



The Intolerance of Uncertainty Scale (IUS): **Translation and adaptation to European** **Portuguese**

LABREPORT 8

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The *Intolerance of Uncertainty Scale (IUS)*: Translation and adaptation to European Portuguese


Introduction

Intolerance of uncertainty is defined as the individual's excessive propensity to find unacceptable the probability of a negative event occurring (Dugas et al., 2001b; Buhr & Dugas, 2002). This propensity is brought up by a set of negative beliefs about uncertainty and its consequences (e.g., uncertainty is unacceptable and should be avoided, and/or it leads to the inability to act; Buhr & Dugas, 2002; Freeston et al., 1994; Sexton & Dugas, 2009). Thus, uncertain and ambiguous scenarios will be intolerable to these individuals. Research suggests that this intolerance may be a crucial factor linked to excessive worry (Dugas et al., 2001a) and generalized anxiety disorder (GAD; Koerner & Dugas, 2008; Sexton & Dugas, 2009), with studies finding that worriers have a lower threshold for uncertainty, impairing their performance in ambiguous paradigms (e.g., Metzger et al., 1990; Tallis et al., 1991), and other finding higher levels of intolerance of uncertainty in GAD populations compared to non-GAD populations (Dugas et al., 1998; Sexton & Dugas, 2009).

In the present report, we describe the translation and adaptation of the Intolerance of Uncertainty Scale (IUS; Buhr & Dugas, 2002) to European Portuguese. The IUS is a self-report instrument developed to assess intolerance of uncertainty in adults (>17 years) – more specifically, in terms of emotional, behavioral, and cognitive reactions to ambiguous scenarios, implications of uncertainty and attempts to control the future. It is comprised by 27 items (none reversed scored) rated on a five-point Likert scale (1 – “not at all

characteristic of me” to 5 – “entirely characteristic of me”). It can be used as a unifactorial – adding up the responses for all items; and/or as a bifactorial assessment tool – adding items that constitute factor 1 (uncertainty has negative behavioral and self-referent implications) and factor 2 (uncertainty is unfair and spoils everything).

Method

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The translation of the IUS followed established procedures to maximize the semantic (i.e., the content and phrasing of the instrument items) and normative equivalence (i.e., the conformity between the instrument and the target culture) between the original English and the Portuguese versions of the Scale (Behling & Law, 2000). The adaptation and translation of the DRaS to European Portuguese was authorized by the original authors.

The translation and adaptation process underwent the following stages:

1. Translation: two independent Portuguese translations of the original English version of the IUS were carried out by researchers proficient in both languages (CF, RP). These two translations reached an 83.9% item-level agreement. The two versions were then reviewed by a third researcher (CB), who developed a consensus version.
2. Thinking aloud: the consensus version of the translation was administered to four adult participants who were asked to think aloud about each item.
3. Back translation: the adapted version of the IUS was back translated to English by a fourth researcher (FFS), fluent in both languages, and sent to the original authors.


Results

The resulting product of the present work consists of the European Portuguese version of the IUS, which is reproduced as an annex to the present report. An electronic version of the present report may be obtained at: <https://osf.io/qm5gz/>

Step 1: Coding Responses

- Code responses for all items as follows: Not at all characteristic of me = 1; 2 = 2; Somewhat characteristic of me =3; 4 = 4; Entirely characteristic of me = 5.

Step 2: Computing Scale Scores and Total scores

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- Factor 1 - Uncertainty has negative behavioral and self-referent implications: sum coded responses for the following items – 1, 2, 3, 9, 12, 13, 14, 15, 16, 17, 20, 22, 23, 24, and 25;
- Factor 2 - Uncertainty is unfair and spoils everything: sum the coded responses for the following items – 4, 5, 6, 7, 8, 10, 11, 18, 19, 21, 26, and 27;
- Total Intolerance of Uncertainty Score: sum coded responses for the two factors.

Discussion

It is worth mentioning that at the time of publication of the present report, the Portuguese version of the IUS is not psychometrically validated for the Portuguese population. Thus, the final scores obtained with this instrument are not appropriate for clinical interpretation or other practical applications. Having this in mind, the Portuguese version of IUS may only be used responsibly for research purposes, with due ethical precautions.

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Annex

Annex 1: IUS – European Portuguese version

ID Estudo: _____

ID Participante: _____

Data: _____

Instruções: De seguida vai encontrar uma série de afirmações que descrevem o modo como as pessoas podem reagir às incertezas da vida. Por favor, use a escala abaixo para descrever em que medida cada item o(a) caracteriza. Por favor, rodeie o número (de 1 a 5) que o(a) descreve melhor.

1	2	3	4	5
Não me caracteriza de todo		Caracteriza-me um pouco		Caracteriza-me totalmente

Para cada afirmação, selecione a opção que melhor o descreve. Não existem respostas corretas ou erradas; selecione apenas a que melhor o descreve. Por exemplo,

1	2	3	4	5
Não me caracteriza de todo		Caracteriza-me um pouco		Caracteriza-me totalmente

Lembre-se: Assinale apenas uma opção por item. Se se enganar, risque a resposta incorreta e marque com um X a opção correta. Responda a todos os itens. Por favor, responda rapidamente e não ocupe demasiado tempo em cada afirmação.



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1 - Não me caracteriza de todo	2	3 - Caracteriza-me um pouco	4	5 - Caracteriza-me totalmente
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	1	2	3	4	5
1. A incerteza impede-me de ter uma opinião firme.					
2. Não ter a certeza significa que essa pessoa é desorganizada.					
3. A incerteza torna a vida intolerável.					
4. É injusto não ter quaisquer garantias na vida.					
5. A minha mente não consegue relaxar se não souber o que vai acontecer amanhã.					
6. A incerteza deixa-me inquieto(a), ansioso(a) ou stressado(a).					
7. Eventos imprevistos perturbam-me imenso.					
8. Fico frustrado(a) quando não tenho todas as informações que eu preciso.					
9. A incerteza impede-me de viver uma vida plena.					
10. Deve-se sempre olhar para o futuro para evitar surpresas.					
11. Um pequeno imprevisto pode estragar tudo, mesmo com o melhor planeamento.					
12. Quando é hora de agir, a incerteza paralisa-me.					
13. Não ter certezas faz com que eu não seja dos(as) melhores.					
14. Quando não tenho a certeza, não consigo avançar.					
15. Quando não tenho certeza, não consigo funcionar muito bem.					
16. Ao contrário de mim, os outros parecem sempre saber o que estão a fazer com as suas vidas.					
17. A incerteza deixa-me vulnerável, infeliz ou triste.					
18. Quero saber sempre o que o futuro me reserva.					
19. Eu não suporto ser apanhado(a) de surpresa.					
20. A mais pequena dúvida pode impedir-me de agir.					
21. Deveria ser capaz de organizar tudo antecipadamente.					
22. Ter incerteza significa que me falta confiança.					
23. Penso que é injusto que as outras pessoas pareçam seguras sobre o seu futuro.					
24. A incerteza impede-me de dormir profundamente					

24. A incerteza impede-me de dormir profundamente.							
25. Preciso de fugir de todas as situações incertas.							
26. As ambiguidades da vida deixam-me stressado(a).							
27. Eu não suporto estar indeciso(a) sobre o meu futuro.							

Sexo: Masculino Feminino

Idade: _____

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