

Contamination Cognitions Scale

Instructions: Below is a list of objects. Please read the description of each object and try to imagine what would happen if you touched that object and were unable to wash your hands afterward. For each object listed, answer two questions:

(1) What is the likelihood that touching the object would result in your being contaminated? Answer using the following 0-100 scale:

(2) If you actually did become contaminated by touching the object, how bad would it be? Answer using the following 0-100 scale:

A horizontal scale with numerical markers at 0, 10, 20, 30, 40, 50, 60, 70, 80, 90, and 100. Below the scale, the words 'not at all', 'moderately', and 'extremely' are centered above the 0, 50, and 100 marks respectively. Below the 'not at all' and 'extremely' labels, the word 'bad' is repeated twice.

Object	Likelihood that touching object would cause contamination (0-100 scale)	If actually contaminated, how bad would it be? (0-100 scale)
Toilet handle in public restroom		
Toilet seat in public restroom		
Sink faucet in public restroom		
Public door handles		
Public workout equipment		
Public telephone receivers		
Stairway railings		
Elevator buttons		
Animals		
Raw meat		
Money		
Unwashed produce (e.g., fruits, vegetables)		
Foods that other people have touched		