

## FINAL SCALE AND CALCULATION METHOD

| HEALTHCARE DEMAND PROCRASTINATION SCALE |  | I totally disagree. | I don't agree. | I Partially Agree. | I Agree. | I totally agree. |
|---|--|---------------------|----------------|--------------------|----------|------------------|
| <b>Self/Individual Remedy Search</b>    |  |                     |                |                    |          |                  |
| 1                                       | When some of my symptoms/ailments appear, I follow the recommendations of my elders or friends rather than immediately contacting the physician. | 1                   | 2              | 3                  | 4        | 5                |
| 2                                       | When some of my symptoms/ailments appear, I research solutions online rather than immediately contacting the physician.                          | 1                   | 2              | 3                  | 4        | 5                |
| 3                                       | When some of my symptoms/ailments appear, I ask people who have experienced similar symptoms what to do.   | 1                   | 2              | 3                  | 4        | 5                |
| <b>Avoidance</b>                        |  |                     |                |                    |          |                  |
| 4                                       | I'd rather live with my symptoms than be subjected to a number of medical tests (tests, X-rays, etc.) and/or treatment.                          | 1                   | 2              | 3                  | 4        | 5                |
| 5                                       | Even though I know I have to go to the doctor, I'll put it off as long as I can.   | 1                   | 2              | 3                  | 4        | 5                |
| 6                                       | I don't consult a doctor unless it's life-threatening.   | 1                   | 2              | 3                  | 4        | 5                |
| 7                                       | I only consult a physician in an emergency.  | 1                   | 2              | 3                  | 4        | 5                |
| <b>Not Taking Action</b>                |  |                     |                |                    |          |                  |
| 8                                       | Although I have some symptoms/disorders, I deny being sick.  | 1                   | 2              | 3                  | 4        | 5                |
| 9                                       | When some of my symptoms/ailments appear, I think it's temporary.  | 1                   | 2              | 3                  | 4        | 5                |
| 10                                      | When some of my symptoms/ailments appear, I immediately contact a physician. *   | 1                   | 2              | 3                  | 4        | 5                |
| 11                                      | I wait my symptoms to get worsen to consult a doctor.  | 1                   | 2              | 3                  | 4        | 5                |

\*Reverse item

### Factor One: Self/Individual Remedy Search

This factor consists of 3 statements (1,2,3). This is calculated by collecting the points from the three items and dividing them by 3. The minimum score of this factor is 1, the maximum score is 5, and the median score is 3.

### Second Factor: Avoidance

This factor consists of 4 statements (4,5,6,7). This is calculated by collecting the points from the four items and dividing them by 4. The minimum score of this factor is 1, the maximum score is 5, and the median score is 3.

### Third Factor: Not Taking Action

This factor consists of 4 statements (8,9,10,11) (statement 10 is the reverse statement and must be reverse coded in the calculation). This is calculated by collecting the points from the four items and dividing them by 4. The minimum score of this factor is 1, the maximum score is 5, and the median score is 3.

### Calculation of Total Score of the Scale

The total score of the scale is calculated by collecting 11 items and dividing them by 11. The minimum score of the scale is 1, the maximum score is 5, and the median score is 3. Rising scores show increased health care demand procrastination behavior. Item 10 must be reverse-coded when calculating the total score.