

Entered: __/__/20__
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For office use only.

UPPS-P: Version 1/29/2014 FORMV

Patient ID _____ - _____ - _____
ID

UPPDAT Form Completion Date __/__/20__
mm dd yy

VISIT Visit: _____

Directions: Below are a number of statements that describe ways in which people act and think. For each statement, please indicate how much you agree or disagree with the statement. If you **Agree Strongly** circle **1**, if you **Agree Somewhat** circle **2**, if you **Disagree Somewhat** circle **3**, and if you **Disagree Strongly** circle **4**. Be sure to indicate your agreement or disagreement for every statement below and on the following page.

	Agree strongly	Agree some	Disagree some	Disagree strongly
1. I have trouble controlling my impulses. IMPCTRL		2	3	4
2. When I am very happy, I can't seem to stop myself from doing things that can have bad consequences. CONSBAD		2	3	4
3. I have trouble resisting my cravings (for food, cigarettes, etc.). CRAVRES		2	3	4
4. When I am in great mood, I tend to get into situations that could cause me problems. SITPROB		2	3	4
5. I often get involved in things I later wish I could get out of. GETOUTOF		2	3	4
6. When I am very happy, I tend to do things that may cause problems in my life. HAPYPROB		2	3	4
7. When I feel bad, I will often do things I later regret in order to make myself feel better now. REGFLBTR		2	3	4
8. I tend to lose control when I am in a great mood. GR8CTRL		2	3	4
9. Sometimes when I feel bad, I can't seem to stop what I am doing even though it is making me feel worse. CANTSTOP		2	3	4
10. When I am really ecstatic, I tend to get out of control. ECSTCTRL		2	3	4

	Agree strongly	Agree some	Disagree some	Disagree strongly
11. When I am upset I often act without thinking.	NOTHINKUP	2	3	4
12. Others would say I make bad choices when I am extremely happy about something.	BADCHOIC	2	3	4
13. When I feel rejected, I will often say things that I later regret.	REGFLREJ	2	3	4
14. Others are shocked or worried about the things I do when I am feeling very excited.	SHOCKED	2	3	4
15. It is hard for me to resist acting on my feelings.	ACTONFEL	2	3	4
16. When I get really happy about something, I tend to do things that can have bad consequences.	CONSHAPY	2	3	4
17. I often make matters worse because I act without thinking when I am upset.	NOTHINKW	2	3	4
18. When overjoyed, I feel like I can't stop myself from going overboard.	OVRBRD	2	3	4
19. When I am really excited, I tend not to think of the consequences of my actions.	CONSEXC	2	3	4
20. In the heat of an argument, I will often say things that I later regret.	REGARGU	2	3	4
21. I tend to act without thinking when I am really excited.	NOTHNKEX	2	3	4
22. I always keep my feelings under control.	UNDRCTRL	2	3	4
23. When I am really happy, I often find myself in situations that I normally wouldn't be comfortable with.	SITCOMF	2	3	4
24. When I am very happy, I feel like it is ok to give in to cravings or overindulge.	CRAVOK	2	3	4
25. Sometimes I do impulsive things that I later regret.	IMPREGRT	2	3	4
26. I am surprised at the things I do while in a great mood.	GR8SURP	2	3	4