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#### **GAINS**

#### **Goals Associated with Health Information Seeking**

Chasiotis, A., Wedderhoff, O., Rosman, T. & Mayer, A.-K. (2018)

Chasiotis, A., Wedderhoff, O., Rosman, T. & Mayer, A.-K. (2018). GAINS. Goals Associated with Health Information Seeking [Verfahrensdokumentation und Fragebogen in Deutsch und Englisch]. In Leibniz-Institut für Psychologie (ZPID) (Hrsg.), Open Test Archive. Trier: ZPID. <https://doi.org/10.23668/psycharchives.4589>

*In English:*

Chasiotis, A., Wedderhoff, O., Rosman, T. & Mayer, A.-K. (2018). GAINS. Goals Associated with Health Information Seeking [Test description and questionnaire in German and English]. In Leibniz Institute for Psychology (ZPID) (Ed.), Open Test Archive. Trier: ZPID. <https://doi.org/10.23668/psycharchives.4589>

All information and materials about the measure can be found at:  
<https://www.testarchive.eu/en/test/9007528>

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## GAINS

### Goals Associated with Health Information Seeking

Chasiotis, A., Wedderhoff, O., Rosman, T. & Mayer, A.-K. (2018)

In everyday life, we may be confronted with situations in which we feel insecure due to the emergence and experience of symptoms or medical diagnoses. These situations can make it necessary to inform oneself about a certain health topic and to obtain information from various sources of information (e.g. books, magazines, Internet, experts etc.) in order to find an answer to a specific health question.

We are interested in the goals people have when looking for information about health problems. Please indicate what your usual goals are if you are looking for information about a health problem. Below are a number of statements that relate to your goals in an information search. Please tick the statement with which you are most likely to agree. You can choose from five answer alternatives, ranging from "not at all true" to "fully true".

There are no right or wrong answers; only your self-assessment is of interest. Please process all statements in the order given and do not omit any statements.

#### *I need information to...*

##### Subscale<sup>1</sup>

	Not true at all	Not true	Partially true	True rather	Absolutely true
U ...identify potential causes of the health problem.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
U ...have an improved understanding of the medical background of the health problem.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
U ...fully understand the health problem.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
U ...find out about possible consequences of the health problem.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
R ...help me calm down with regard to the health problem.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
R ...become more relaxed about the health problem.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
R ...to be less scared about the health problem.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
R ...make sure that the health problem is harmless.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

<sup>1</sup> U = Understanding, R = Reassurance, AP = Action Planning, H = Hope

*I need information to...*

		Not true at all	Not true	Partially true	True rather	Absolutely true
AP	...find treatment options for the health problem.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
AP	...to find out what I can do myself about the health problem.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
AP	...be able to plan courses of action to overcome the health problem.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
AP	...to find ways to influence the health problem.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
H	...feel good again despite the health problem.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
H	...be happy again despite the health problem.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
H	...gather courage despite the health problem.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
H	...to be able to look to the future with confidence despite the health problem.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## **Assessment information:**

K = 16

Subscales: U = Understanding, R = Reassurance, AP = Action Planning, H = Hope

Answer format: Likert scale, five-point-scale: Rating from "not true at all" (= 1) to "Absolutely true" (= 5).

Total score as average of the four subscales corresponds to the general need for information (= IN).