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:

0 10 20 30 40 50 60 70 80 90 100
not at all likely — moderately likely — extremely likely

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

0 10 20 30 40 50 60 70 80 90 100
not at all bad — moderately bad — extremely bad

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

Source: Deacon, B. J., & Olatunji. B. O. (2007). Specificity of disgust sensitivity in the prediction of behavioral avoidance in contamination fear. *Behaviour Research and Therapy, 45,* 2110-2120.