

# Health Belief Model Inventory for COVID-19 and Adherence to COVID-19 Precautionary Measures

## 針對新冠及其防疫的健康信念模式量表

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### -- 繁體中文版 --

**【指導語-1】** 請仔細閱讀以下關於新冠病毒感染的描述，用 1-5 評分表示你在多大程度上同意以下描述符合你的情況。其中，1=非常不同意，2=不同意，3=中立，4=同意，5=非常同意。

#### **Factor 1: Perceived susceptibility to COVID-19 (COVID-19 susceptibility)**

- (1) 你覺得你感染新型冠狀病毒的風險很高

#### **Factor 2: Perceived Severity of COVID-19 (COVID-19 Severity)**

- (1) 如果你感染新型冠狀病毒，身體機能會受到嚴重損害
- (2) 對你來講，被傳染新型冠狀病毒的後果嚴重，甚至會死亡
- (3) 感染新型冠狀病毒，會危及你的學業或事業
- (4) 感染新型冠狀病毒，會危及你的人際關係
- (5) 對你來講，感染新型冠狀病毒引起的問題會長期持續
- (6) 對你來講，感染新型冠狀病毒會很難完全康復

**【指導語-2】** 政府在抗疫期間制定了一系列防疫措施，比如戴口罩、不聚集、勤洗手、減少出境等等。接下來我們會呈現一些對防疫措施的看法的句子，請你仔細閱讀後用 1-5 分表示對以下各陳述的同意程度。其中，1=非常不同意，2=不同意，3=中立，4=同意，5=非常同意。

**Factor 3: Perceived Benefit of Adherence to COVID-19 Precautionary Measures (Benefit)**

- (1) 遵守政府的防疫措施，可減少你感染新型冠狀病毒的可能
- (2) 遵守政府的防疫措施，可減少你家人或朋友感染新型冠狀病毒的可能
- (3) 遵守政府的防疫措施，可保障社區健康

**Factor 4: Perceived Barrier for Adherence to COVID-19 Precautionary Measures (Barrier)**

- (1) 遵守政府的防疫措施，會影響你的生計或學業
- (2) 遵守政府的防疫措施，會使你的生活樂趣大減
- (3) 遵守政府的防疫措施，會使你被取笑
- (4) 遵守政府的防疫措施，使你感到尷尬
- (5) 遵守政府的防疫措施，會干擾你的日常生活
- (6) 要養成習慣去遵守政府的防疫措施需要時間

**【指導語-3】** 請問你有幾經常從以下渠道得知政府的防疫措施？請用 1-5 評分，其中，1=從不，2=很少，3=有時，4=經常，5=總是。

**Factor 5: Cue-to-action for Adherence to COVID-19 Precautionary Measures (Cue-to-action)**

- (1) 請問你有幾經常在公眾地方有看到政府的防疫措施(例如:政府海報)
- (2) 請問你有幾經常從街道的宣傳廣播(例如:宣傳車)有聽到政府的防疫措施
- (3) 請問你有幾經常在大眾傳媒(例如:電視報章)有看到政府的防疫措施
- (4) 請問你有幾經常在政府官方網上專頁(包括網頁、facebook、youtube、telegram、微信等)有收到過政府的防疫措施
- (5) 請問你有幾經常從社團有收到過政府的防疫措施
- (6) 請問你有幾經常在社交媒體收到過政府的防疫措施
- (7) 請問你的家人或朋友有幾經常同你分享政府的防疫措施
- (8) 請問你的僱主有幾經常張貼或提示你政府的防疫措施

## --简体中文版--

**【指导语-1】** 请仔细阅读以下关于新冠病毒感染的描述，用 1-5 评分表示你在多大程度上同意以下描述符合你的情况。其中，1=非常不同意，2=不同意，3=中立，4=同意，5=非常同意。

### **Factor 1: Perceived susceptibility to COVID-19 (COVID-19 susceptibility)**

- (1) 你觉得你感染新型冠状病毒的风险很高

### **Factor 2: Perceived Severity of COVID-19 (COVID-19 Severity)**

- (1) 如果你感染新型冠状病毒，身体机能会受到严重损害
- (2) 对你来讲，被传染新型冠状病毒的后果严重，甚至会死亡
- (3) 感染新型冠状病毒，会危及你的学业或事业
- (4) 感染新型冠状病毒，会危及你的人际关系
- (5) 对你来讲，感染新型冠状病毒引起的问题会长期持续
- (6) 对你来讲，感染新型冠状病毒会很难完全康复

**【指导语-2】** 政府在抗疫期间制定了一系列防疫措施，比如戴口罩、不聚集、勤洗手、减少出境等等。接下来我们会呈现一组对抗疫措施的看法的陈述，请你仔细阅读后用 1-5 分表示对以下各陈述的同意程度。其中，1=非常不同意，2=不同意，3=中立，4=同意，5=非常同意。

### **Factor 3: Perceived Benefit of Adherence to COVID-19 Precautionary Measures (Benefit)**

- (1) 遵守政府的防疫措施，可减少你感染新型冠状病毒的可能
- (2) 遵守政府的防疫措施，可减少你家人或朋友感染新型冠状病毒的可能
- (3) 遵守政府的防疫措施，可保障社区健康

### **Factor 4: Perceived Barrier for Adherence to COVID-19 Precautionary Measures (Barrier)**

- (1) 遵守政府的防疫措施，会影响你的生计或学业
- (2) 遵守政府的防疫措施，会使你的生活乐趣大减
- (3) 遵守政府的防疫措施，会使你被取笑
- (4) 遵守政府的防疫措施，使你感到尴尬
- (5) 遵守政府的防疫措施，会干扰你的日常生活
- (6) 要养成习惯去遵守政府的防疫措施需要时间

**【指导语-3】** 请问你有多经常从以下渠道得知政府的抗疫措施？请用 1-5 评分，其中，1=从不，2=很少，3=有时，4= 经常， 5 = 总是。

**Factor 5: Cue-to-action for Adherence to COVID-19 Precautionary Measures (Cue-to-action)**

- (1) 请问你有多经常在公众地方有看到政府的抗疫措施(例如：政府海报)
- (2) 请问你有多经常从街道的宣传广播(例如：宣传车)有听到政府的抗疫措施
- (3) 请问你有多经常在大众传媒(例如：电视报章) 有看到政府的抗疫措施
- (4) 请问你有多经常在政府官方网上专页(包括网页、微博、微信等)有收到过政府的抗疫措施
- (5) 请问你有多经常从社团有收到过政府的抗疫措施
- (6) 请问你有多经常在社交媒体收到过政府的抗疫措施
- (7) 请问你的家人或朋友有多经常同你分享政府的抗疫措施
- (8) 请问你的雇主有多经常张贴或提示你政府的抗疫措施

**--English Version--**

**[Guideline-1] Please carefully read the following statements of COVID-19. Please indicate to what extent you agree that each of the following statements fits your case with five points, in which 1=strongly disagree, 2=disagree, 3=neutral, 4=agree, 5=strongly agree.**

**Factor 1: Perceived susceptibility to COVID-19 (COVID-19 susceptibility)**

- (1) You feel like that there is a high chance for you to have COVID-19.

**Factor 2: Perceived Severity of COVID-19 (COVID-19 Severity)**

- (1) If you have COVID-19, your body functions will be severely damaged.
- (2) The consequences of COVID-19 infection would be severe or even fatal for you.
- (3) COVID-19 infection can endanger your studies or career.
- (4) COVID-19 infection can endanger your relationships.
- (5) The problems caused by COVID-19 infection will last for a long time for you.
- (6) It will be difficult to fully recover from COVID-19 for you.

**[Guideline-2] In the fight against the COVID-19 pandemic, the government has issued a series of COVID-19 precautionary measures, such as wearing masks, not gathering, washing hands frequently, reducing outbound travels, etc. In the following section, we would like to show you some statements about these precautionary measures. Please indicate the extent of your agreement on each of these statements with five points, in which 1=strongly disagree, 2=disagree, 3=neutral, 4=agree, 5=strongly agree.**

**Factor 3: Perceived Benefit of Adherence to COVID-19 Precautionary Measures (Benefit)**

- (1) Adherence to COVID-19 precautionary measures recommended by the government reduces your chance of having COVID-19.
- (2) Adherence to COVID-19 precautionary measures recommended by the government reduces the possibility of your family or friends contracting COVID-19.
- (3) Adherence to COVID-19 precautionary measures recommended by the government protects the community's health.

**Factor 4: Perceived Barrier for Adherence to COVID-19 Precautionary Measures (Barrier)**

- (1) Adherence to COVID-19 precautionary measures recommended by the government affects your livelihood or schooling.
- (2) Adherence to COVID-19 precautionary measures recommended by the government greatly reduces your joy in life
- (3) Others make fun of you for adhering to COVID-19 precautionary measures recommended by the government.

- (4) Adherence to COVID-19 precautionary measures recommended by the government makes you feel embarrassed.
- (5) Adherence to COVID-19 precautionary measures recommended by the government interferes with your daily life.
- (6) It takes time to develop a habit to adhere to COVID-19 precautionary measures recommended by the government.

**[Guidelines-3] How often do you learn about COVID-19 precautionary measures recommended by the government from the following channels? Please use five points to rate, in which 1=never, 2=rarely, 3=sometimes, 4=always, 5=always.**

**Factor 5: Cue-to-action for Adherence to COVID-19 Precautionary Measures (Cue-to-action)**

- (1) How often do you see COVID-19 precautionary measures recommended by the government in public places (e.g., government posters)?
- (2) How often do you hear about COVID-19 precautionary measures recommended by the government from street publicity broadcasts (e.g., propaganda vehicles)?
- (3) How often do you see COVID-19 precautionary measures recommended by the government in the mass media (e.g., TV or newspapers)?
- (4) How often have you received COVID-19 precautionary measures recommended by the government from the government's official online pages (include but not limited to web pages, Weibo, and WeChat)?
- (5) How often have you received COVID-19 precautionary measures recommended by the government from the community?
- (6) How often have you received COVID-19 precautionary measures recommended by the government on social media?
- (7) How often do your family or friends share COVID-19 precautionary measures recommended by the government with you?
- (8) How often does your employer post or remind you of COVID-19 precautionary measures recommended by the government?