

Data Breach Anxiety Scale

How worried, anxious, or stressed do you feel about the following events potentially happening to you?

(We will refer to these events later as "data breaches")

Response Scale

Not at all worried /
stressed / anxious

1

2

3

4

5

Very much worried /
stressed / anxious

6

7

1. Your SMS or instant messages intercepted, broken into or "hacked" into
2. Your email account hacked into
3. Your cloud account hacked into (e.g., iCloud, Dropbox, Google Drive, etc.)
4. Your social media account hacked into (e.g., Facebook, Twitter, Instagram, Flickr, LinkedIn, etc.)
5. Private information you posted to your friends/private social network is seen outside of your friends or network
6. Sensitive or revealing photos of you posted on the internet without your permission
7. Someone stealing one of your internet account passwords
8. Your bank/credit card/investment account hacked into
9. Information on your computer or phone accessed by someone unauthorized to do so
10. Someone remotely tracking your location or movements through GPS on your phone

The scale's items can be summed for a total score. Development of the scale is documented in the paper below, along with its psychometric performance. The scale is free to use, without restriction.

Elhai, J. D., & Hall, B. J. (2016). Anxiety about internet hacking: Results from a community sample. *Computers in Human Behavior*, 54, 180-185.

Downloadable from: <https://www.jon-elhai.com/research#access>