HEALTH BELIEF MODEL – Measures

Victoria Champion has published numerous articles on increasing mammography adherence. Her research is probably the gold standard in the area. Here are Dr. Champion’s validated HBM measures

**Mammogram Self-Efficacy Scale** (Champion, Skinner, & Menon, 2005)

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **For each question below, place an “X” in the box that best represents your opinion.** | **Strongly Disagree** | **Disagree** | **Don’t know** | **Agree** | **Strongly Agree** |
| **You can arrange transportation to get screened for breast cancer.** |  |  |  |  |  |
| **You can arrange other things in your life to have a breast cancer screening.** |  |  |  |  |  |
| **You can talk to people at the screening center about your concerns.** |  |  |  |  |  |
| **You can get screened for breast cancer even if you are worried.** |  |  |  |  |  |
| **You can find a way to pay for breast cancer screening.** |  |  |  |  |  |
| **You can make an appointment for breast cancer screening.** |  |  |  |  |  |
| **You know for sure you can get breast cancer screening if you really want to.** |  |  |  |  |  |
| **You know how to go about getting screened for breast cancer.** |  |  |  |  |  |
| **You can find a place to have a breast cancer screen.** |  |  |  |  |  |

**Benefits Scale** (Champion & Skinner, 2003)

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **For each question below, place an “X” in the box that best represents your opinion.** | **Strongly Disagree** |  |  |  | **Strongly Agree** |
| **My family will benefit if I am screened for breast cancer.** |  |  |  |  |  |
| **If I get screened for breast cancer and nothing is found, I do not worry as much about breast cancer.** |  |  |  |  |  |
| **Getting screened for breast cancer will help me find breast lumps early.** |  |  |  |  |  |
| **If I find a lump through an annual breast cancer screening, my treatment for breast cancer may not be as bad.** |  |  |  |  |  |
| **Getting screened for breast cancer is the best way to find a very small lump.** |  |  |  |  |  |
| **Getting screened for breast cancer will decrease my chances of dying from breast cancer.** |  |  |  |  |  |

**Barriers Scale** (Champion & Skinner, 2003)

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **For each question below, place an “X” in the box that best represents your opinion.** | **Strongly Disagree** |  |  |  | **Strongly Agree** |
| **I am afraid to have breast cancer screening because I might find out something is wrong.** |  |  |  |  |  |
| **I am afraid to have breast cancer screening because I don’t understand what will be done.** |  |  |  |  |  |
| **I don’t know how to go about getting screened for breast cancer.** |  |  |  |  |  |
| **Getting screened for breast cancer is too embarrassing.** |  |  |  |  |  |
| **Getting screened for breast cancer takes too much time.** |  |  |  |  |  |
| **People doing breast cancer screenings are rude to women** |  |  |  |  |  |
| **Getting screened for breast cancer exposes me to unnecessary radiation.** |  |  |  |  |  |
| **I cannot remember to schedule a breast cancer screening.** |  |  |  |  |  |
| **I have other problems more important than getting screened for breast cancer.** |  |  |  |  |  |
| **I am too old to need a routine breast cancer screening.** |  |  |  |  |  |
| **Getting screened for breast cancer is too painful.** |  |  |  |  |  |

**Perceived Risk-Susceptibility** (Champion & Skinner, 2003)

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **For each question below, place an “X” in the box that best represents your opinion.** | **Strongly Disagree** | **Disagree** | **Don’t know** | **Agree** | **Strongly Agree** |
| **It is likely that I will get breast cancer.** |  |  |  |  |  |
| **My chances of getting breast cancer in the next few years are great.** |  |  |  |  |  |
| **I feel I will get breast cancer sometime during my life.** |  |  |  |  |  |