

Intolerance of Uncertainty Quiz

Read each statement and rate how much you agree with it.

3 = *Strongly Agree* 2 = *Agree* 1 = *Somewhat Agree* 0 = *Don't Agree*

I check my cell phone throughout the day more often than I probably should.	
I worry about my health and tend to interpret physical sensations as possible signs of something wrong.	
I frequently check the clock to make sure I'm running on time.	
When eating out, I tend to order familiar dishes so I won't be disappointed.	
I engage in harmless superstitious behaviors such as avoiding black cats, knocking on wood, or wearing lucky clothing.	
I don't get rid of things because I worry I may need them in the future.	
I frequently search the internet, looking up my physical sensations to see if they are a sign of something seriously wrong with me.	
I frequently check the news to make sure I am not missing something important.	
I feel uncomfortable going anywhere without my cell phone for fear something bad might happen and I will need it.	
I often double- or triple-check to make sure I didn't leave an appliance on or something unlocked.	
I tend to overplan things, leaving little room for spontaneity.	
To make sure that I am not missing out on something, I spend more time on social media than I think is healthy.	

I frequently worry about bad things happening, like an accident, a family tragedy, or getting sick.	
I like to know what is going to happen every day and get upset when things do not go as expected.	
To avoid germs, I frequently wash or sanitize my hands and try to avoid touching surfaces that others have touched.	
I often double- and triple-check to make sure I haven't forgotten something.	
I have difficulty making decisions when I am unsure of the outcome.	
I worry about something bad happening to my loved ones and frequently check in with them to make sure they are okay.	
The smallest doubt can keep me from taking action.	
I tend to have the same routine every day and have a hard time when it is disrupted.	
When there's something I need to know, I get worried and ask a lot of questions.	
I don't like to delegate tasks because I am uncertain how others will do them.	
Total Score	

The higher your score, the more likely you are to have the following problems. Check off all the problems that apply to you.

Worrying about health, finances, family	<input type="checkbox"/>
Trouble relaxing or going to sleep	<input type="checkbox"/>

Difficulty making decisions	<input type="checkbox"/>
Overplanning for work, days off, vacations	<input type="checkbox"/>
Getting very upset when things don't go exactly as planned	<input type="checkbox"/>
Having frequent stomachaches and headaches	<input type="checkbox"/>
Being inflexible	<input type="checkbox"/>
Feeling tense and restless much of the time	<input type="checkbox"/>
Difficulty coping when something goes wrong	<input type="checkbox"/>
Difficulty concentrating due to worry and anxiety	<input type="checkbox"/>
Being overcontrolling	<input type="checkbox"/>
Having obsessive-compulsive tendencies	<input type="checkbox"/>
Total Score	<input type="text"/>