**The COVID-19 Health Beliefs Model Scale**

**English** (modified from Champion 1974 by Nowak et al., 2020)

The following questions are about your beliefs about the coronavirus (COVID-19) and health. How much do you agree with the following statements:

1 – I strongly disagree

2 – I disagree

3 – I rather disagree

4 – I neither agree nor disagree

5 – I rather agree

6 – I agree

7 – I strongly agree

1. I will probably get the coronavirus anytime soon.

2. The chance that I will get the coronavirus during my lifetime is very high

3. Compared to the typical person in my country, the chance that I will get the coronavirus is

extremely high

4. I think I am already sick with the coronavirus.

5. The mere thought that I may be sick with the coronavirus scares me.

6. If I get the coronavirus, I will suffer from various ailments for a long time

7. If I get the coronavirus, my whole life will change.

8. Getting the coronavirus is more serious threat to your health than getting other similar diseases.

9. Frequent washing of my hands allows me not to worry so much about the possibility of infection.

10. Compliance with the recommendations of medical organizations calms me down

11. Regularly checking for the coronavirus symptoms gives me confidence that I’m healthy.

12. My efforts allow me to look calmly into the future, even in a situation in which I develop the

coronavirus.

13. Frequent washing of my hands will reduce the risk of my illness.

14. Reducing contact with other people will reduce the risk of my illness.

15. Checking for the coronavirus symptoms will allow me to detect it early enough.

16. Even if I get the coronavirus, thanks to my efforts I will recover.

17. I do not have time to apply preventive measures.

18. I have a hard time remembering to use various methods to prevent the coronavirus infection.

19. My friends and family would laugh at me if I showed that I was concerned about the coronavirus.

20. I have more important problems on my mind than dealing with the coronavirus