

Behavioral Inhibition/Activation Scales (BIS/BAS)

Category: Personality | Items: 20 | Time: ~5 min

Description / When to Use

20-item measure of sensitivity to reward (BAS) and punishment (BIS).

Instructions for Respondent

Please read each statement carefully and respond based on how you have felt over the specified time period. There are 20 items in this scale. Estimated completion time: 5 minutes.

Scale Items

[Full item list not shown in this educational summary. Please refer to the original publication for complete items.]

Response Options

Please refer to the original publication for specific response options.

Scoring Guide

BIS scale (7 items) 7-28, BAS scale (13 items) 13-52 with three subscales. Higher = stronger sensitivity.

Subscales:

- BIS: 7 items
- BAS Drive: 4 items
- BAS Fun Seeking: 4 items
- BAS Reward Responsiveness: 5 items

Cutoff Interpretation

Score Range	Severity	Recommended Action
Variable	Normative comparison	None

Psychometric Properties

Cronbach's alpha: 0.83 | Test-retest reliability: 0.75

Validity: Widely used in motivation and psychopathology research.

License

Free to use with citation

Citation (APA Format)

Carver, C. S., & White, T. L. (1994). Behavioral inhibition, behavioral activation, and affective responses to impending reward and punishment. *Journal of Personality and Social Psychology*, 67(2), 319-333.

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