

## Compulsive Buying Scale © Valence. D’Astous & Fortier

Please express the extent to which you agree or disagree with each of the following statements. Please place an X on the line that best indicates how you feel about each statement.

	Strongly agree (5)	Somewhat agree (4)	Neither agree nor disagree (3)	Somewhat disagree (2)	Strongly disagree (1)
When I have money, I cannot help but spend part or all of it.	_____	_____	_____	_____	_____
I am often impulsive in my buying behavior.	_____	_____	_____	_____	_____
For me, shopping is a way of facing the stress of my daily life and relaxing.	_____	_____	_____	_____	_____
I sometimes feel that something inside pushed me to go shopping.	_____	_____	_____	_____	_____
There are times when I have a strong urge to buy.	_____	_____	_____	_____	_____
At times, I have felt somewhat guilty after buying a product, because it seemed unreasonable.	_____	_____	_____	_____	_____
There are some things I buy that I do not show to anybody for fear of being perceived as irrational in my buying behavior.	_____	_____	_____	_____	_____
I often have an unexplainable urge, a sudden and spontaneous desire, to go and buy something.	_____	_____	_____	_____	_____
As soon as I enter a shopping center or mall, I have an irresistible urge to go into a shop and buy something.	_____	_____	_____	_____	_____
I am one of those people who often respond to direct mail offers.	_____	_____	_____	_____	_____
I have often bought a product that I did not need, while knowing that I have very little money left.	_____	_____	_____	_____	_____
I am a spendthrift.	_____	_____	_____	_____	_____
I have sometimes thought “If I had to do it over again, I would...” and felt sorry for something I have done or said.	_____	_____	_____	_____	_____

### Calculating your score:

- Each X that you placed corresponds to a number: 5 for “strongly agree”, 4 for “somewhat agree”, 3 for “neither agree nor disagree”, 2 for “somewhat disagree, and 1 for “strongly disagree.
- Add together the 13 numbers for your Xs to get your total scale score.
- Compulsive buyers tend to score 42.2 or higher.