

COVIAS

Deutsch

Im Folgenden geht es darum, wie Sie die Informationsflut zu COVID-19 handhaben. Bitte geben Sie an wie sehr folgende Aussagen auf Sie zutreffen.

		Trifft überhaupt nicht zu	Trifft voll und ganz zu			
1.	Ich vermeide neue Informationen zu COVID-19.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2.	Auch wenn es mich beunruhigt, möchte ich neue Informationen zu COVID-19 bekommen.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3.	Wenn es um Informationen zu COVID-19 geht, kann Unwissenheit auch ein Segen sein.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4.	Ich möchte Neues über COVID-19 erfahren.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5.	Ich kann mir Situationen vorstellen, in denen ich lieber nichts Neues über COVID-19 erfahren möchte.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6.	Ich möchte neue Informationen zu COVID-19 sofort bekommen.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7.	Ich limitiere die Menge an Informationen, die ich über COVID-19 beziehe.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8.	Ich fühle mich besser, wenn ich weniger neue Informationen zu COVID-19 erfahre.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9.	Mehr über COVID-19 zu wissen, hilft mir besser mit der aktuellen Situation umzugehen.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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English

The following questions address how you handle the flood of information about COVID-19. Please indicate how much the following statements apply to you.

Not at all

Completely

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1.	I avoid new information about COVID-19.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2.	Even if it upsets me, I want to receive new information about COVID-19.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3.	When it comes to information about COVID-19, ignorance can be bliss.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4.	I want to receive new information about COVID-19.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5.	I can think of situations in which I would rather not receive new information about COVID-19.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6.	I want to receive new information about COVID-19 immediately.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7.	I limit the amount of information I receive about COVID-19.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8.	I feel better, when I learn less new information about COVID-19.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9.	To know more about COVID-19 helps me deal better with the current situation.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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COVID-19 Information Avoidance Scale

Siebenhaar, Köther, & Alpers (2020) Universität Mannheim.

Information for researchers:

This scale was developed at the University of Mannheim. It is based on the Information Avoidance Scale by Howell & Shepperd (2016). Several items were adapted and added to make this instrument applicable to the COVID-19 pandemic.

Note that Item 2, 4, 6 and 9 are inverted. After inversion and summarizing all items, higher scores indicate more self-reported information avoidance on COVID-19 related issues.

When using this scale in non-commercial research, please make sure to cite it appropriately by referring to the following open access paper:

Siebenhaar, K.U., Köther, A.K., & Alpers, G.W. (2020). Dealing with the COVID-19 Infodemic: Distress by Information, Information Avoidance, and Compliance With Preventive Measures. *Frontiers in Psychology*. 11:567905. doi:10.3389/fpsyg.2020.567905.