<table>
<thead>
<tr>
<th>Instrument Title:</th>
<th>Compensatory Health Belief Scale</th>
</tr>
</thead>
<tbody>
<tr>
<td>Instrument Author:</td>
<td>Knäuper, B., Rabiau, M., Cohen, O., &amp; Patriciu, N.</td>
</tr>
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</table>
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

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

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

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

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

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

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

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

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
10. Sleeping in on the weekends can compensate for too little sleep during the week.

<table>
<thead>
<tr>
<th>Totally disagree</th>
<th>Somewhat disagree</th>
<th>Neither agree nor disagree</th>
<th>Somewhat agree</th>
<th>Totally agree</th>
</tr>
</thead>
</table>

11. Exercising can make up for the bad effects of stress.

<table>
<thead>
<tr>
<th>Totally disagree</th>
<th>Somewhat disagree</th>
<th>Neither agree nor disagree</th>
<th>Somewhat agree</th>
<th>Totally agree</th>
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</table>

12. Starting a new diet tomorrow compensates for breaking a diet today.

<table>
<thead>
<tr>
<th>Totally disagree</th>
<th>Somewhat disagree</th>
<th>Neither agree nor disagree</th>
<th>Somewhat agree</th>
<th>Totally agree</th>
</tr>
</thead>
</table>

13. The effects of drinking coffee can be balanced by drinking equal amounts of water.

<table>
<thead>
<tr>
<th>Totally disagree</th>
<th>Somewhat disagree</th>
<th>Neither agree nor disagree</th>
<th>Somewhat agree</th>
<th>Totally agree</th>
</tr>
</thead>
</table>

14. It is OK to skip breakfast if one eats more during lunch or dinner.

<table>
<thead>
<tr>
<th>Totally disagree</th>
<th>Somewhat disagree</th>
<th>Neither agree nor disagree</th>
<th>Somewhat agree</th>
<th>Totally agree</th>
</tr>
</thead>
</table>

15. Sleep compensates for stress.

<table>
<thead>
<tr>
<th>Totally disagree</th>
<th>Somewhat disagree</th>
<th>Neither agree nor disagree</th>
<th>Somewhat agree</th>
<th>Totally agree</th>
</tr>
</thead>
</table>

16. It is alright to drink a lot of alcohol as long as one drinks lots of water to flush it.

<table>
<thead>
<tr>
<th>Totally disagree</th>
<th>Somewhat disagree</th>
<th>Neither agree nor disagree</th>
<th>Somewhat agree</th>
<th>Totally Agree</th>
</tr>
</thead>
</table>

17. Smoking from time to time is OK if one eats healthy.

<table>
<thead>
<tr>
<th>Totally disagree</th>
<th>Somewhat disagree</th>
<th>Neither agree nor disagree</th>
<th>Somewhat agree</th>
<th>Totally agree</th>
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