _____ Develop gum disease
33. _____ Witness a crime being committed
34. _____ Be involved in an automobile crash as a passenger

35. _____ Get a dog bite that requires medical treatment
36. _____ Be sent to jail
37. _____ Contract a non-fatal case of pneumonia
38. _____ Get sick from using someone else's toothbrush
39. _____ Undergo an organ transplant operation
40. _____ Get sick from exposure to chemical fertilizer