

Impulse Control
Hamby, Taylor, Smith, & Blount, 2018

Impulse Control is an important element in one’s ability to self-regulate. Impulse control refers to the ability to manage and inhibit actions without forethought or done in spite of consequences. The scale consists of seven items with item two from Whiteside & Lynam (2001). This questionnaire has been validated to be used in youth and adult populations.

Development and validation of measure: To establish reliability and validity for new and adapted items, we conducted a study with 354 adults and 440 youth participants from rural areas of the southeast, recruited through a local email classifieds list and word-of-mouth. Internal consistency (coefficient alpha) for the adult and youth sample was .77 and .63, respectively. Validity was established in the adult and youth sample with moderate to strong correlations with other measures, such as Self-reliance ($r=.37$; $r=.27$), Endurance ($r=.24$; $r=.39$), and Recovering Positive Affect ($r=.41$; $r=.31$).

Scoring: Each answer category was assigned a value from 4 to 1. Participant’s raw scores on each item were standardized into z-scores. The scale-level mean was calculated from the item-level z-scores for participants who responded to at least half of the items on the scale, with higher scores indicating higher levels of impulse control.

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1. I stop to think before I act.
Mostly true about me 4
Somewhat true about me 3
A little true about me 2
Not true about me 1
2. I sit still in class.
Mostly true about me 4
Somewhat true about me 3
A little true about me 2
Not true about me 1
3. I can keep quiet when I need to.
Mostly true about me 4
Somewhat true about me 3
A little true about me 2
Not true about me 1
4. I can keep my thoughts to myself.
Mostly true about me 4
Somewhat true about me 3
A little true about me 2
Not true about me 1
5. I stay out of trouble at school.
Mostly true about me 4

Youth

Somewhat true about me	3
A little true about me	2
Not true about me	1