# PhenX Toolkit

## 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.

Below are a number of statements that describe ways in which people act and think. Read each one carefully and think about whether it is like you. For each statement, circle the number that represents how the statement describes you.

| Not At All Like Me | Not Like Me | Somewhat Like Me | Very Much Like Me |
|---|---|---|---|
| 1 | 2 | 3 | 4 |

| | | | | |
|---|---|---|---|---|
| 1. If I feel like doing something, I tend to do it, even if its bad. | 1 | 2 | 3 | 4 |
| 2. I like new, thrilling things to happen. | 1 | 2 | 3 | 4 |
| 3. I like to see things through to the end. | 1 | 2 | 3 | 4 |
| 4. I tend to blurt out things without thinking. | 1 | 2 | 3 | 4 |
| 5. I am upset when I am not finished with things. | 1 | 2 | 3 | 4 |
| 6. I like to stop and think about something before I do it. | 1 | 2 | 3 | 4 |
| 7. When I feel bad, I often do things I later regret in order to make myself feel better now. | 1 | 2 | 3 | 4 |

| | | | | |
|---|---|---|---|---|
| 8. I would like water skiing. | 1 | 2 | 3 | 4 |
| 9. Once I get going on something I hate to stop. | 1 | 2 | 3 | 4 |
| 10. I like to know just what to do before I start a project. | 1 | 2 | 3 | 4 |
| 11. Sometimes when I feel bad, I keep doing something even though it is making me feel worse. | 1 | 2 | 3 | 4 |
| 12. I enjoy taking risks. | 1 | 2 | 3 | 4 |
| 13. It is easy for me to think hard. | 1 | 2 | 3 | 4 |
| 14. I would like parachute jumping. | 1 | 2 | 3 | 4 |
| 15. I finish what I start. | 1 | 2 | 3 | 4 |
| 16. I try to take a careful approach to things. | 1 | 2 | 3 | 4 |
| 17. When I am upset I often act without thinking. | 1 | 2 | 3 | 4 |
| 18. I like new, thrilling things, even if they are a little scary. | 1 | 2 | 3 | 4 |
| 19. I tend to get things done on time. | 1 | 2 | 3 | 4 |
| 20. When I feel rejected, I often say things that I later regret. | 1 | 2 | 3 | 4 |
| 21. I would like to learn to fly an airplane. | 1 | 2 | 3 | 4 |

| | | | | |
|---|---|---|---|---|
| 22. I am a person who always gets the job done. | 1 | 2 | 3 | 4 |
| 23. I am very careful. | 1 | 2 | 3 | 4 |
| 24. I almost always finish projects that I start. | 1 | 2 | 3 | 4 |
| 25. I like to know what to expect, before doing something new. | 1 | 2 | 3 | 4 |
| 26. I often make matters worse because I act without thinking when I am upset. | 1 | 2 | 3 | 4 |
| 27. I would like to ski very fast down a high mountain slope. | 1 | 2 | 3 | 4 |
| 28. I tend to stop and think before doing things. | 1 | 2 | 3 | 4 |
| 29. Before making a choice, I tend to think about both the good things and the bad things about the choice. | 1 | 2 | 3 | 4 |
| 30. When I am mad, I sometimes say things that I later regret. | 1 | 2 | 3 | 4 |
| 31. I would enjoy fast driving. | 1 | 2 | 3 | 4 |
| 32. Sometimes I do crazy things I later regret. | 1 | 2 | 3 | 4 |

Following is a group of statements that may describe you to varying degrees.
Please answer whether you feel the statement is "very much" like you, "somewhat" like you, "not" like you, or "not at all" like you, using the following scale:

| Not At All Like Me | Not Like Me | Somewhat Like Me | Very Much Like Me |
|---|---|---|---|

| 1 | 2 | 3 | 4 |
|---|---|---|---|

| | 1 | 2 | 3 | 4 |
|---|---|---|---|---|
| 33. When I am very happy, I cant stop myself from going overboard. | 1 | 2 | 3 | 4 |
| 34. When I am really thrilled, I tend not to think about the results of my actions. | 1 | 2 | 3 | 4 |
| 35. When I am in a great mood, I tend to do things that could cause me problems. | 1 | 2 | 3 | 4 |
| 36. I tend to act without thinking when I am very, very happy. | 1 | 2 | 3 | 4 |
| 37. When I get really happy about something, I tend to do things that can lead to trouble. | 1 | 2 | 3 | 4 |
| 38. When I am really happy, I tend to get out of control. | 1 | 2 | 3 | 4 |
| 39. I tend to lose control when I am in a great mood. | 1 | 2 | 3 | 4 |
| 40. When I am very happy, I tend to do things that may cause problems in my life. | 1 | 2 | 3 | 4 |

Scoring:

1. Lack of premeditation: items 4, 6, 10, 16, 23, 25, 28, 29 (reverse code all but item 4)

2. Negative urgency: items 1, 7, 11, 17, 20, 26, 30, 32

3. Sensation seeking: items 2, 8, 12, 14, 18, 21, 27, 31

4. Lack of perseverance: items 3, 5, 9, 13, 15, 19, 22, 24 (reverse code all items)

5. Positive urgency: items 33-40

The reason to reverse code is so that high scores on each scale are in the impulsivity direction.