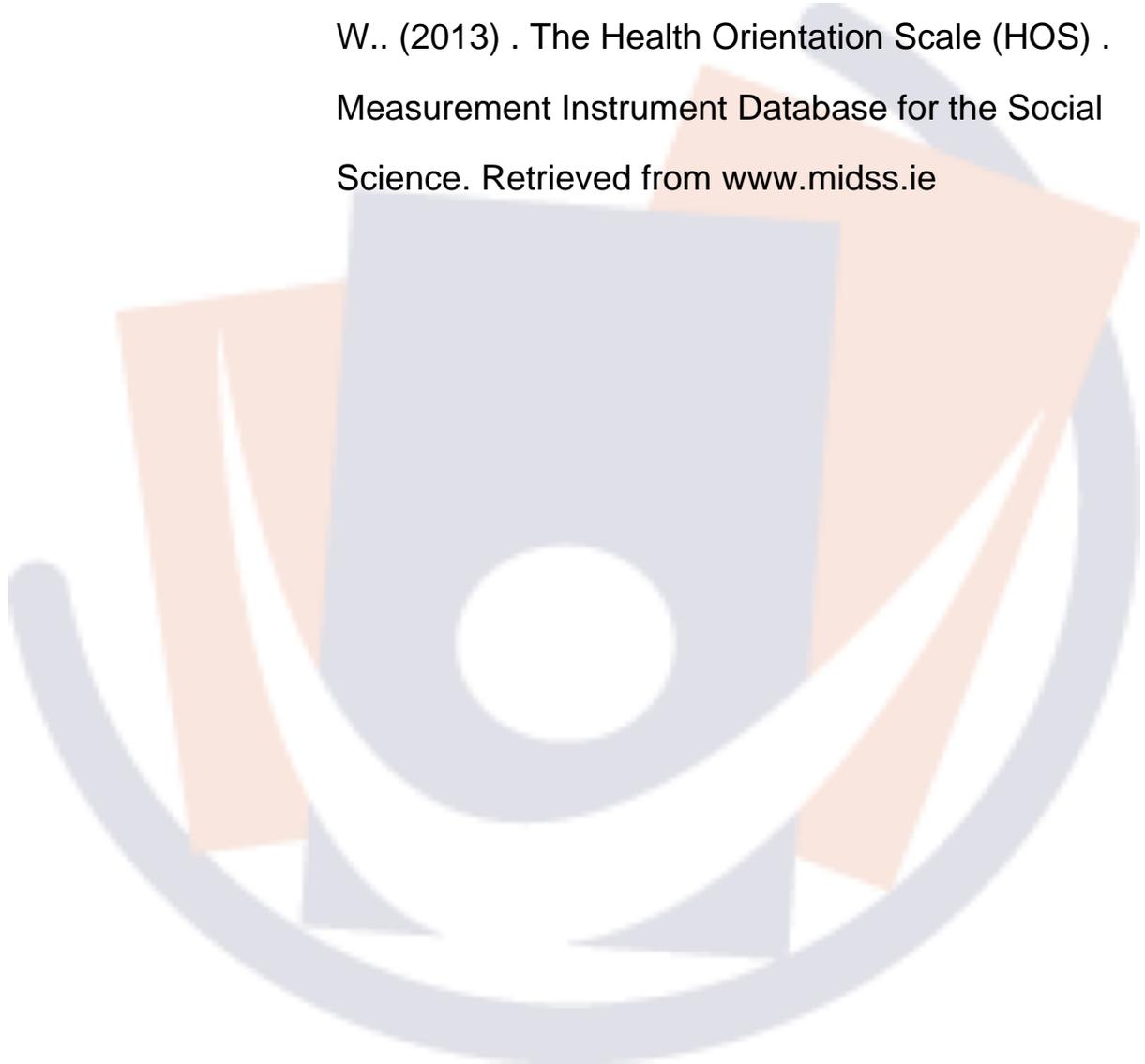


Instrument Title: The Health Orientation Scale (HOS)

Instrument Author: Snell, W. E., Jr., Johnson, G., Lloyd, P. J., & Hoover, W.

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HOS

INSTRUCTIONS: The items listed below refer to people's health. Please read each item carefully and decide to what extent it is characteristic of you. Give each item a rating of how much it applies to you by using the following scale:

- A = Not at all characteristic of me.
- B = Slightly characteristic of me.
- C = Somewhat characteristic of me.
- D = Moderately characteristic of me.
- E = Very characteristic of me.

NOTE:

Remember to respond to all items, even if you are not completely sure.
Your answers will be kept in the strictest confidence.
Also, please be honest in responding to these statements.

1. I am very aware of how healthy my body feels.
2. I sometimes wonder what others think of my physical health.
3. I feel anxious when I think about my health.
4. I feel confident about the status of my health.
5. I do things that keep me from becoming physically unhealthy.
6. I'm very motivated to be physically healthy.
7. I feel like my physical health is something that I myself am in charge of.
8. The status of my physical health is determined mostly by chance happenings.
9. I expect that my health will be excellent in the future.
10. I am in good physical health.
11. I notice immediately when my body doesn't feel healthy.
12. I'm very concerned with how others evaluate my physical health.
13. I'm worried about how healthy my body is.
14. I rarely become discouraged about my health.
15. I am motivated to keep myself from becoming physically unhealthy.
16. I'm strongly motivated to devote time and effort to my physical health.
17. My health is something that I alone am responsible for.
18. The status of my physical health is controlled by accidental happenings.
19. I believe that the future status of my physical health will be positive.
20. My body is in good physical shape.
21. I'm sensitive to internal bodily cues about my health.
22. I'm very aware of what others think of my physical health.
23. Thinking about my health leaves me with an uneasy feeling.
24. I am pleased with how well and healthy I feel.
25. I try to avoid engaging in behaviors that undermine my physical health.
26. I have a strong desire to keep myself physically healthy.
27. The status of my physical health is determined largely by what I do (and don't do).
28. Being in good physical health is just a matter of luck.
29. I do not expect to suffer health problems in the future.
30. I am a well-exercised person.
31. I know immediately when I'm not feeling in great health.
32. I'm concerned about how my physical health appears to others.
33. I usually worry about whether I am in good health.
34. I have positive feeling about my health.
35. I really want to prevent myself from getting out of shape.
36. It's really important to me that I keep myself in proper physical health.
37. What happens to my physical health is my own doing.
38. Being in excellent physical shape has little or nothing to do with luck.
39. I will probably experience a number of health problems in the future.
40. My body needs a lot of work in be in excellent physical shape.
41. I'm very aware of changes in my physical health.

42. I'm concerned about what other people think of my physical health.
43. I feel nervous when I think about the status of my physical health.
44. I feel that I have handled my health very well.
45. I am really motivated to avoid being in terrible physical shape.
46. I strive to keep myself in tip-top physical shape.
47. Being in good physical health is a matter of my own ability and effort.
48. I don't believe that chance or luck play any role in the status of my physical health.
49. I anticipate that my physical health will deteriorate in the future.
50. My physical health is in need of attention.

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Scoring Instructions for the Health Orientation Scale (HOS)

The Health Orientation Scale (HOS) consists of
10 health-oriented subscales,
each containing five items.

The labels, descriptions, and items for each of these subscales are listed below:

1. Personal Health Consciousness: The items on the Personal Health Consciousness (PHC) subscale refer to an awareness of one's health. These items were designed to measure people's tendency to think about and to reflect about their health. People who endorse these items are those who think about that status of their physical health, and who in general are reflective about the nature of the health and wellness of their body.

1. I am very aware of how healthy my body feels.
11. I notice immediately when my body doesn't feel healthy.
21. I'm sensitive to internal bodily cues about my health.
31. I know immediately when I'm not feeling in great health.
41. I'm very aware of changes in my physical health.

2. Health Image Concern: The items on the Health Image Concern (HIC) subscale refer to an awareness of other people's reactions to one's health. More specifically, these items were designed to measure people's public concern about the image which their health (or lack thereof) projects to others. People who endorse these items are those who are concerned about the appearance of their health to others, the impression their health makes on others, and how healthy and well others consider them to be.

2. I sometimes wonder what others think of my physical health.
12. I'm very concerned with how others evaluate my physical health.
22. I'm very aware of what others think of my physical health.
32. I'm concerned about how my physical health appears to others.
42. I'm concerned about what other people think of my physical health.

3. Health Anxiety: The items on the Health Anxiety (HA) subscale refer to anxious feelings associated with the status of one's health. More specifically, these items were designed to tap people's feelings of tension, discomfort and anxiety about their physical health. People who endorse these items are those who experience chronic anxiety as a result of thinking about their physical health.

3. I feel anxious when I think about my health.
13. I'm worried about how healthy my body is.
23. Thinking about my health leaves me with an uneasy feeling.
33. I usually worry about whether I am in good health.
43. I feel nervous when I think about the status of my physical health.

4. Health-Esteem and Confidence: The items on the Health-Esteem and Confidence (HEC) subscale were designed to measure the extent to which people derive a sense of esteem from the physical status of their body, and the extent to which they feel confident about their physical health. More specifically, these items are concerned with how positive individuals feel about their physical wellness. People who endorse these items are those who feel good about the health status of their bodies; they feel positive esteem about their health and they have an air of confidence that their health is robust and durable.

4. I feel confident about the status of my health.
14. I rarely become discouraged about my health. (R)
24. I am pleased with how well and healthy I feel.

- 34. I have positive feeling about my health.
- 44. I feel that I have handled my health very well.

5. Motivation to Avoid Unhealthiness: The items on the Motivation to Avoid Unhealthiness (MAU) subscale refer to motivational tendency to avoid being or becoming unhealthy. More specifically, these items were designed to measure people's motivational tendency to avoid poor physical health. People who endorse these items are those who are concerned about becoming unhealthy; they are motivated to avoid behaviors and activities which undermine their physical health.

- 5. I do things that keep me from becoming physically unhealthy.
- 15. I am motivated to keep myself from becoming physically unhealthy.
- 25. I try to avoid engaging in behaviors that undermine my physical health.
- 35. I really want to prevent myself from getting out of shape.
- 45. I am really motivated to avoid being in terrible physical shape.

6. Motivation for Healthiness: The items on the Motivation for Healthiness (MFH) subscale refer to the motivation to pursue positive physical health. More specifically, these items were designed to measure people's motivation to keep in excellent physical health. People who endorse these items are those who are motivated to attend to the physical health of their body, to engage in activities which promote their physical health, and to strive to maintain the wellness and integrity of their physical health.

- 6. I'm very motivated to be physically healthy.
- 16. I'm strongly motivated to devote time and effort to my physical health.
- 26. I have a strong desire to keep myself physically healthy.
- 36. It's really important to me that I keep myself in proper physical health.
- 46. I strive to keep myself in tip-top physical shape.

7. Health Internal Control: The items on the Internal Health Control (IHC) subscale refer to people's belief that their health status is determined by their own personal control. More specifically, these items were designed to measure people's expectation that they themselves can exert an influence on their health. People who endorse these items are those who believe that they can determine whether their physical health is positive or negative.

- 7. I feel like my physical health is something that I myself am in charge of.
- 17. My health is something that I alone am responsible for.
- 27. The status of my physical health is determined largely by what I do (and don't do).
- 37. What happens to my physical health is my own doing.
- 47. Being in good physical health is a matter of my own ability and effort.

8. Health External Control: The items on the External Health Control (EHC) subscale refer to people's belief that their health status is determined by experiences and influences outside of their personal control. More specifically, these items were designed to measure people's expectation that their health status is largely determined by forces which they themselves can neither anticipate nor influence. People who endorse these items are those who believe that their health is not controlled by themselves, rather that their physical health is under the influence of factors external to themselves.

- 8. The status of my physical health is determined mostly by chance happenings.
- 18. The status of my physical health is controlled by accidental happenings.
- 28. Being in good physical health is just a matter of luck.
- 38. Being in excellent physical shape has little or nothing to do with luck. (R)
- 48. I don't believe that chance or luck play any role in the status of my physical health. (R)

9. Health Expectations: The items on the Health Expectations (HE) subscale refer to an expectation that one will continue to experience positive physical health in the future. More specifically, these items were designed to measure people's belief that their health will continue to be excellent and robust. People who endorse these items anticipate that their future physical health will continue to be good.

- 9. I expect that my health will be excellent in the future.
- 19. I believe that the future status of my physical health will be positive.
- 29. I do not expect to suffer health problems in the future.
- 39. I will probably experience a number of health problems in the future. (R)
- 49. I anticipate that my physical health will deteriorate in the future. (R)

10. Health Status: The items on the Health Status (HS) subscale concerns people's assessment of the physical status of their body. More specifically, these items were designed to measure the extent to which people assess their body as being in excellent and robust health. People who endorse these items believe that they are in excellent physical health.

- 10. I am in good physical health.
- 20. My body is in good physical shape.

- 30. I am a well-exercised person.
- 40. My body needs a lot of work in be in excellent physical shape. (R)
- 50. My physical health is in need of attention. (R)

