

For each behavior, fill-in how many times you did it in your lifetime (A) & the total number of times you did it the past month (B). **Enter one number for each time period, even if it is your best guess. Please do not put a range, but enter a single number** (e.g., behaviors engaged in everyday for multiple years can be written in as 1000+, behaviors engaged in daily for a single year can be written in as 365, any other frequency should be estimated using your best guess). If you have ever done the behavior, write how old you were the first time (C) and check the box if the behavior ever caused you **any** problems, regardless of the specific problem (D). For the last two columns (E & F), use the scale in the box to rate how much you agree with each statement from 0 = Strongly Disagree to 4 = Strongly Agree. **Please provide ratings for both statements (E & F), and treat them as separate questions.** The first two rows are examples of how to complete each item.

| | | | | |
|-------------------|-------------------|------------------------|----------------|----------------|
| 0 | 1 | 2 | 3 | 4 |
| Strongly Disagree | Somewhat Disagree | Equally Disagree/Agree | Somewhat Agree | Strongly Agree |

| | | A | B | C | D | E | F |
|--|---------|---|--|--|---|---|--|
| | | How many times total have you done this <u>in your life</u> ? | How many times have you done this <u>in the past month</u> ? | How old were you the <u>first time</u> ? | Did it ever <u>cause you any problems</u> , such as <ul style="list-style-type: none"> • going to the hospital • legal trouble • problems at work, with family or friends | I do this behavior to <u>stop feeling upset, distressed, or overwhelmed</u> | I do this behavior to <u>feel excitement, to get a thrill, or to feel pleasure</u> |
| Behavior | # TOTAL | # past MONTH | Age | Y=YES | Rate 0-4 | Rate 0-4 | |
| Ex. <i>Driven a car while intoxicated</i> | 10 | 2 | 18 | Y | 4 | 3 | |
| Ex. <i>Jumped out of a plane</i> | 0 | | | | | | |
| 1 Shoplifted things | | | | | | | |
| 2 Drove 30mph or faster over the speed limit | | | | | | | |
| 3 Bet on sports, horses, or other animals | | | | | | | |
| 4 Used cocaine or crack | | | | | | | |
| 5 Bought drugs | | | | | | | |
| 6 Impulsively bought stuff you did not need & won't use | | | | | | | |
| 7 Had unprotected sex with someone you just met or didn't know well | | | | | | | |

SUBID: _____

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|---------------------------|---------------------------|--------------------------------|------------------------|------------------------|
| 0 Strongly Disagree | 1 Somewhat Disagree | 2 Equally Disagree/Agree | 3 Somewhat Agree | 4 Strongly Agree |
|---------------------------|---------------------------|--------------------------------|------------------------|------------------------|

| | | A | B | C | D | E | F |
|----|---|--|---|---|--|---|--|
| | | <u>How many times</u> total have you done this <u>in your life</u> ? | <u>How many times</u> have you done this <u>in the past month</u> ? | <u>How old</u> were you the <u>first time</u> ? | Did it ever <u>cause you any problems</u> , such as <ul style="list-style-type: none"> • going to the hospital • legal trouble • problems at work, with family or friends | I do this behavior to <u>stop feeling upset, distressed, or overwhelmed</u> | I do this behavior to <u>feel excitement, to get a thrill, or to feel pleasure</u> |
| | Behavior | # TOTAL | # past MONTH | Age | Y=YES | Rate 0-4 | Rate 0-4 |
| 8 | Gotten in a physical fight | | | | | | |
| 9 | Thought about killing yourself | | | | | | |
| 10 | Had sex for money or drugs | | | | | | |
| 11 | Drank alcohol until you blacked or passed out | | | | | | |
| 12 | Used hallucinogens, LSD, mushrooms | | | | | | |
| 13 | Gone to work intoxicated or high | | | | | | |
| 14 | Attacked someone with a weapon, such as a knife or gun | | | | | | |
| 15 | Punched or hit someone with a fist or object | | | | | | |
| 16 | Cut, burned, or hurt yourself on purpose without trying to die | | | | | | |
| 17 | Lost more money than you could afford gambling | | | | | | |
| 18 | Threatened to physically hurt someone | | | | | | |
| 19 | Threatened someone with a weapon, such as a knife or gun | | | | | | |

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SUBID: _____

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|---------------------------|---------------------------|--------------------------------|------------------------|------------------------|
| 0 Strongly Disagree | 1 Somewhat Disagree | 2 Equally Disagree/Agree | 3 Somewhat Agree | 4 Strongly Agree |
|---------------------------|---------------------------|--------------------------------|------------------------|------------------------|

| | | A | B | C | D | E | F |
|----------|---|---|--|----------------------------------|--|---|--|
| | | How many times total have you done this in your life? | How many times have you done this in the past month? | How old were you the first time? | Did it ever <u>cause you any problems</u> , such as <ul style="list-style-type: none"> • going to the hospital • legal trouble • problems at work, with family or friends | I do this behavior to <u>stop feeling upset, distressed, or overwhelmed</u> | I do this behavior to <u>feel excitement, to get a thrill, or to feel pleasure</u> |
| Behavior | # TOTAL | # past MONTH | Age | Y=YES | Rate 0-4 | Rate 0-4 | |
| 20 | Used heroin | | | | | | |
| 21 | Destroyed or vandalized property | | | | | | |
| 22 | Drank 5 or more alcoholic drinks in 3 hours or less | | | | | | |
| 23 | Paid for sex | | | | | | |
| 24 | Sold drugs | | | | | | |
| 25 | Robbed someone | | | | | | |
| 26 | Tried to kill yourself | | | | | | |
| 27 | Used marijuana | | | | | | |
| 28 | Had difficulty stopping eating | | | | | | |
| 29 | Been in 2 or more sexual relationships at the same time | | | | | | |
| 30 | Bought expensive items you could not afford on the spur of the moment | | | | | | |
| 31 | Abused multiple drugs at once | | | | | | |
| 32 | Played lotteries, card games for money, or went to the casino | | | | | | |
| 33 | Gambled illegally (not part of a legal business, using a bookie) | | | | | | |
| 34 | Abused prescription medication | | | | | | |
| 35 | Ate a lot of food when not hungry | | | | | | |
| 36 | Had a plan to kill yourself | | | | | | |
| 37 | Ran red lights or ignored stop signs | | | | | | |
| 38 | Stole money | | | | | | |

RISQ Scoring for behaviors (lifetime, last month), age of onset (mean), perceived consequences (mean), & affective triggers (mean approach/mean avoidance)

Total Score: all items

Drug Behaviors: 4, 5, 12, 20, 24, 27, 31, 34

Aggression: 8, 14, 15, 18, 19,

Gambling: 3, 17, 32, 33

Risky Sexual Behavior: 7, 10, 23, 29

Heavy Alcohol Use: 11, 22,

Self-Harm: 9, 16, 26, 36,

Impulsive Eating: 28, 35

Reckless Behaviors: 2, 6, 30, 37

Considerations: To reduce skewness in the frequency of behaviors, create bins of 0, 1-10, 11-50, 51-100, >100