**Cancer Information Overload (CIO) Scale**

1. There are so many different recommendations about preventing cancer, it's hard to know which ones follow.\*
2. There is not enough time to do all of the things recommended to prevent cancer.
3. It has gotten to the point where I don't even care to hear new information about cancer.
4. No one could actually do all of the cancer recommendations that are given.
5. Information about cancer all starts to sound the same after a while.
6. I forget most cancer information right after I hear it.
7. Most things I hear or read about cancer seem pretty far-fetched.
8. I feel overloaded by the amount of cancer information I am supposed to know.

\*Original item from Health Information National Trends Survey (HINTS)

Response options for all items are *strongly disagree* to *strongly agree* (4 pt. scale)

Descriptive Statistics:

Jensen, Carcioppolo et al. (2014) – study 1: *M* = 2.37, *SD* = .77, *α* = .87

Jensen, Carcioppolo et al. (2014) – study 2: *M* = 2.34, *SD* = .41, *α* = .77

Citation Information:

**Jensen, J. D.**, Carcioppolo, N., King, A. J., Scherr, C. L., Jones, C. L., & Niederdeppe, J. (2014). [The cancer information overload (CIO) scale: Establishing predictive and discriminant validity](http://www.jakobdjensen.com/Unnamed%20Site%202/JensenetalPE%26C-1.pdf). *Patient Education & Counseling*, *94*, 90-96.