

# TCU ADOL THKFORM A

## *Scales and Item Scoring Guide*

**Scoring Instructions.** Numbers for each item indicate its location in the administration version, in which response categories are 1=Disagree Strongly to 5=Agree Strongly; ® designates items with reflected scoring. Scores for each scale are obtained by summing responses to its set of items (after reversing scores on reflected items by subtracting the item response from “6”), dividing the sum by number of items included (yielding an average) and multiplying by 10 in order to rescale final scores so they range from 10 to 50 (e.g., an average response of 2.6 for a scale becomes a score of “26”). Note: \*\*\*\* indicates items that are not used in scale development.

### GENERAL THINKING SCALES

#### **A. Negative Urgency (NUY)**

- 4. When I am upset I often act without thinking.
- 7. When I feel rejected, I will often say things that I later regret.
- 10. It is hard for me to resist acting on my feelings.
- 19. Sometimes when I feel bad, I can't seem to stop what I am doing even though it making me feel worse.
- 25. I often make matters worse because I act without thinking when I am upset.
- 27. In the heat of an argument, I will often say things that I later regret.

#### **B. Positive Urgency (PUY)**

- 9. When I am very happy, I feel like it is OK to give in to cravings or overindulge.
- 11. When I am really happy, I tend to get out of control.
- 17. When I am really happy, I often find myself in situations that I normally wouldn't be comfortable with.
- 29. Others are shocked or worried about the things I do when I am feeling very excited.
- 31. When I get really happy about something, I tend to do things that can have consequences.
- 33. When I am really excited, I tend not to think of the consequences of my actions.

#### **C. Premeditation (PMY)**

- 2. Before making up my mind, I consider the advantages and disadvantages.
- 5. I am a cautious person.
- 8. I tend to follow a rational, "sensible" approach to things.
- 12. I usually think carefully before doing most things.
- 21. I like to stop and think things over before I do them.
- 32. I usually make up my mind through careful thinking.

#### **D. Attention (ATY)**

- 1. I am usually able to concentrate well when reading.
- 14. I am usually able to concentrate well when listening.
- 22. I have trouble paying attention. ®
- 24. I have problems sticking with tasks until they are done. ®
- 35. I am usually distracted when doing work. ®

## **DRUG USE THINKING**

### **Control over Drug Use (CPDU)**

- 20. My use of alcohol/drugs is not a problem unless I get caught.\*\*\*\*
- 23. Alcohol/drug use doesn't affect my ability to drive safely.\*\*\*\*
- 26. I am in full control of my alcohol/drug use.
- 28. I will not get hurt from using alcohol/drugs.
- 34. I could stop my alcohol/drug use at any time.

### **Drug Culture (DCU)**

- 3. Alcohol helps me feel a part of things.
- 6. Drugs help make a party better.
- 13. Drugs help me feel a part of things.
- 15. It is normal to use alcohol when you are a teenager.
- 16. Alcohol helps make a party better.
- 18. It is normal to use drugs when you are a teenager.
- 30. I feel pressure from my friends to use alcohol/drugs.\*\*\*\*

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