

Theory of Planned Behavior Questionnaire

Instructions:

Please make sure to read the questions and response options carefully. Place an X next to the response that best describes your opinion.

1. I intend to complete this online-based program in the next 5-6 weeks

- ☐ Extremely agree
- ☐ Agree
- ☐ Slightly agree
- ☐ Neither agree nor disagree
- ☐ Slightly disagree
- ☐ Disagree
- ☐ Extremely disagree

2. For me, completing this online based-program over the next 5-6 weeks is:

- ☐ Extremely worthless
- ☐ Worthless
- ☐ Slightly worthless
- ☐ Neither worthless nor valuable
- ☐ Slightly valuable
- ☐ Valuable
- ☐ Extremely valuable

3. I think that, completing this online based-program over the next 5-6 weeks will reduce the amount of anxiety/depression/stress that I feel:

- ☐ Extremely likely
- ☐ Likely
- ☐ Slightly likely
- ☐ Neither likely nor unlikely
- ☐ Slightly unlikely
- ☐ Unlikely
- ☐ Extremely unlikely

4. Reducing the amount of anxiety/depression/stress that I feel is:

- ☐ Extremely important
- ☐ Important
- ☐ Slightly important
- ☐ Neither important nor unimportant
- ☐ Slightly unimportant
- ☐ Unimportant
- ☐ Extremely unimportant

5. The important people in my life would want me to complete a self-help program like this online based-program.

- ☐ Extremely agree

- ☐ Agree
- ☐ Slightly agree
- ☐ Neither agree nor disagree
- ☐ Slightly disagree
- ☐ Disagree
- ☐ Extremely disagree

6. When it comes to addressing your feelings of anxiety/depression/stress, how much are you guided by the opinion of important people in your life?

- ☐ Not at all guided
- ☐ Unguided
- ☐ Slightly unguided
- ☐ Neither guided nor unguided
- ☐ Slightly guided
- ☐ Guided
- ☐ Extremely guided

7. For me, completing this online based-program in the next 5-6 weeks will be:

- ☐ Completely impossible
- ☐ Impossible
- ☐ Slightly impossible
- ☐ Neither possible nor impossible
- ☐ Slightly possible
- ☐ Possible
- ☐ Completely possible

8. How much control do you believe you have over completing this online based-program over the next 5-6 weeks?

- ☐ Absolutely no control
- ☐ No control
- ☐ Slightly no control
- ☐ Neither control nor no control
- ☐ Some control
- ☐ Control
- ☐ Complete control

Think of an external factor that would make it difficult for you to complete this online based-program in the next 5-6 weeks (e.g. school, work, busy schedule, etc).

PLEASE ENTER THAT FACTOR HERE:

9. In the next 5-6 weeks I expect that this factor will be:

- ☐ Extremely demanding
- ☐ Demanding
- ☐ Slightly demanding
- ☐ Neither demanding nor undemanding

- ☐ Slightly undemanding
- ☐ Undemanding
- ☐ Extremely undemanding

10. In the next 5-6 weeks how do you expect the demands of this factor will affect your ability to complete this online based-program:

- ☐ Extremely difficult
- ☐ Difficult
- ☐ Slightly difficult
- ☐ Neither difficult nor easy
- ☐ Slightly easy
- ☐ Easy
- ☐ Extremely easy