



## **Adult Measure of Behavioural Inhibition (AMBI) & Retrospective Measure of Behavioural Inhibition (RMBI)**

The Adult Measure of Behavioural Inhibition (AMBI) is a 16-item clinical research instrument developed in order to measure subjective reports of contemporaneous 'trait' inhibition. This instrument is given to respondents 16 years and over as a dimensional quantitative measurement of the temperamental tendency to respond to social novelty and risk stimuli, with inhibition and avoidance.

The Retrospective Measure of Behavioural Inhibition (RMBI) is an 18-item instrument for the retrospective reporting (by adults) of remembered inhibited behaviours in childhood (e.g., during the primary school years ages 5 – 13). This instrument was designed to capture the principal behavioural indices of "behavioural inhibition to the unfamiliar" as measured and observed in children when assessed in play-laboratory settings. This instrument is also a dimensional/quantitative measure.

Higher scores on both measures indicate a greater degree of inhibition. Please refer to the primary reference\* for further details, and for initial psychometric evaluation.

### **Scoring Scale:**

All questions were rated on a 3-point scale (i.e., 0 = "no/hardly ever"; 1 = "some of the time", or 2 = "yes/most of the time").

### **Scoring instructions:**

The instrument is a dimensional measure of trait behavioural inhibition. Total scores are generated by summing all items after the negative (for BI) items have been reversed. Subscale scores may also be generated.

Please refer to the primary reference\* for further details.

### **References**

\*Gladstone, G., & Parker, G. (2005). Measuring a Behaviourally Inhibited Temperament Style: Development and Initial Validation of New Self-Report Measures. *Psychiatry Research*, 135, 133-143.

Gladstone, G.L., Parker, G.B., Mitchell, P.B., Wilhelm, K.A., & Malhi, G.S (in press 2006). Relationship between self-reported childhood behavioural inhibition and lifetime anxiety disorders in a clinical sample. *Depression and Anxiety*.

Gladstone G.L., Parker, G.B., & Nguyen T-V (accepted/in press 2006). Retrospective and Contemporary Behavioral Inhibition in Adult Twins: Genetic and Environmental Influences. *Journal of Anxiety Disorders*.

## Adult Measure of Behavioural Inhibition (AMBI)

When you enter a new or unfamiliar social situation or whenever you are faced with new and unfamiliar surroundings or people:	Yes / most of the time	Some of the time	No / hardly ever
1. Do you tend to become vigilant and wary of your surroundings?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Do you feel awkward when you are approached by someone new?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Do you tend to become quiet?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Do you tend to approach people whom you don't know and talk to them?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Do you tend to spend time observing strangers from a distance first, before being able to mix in?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. Do you tend to be chatty in conversation when you are speaking to someone new?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. Are you likely to spend most of your time next to a person whom you know well?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. Do you tend to feel physically anxious (e.g. racing pulse, sweaty, butterflies)?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. Do you tend to introduce yourself to new people?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. Do you tend to keep a fair distance away from strangers?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11. Do you tend to withdraw and retreat from those around you?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Generally, not just in new or unfamiliar situations:</b>			
12. Do you prefer your own company over the company of others?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13. Do you usually enjoy going to social events with large crowds of people?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
14. Would you tend to choose solitary leisure activities over spending time with close friends?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
15. Do you prefer to be surrounded by lively activity rather than a quiet gathering?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
16. If physically able, would you enjoy adventure holidays with some element of risk?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## Retrospective Measure of Behavioural Inhibition (RMBI)

### Instructions

- ◆ Please answer the following questions by considering how you usually felt, behaved or reacted as a child before the age of 13 (i.e. before high school). If you have no memory at all for a particular question, tick the option provided.

Tick (✓) the one most relevant option

	Yes / most of the time	Some of the time	No / hardly ever	Do not remember at all
1. When unfamiliar visitors came to your home, would you hide or leave the room?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. At school, did you tend to stand back and watch other children play?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Were you reluctant to go to school on your first day or the first day after holidays?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Did you prefer parties with crowds of children rather than small gatherings?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Were you always 'on the go'?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. When unfamiliar visitors came to your home, did you feel fearful or nervy?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. When you went on outings with your family to new places, would you tend to wander off?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. Were you fearful around other people's pets?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. At school, did you find it difficult to approach and play with new children?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. When you went on outings with your family to new places, would you spend most of the time next to your mother or father (or caregiver)?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11. Did you want to be surrounded by people and activity?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12. Do you consider that you were a shy child?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13. Did you tend to take risks during play, sport or other physical activities?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
14. Was it difficult for you to stand up in front of the class?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
15. Were you outgoing and talkative with other children?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
16. When you went on outings with your family to new places, would you become quiet or 'freeze up'?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
17. Did you cry during the school day?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
18. When unfamiliar visitors came to your home, would you cling to your mother or father (or caregiver)?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>