

## Threat Orientation Scale Short 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>
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 to feel less vulnerable to those risks.	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	

**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
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 that I've done to avoid danger, it is not enough.	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 rarely think about bad things happening to me.	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
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 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 would rather not hear about health or safety risks that may affect me.	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
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.