

Instrument Title: Compensatory Health Belief Scale

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## Compensatory Health Beliefs Scale

(Reliability and validity data in: Knäuper, B., Rabiau, M., Cohen, O., & Patriciu, N. (2004). Compensatory health beliefs: Theory and measurement. *Psychology and Health*, 19(5), 607-624.)

**Instructions:** Different people believe different things about their health. Below is a list of beliefs that someone might have about staying healthy. **Please read each sentence carefully and tell us how much you agree or disagree with it** by putting an “X” on one of the following responses: Totally disagree; Somewhat disagree; Neither agree nor disagree; Somewhat agree; or Totally agree. Remember that there are **no right or wrong answers**, because everybody believes different things.

**1. Relaxing on the weekend can make up for stress during the week.**

Totally disagree	Somewhat disagree	Neither agree nor disagree	Somewhat agree	Totally agree
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**2. Using artificial sweeteners compensates for extra calories.**

Totally disagree	Somewhat disagree	Neither agree nor disagree	Somewhat agree	Totally agree
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**3. Exercising can compensate for smoking.**

Totally disagree	Somewhat disagree	Neither agree nor disagree	Somewhat agree	Totally Agree
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**4. It is OK to go to bed late if one can sleep longer the next morning (only the number of hours count).**

Totally disagree	Somewhat disagree	Neither agree nor disagree	Somewhat agree	Totally agree
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**5. Not drinking alcohol during the week can make up for the effects of drinking too much alcohol during the weekend.**

Totally disagree	Somewhat disagree	Neither agree nor disagree	Somewhat agree	Totally agree
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**6. Skipping the main dish can make up for eating dessert.**

Totally disagree	Somewhat disagree	Neither agree nor disagree	Somewhat agree	Totally agree
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**7. Relaxing in front of the TV can compensate for a stressful day.**

Totally disagree	Somewhat disagree	Neither agree nor disagree	Somewhat agree	Totally agree
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**8. Eating whatever one wants in the evening is OK if one did not eat much during the day.**

Totally disagree	Somewhat disagree	Neither agree nor disagree	Somewhat agree	Totally Agree
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**9. Eating healthy can make up for the effects of regularly drinking alcohol.**

Totally disagree	Somewhat disagree	Neither agree nor disagree	Somewhat agree	Totally agree
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**10. Sleeping in on the weekends can compensate for too little sleep during the week.**

Totally disagree	Somewhat disagree	Neither agree nor disagree	Somewhat agree	Totally agree
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**11. Exercising can make up for the bad effects of stress.**

Totally disagree	Somewhat disagree	Neither agree nor disagree	Somewhat agree	Totally agree
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**12. Starting a new diet tomorrow compensates for breaking a diet today.**

Totally disagree	Somewhat disagree	Neither agree nor disagree	Somewhat agree	Totally agree
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**13. The effects of drinking coffee can be balanced by drinking equal amounts of water.**

Totally disagree	Somewhat disagree	Neither agree nor disagree	Somewhat agree	Totally agree
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**14. It is OK to skip breakfast if one eats more during lunch or dinner.**

Totally disagree	Somewhat disagree	Neither agree nor disagree	Somewhat agree	Totally agree
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**15. Sleep compensates for stress.**

Totally disagree	Somewhat disagree	Neither agree nor disagree	Somewhat agree	Totally agree
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**16. It is alright to drink a lot of alcohol as long as one drinks lots of water to flush it.**

Totally disagree	Somewhat disagree	Neither agree nor disagree	Somewhat agree	Totally Agree
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**17. Smoking from time to time is OK if one eats healthy.**

Totally disagree	Somewhat disagree	Neither agree nor disagree	Somewhat agree	Totally agree
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