

Threat Orientation Scale Long Form

Instructions:

We are interested in how you deal with information about harm that could come to you. For example, when you hear about:

- a health problem that you may be at risk for;
- a new public danger;
- the risk of being a victim of crime; or
- the threat of terrorist attacks.

For each of the following, rate how much that approach or attitude describes you.

Control-based Items:

	<i>Not at all like me</i>						<i>Very much like me</i>
My approach to possible dangers is to find out how to protect myself.	1	2	3	4	5	6	7
I feel less stressed when I am well informed about a threatening situation.	1	2	3	4	5	6	7
When I hear that my health is at risk, I try to actively work to decrease my risk in order to alleviate my concerns.	1	2	3	4	5	6	7
Working to decrease health risks helps me feel less vulnerable to those risks.	1	2	3	4	5	6	7
Working to increase my personal safety makes me feel less vulnerable to threats.	1	2	3	4	5	6	7
When I'm worried about something bad happening to me, I do everything I can to prevent it.	1	2	3	4	5	6	7
When presented with a dangerous risk, it eases my concern if I work to decrease the risk.	1	2	3	4	5	6	7
When I sense that my safety is in danger, I find a course of action that would lead me to feel safe again.	1	2	3	4	5	6	7
One of the rules in my life that I follow is that in order to be free of worry, one must be proactive and tackle life's problems head on.	1	2	3	4	5	6	7
Taking precautions helps me feel better about potential risks.	1	2	3	4	5	6	7

Heightened Sensitivity Based Items:

	<i>Not at all like me</i>						<i>Very much like me</i>
I am the type of person who worries extensively over a threatening situation.	1	2	3	4	5	6	7
It is my nature to feel as if I'm more vulnerable to certain dangers, try to overcome them, and still feel unsafe after taking some precautions.	1	2	3	4	5	6	7
I sometimes feel overwhelmed trying to protect myself from all the possible dangers in life.	1	2	3	4	5	6	7
Sometimes I think I am more at risk than I really am.	1	2	3	4	5	6	7
People would usually describe me as a worrywart when it comes to engaging in risk-taking behavior.	1	2	3	4	5	6	7
I tend to be especially sensitive to dangers and threats in my life.	1	2	3	4	5	6	7
I am inclined to focus on the bad things that could happen to me.	1	2	3	4	5	6	7
No matter what I do to feel more secure, I frequently worry about my safety.	1	2	3	4	5	6	7
I feel that despite everything I've done to avoid danger, it is not enough.	1	2	3	4	5	6	7
When presented with a threat to my personal safety, I generally feel a great deal of concern and worry that far exceeds the level of the threat.	1	2	3	4	5	6	7

Optimistic Denial Based Items:

	<i>Not at all like me</i>						<i>Very much like me</i>
I find it easy to assure myself that bad things won't happen to me.	1	2	3	4	5	6	7
I rarely think about bad things happening to me.	1	2	3	4	5	6	7
I find it hard to relate to people who constantly worry about possible threats.	1	2	3	4	5	6	7
If something bad happens to me, I will address it then, but it is not worthwhile to worry about what could happen.	1	2	3	4	5	6	7
Having my personal safety at risk is not something I worry about.	1	2	3	4	5	6	7
I take an optimistic view of my future.	1	2	3	4	5	6	7
There is no point in worrying about possible threats when they might not even happen to me.	1	2	3	4	5	6	7
I believe most risks don't apply to me.	1	2	3	4	5	6	7
I focus on the good things that happen to me, not the negative.	1	2	3	4	5	6	7
In general, I do not worry about threats to my personal safety.	1	2	3	4	5	6	7

Avoidance Denial Based Items:

	<i>Not at all like me</i>						<i>Very much like me</i>
I may be at risk but it causes me too much anxiety to think about it.	1	2	3	4	5	6	7
I don't like to hear about risks and threats that could apply to me.	1	2	3	4	5	6	7
I would rather not hear about health or safety risks that may affect me.	1	2	3	4	5	6	7
I tend to avoid anything that may remind me of the negative consequences for my risky behavior.	1	2	3	4	5	6	7
When I hear of news reports of health threats, I tend to ignore them because they are too stressful.	1	2	3	4	5	6	7
I tend to avoid information that I may be at risk for health problems.	1	2	3	4	5	6	7
Even if true, I would not want to hear bad news concerning my well being.	1	2	3	4	5	6	7
I feel overwhelmed when confronted with a potential risk.	1	2	3	4	5	6	7
When confronted with the possibility of any sort of personal risk, I make myself feel at ease by saying, 'this can't happen to someone like me.'	1	2	3	4	5	6	7
Hearing information about threats makes me more stressed, so I avoid it.	1	2	3	4	5	6	7

Scoring:

Control-based, heightened sensitivity-based, optimistic denial-based, and avoidance denial-based scores are calculated for each participant by calculating the mean score for each subscale.