

## The Death Anxiety Beliefs and Behaviours Scale (DABBS)

Below is a list of statements about death that you may or may not agree with. Please indicate how much you agree with each statement from 1 (“Strongly disagree”) to 5 (“Strongly agree”).

	Strongly disagree	Disagree	Neither agree nor disagree	Agree	Strongly agree
1. I feel anxious about death	1	2	3	4	5
2. The fact that I will die someday is terrifying	1	2	3	4	5
3. I am scared of dying	1	2	3	4	5
4. Death frightens me	1	2	3	4	5

Below is a list of death-related thoughts, beliefs and attitudes that you may experience. Please indicate how frequently you are troubled by each thought on a scale from 1 (“never have the thought”) to 5 (“always have the thought”).

	Never have the thought	Rarely have the thought	Sometimes have the thought	Often have the thought	Always have the thought
5. It would be terrible to not have time to experience everything I want to	1	2	3	4	5
6. It would be horrible to die alone	1	2	3	4	5
7. My death will be a painful experience	1	2	3	4	5
8. I couldn't cope with growing old without my loved ones	1	2	3	4	5
9. I will lose a loved one suddenly and it will destroy me	1	2	3	4	5
10. On my deathbed, I will not be able to face death as bravely as I should	1	2	3	4	5
11. I couldn't cope if someone I care for developed a fatal illness	1	2	3	4	5

Below is a list of activities that some people may avoid. Please indicate how frequently you would avoid each of these situations, on a scale from 1 (“I would never avoid”) to 5 (“I would always avoid”).

	Never avoid	Rarely avoid	Sometimes avoid	Often avoid	Always avoid
12. Watching or reading media stories about dying	1	2	3	4	5
13. Thinking about being diagnosed with a terminal illness	1	2	3	4	5
14. Reading a novel with a character who is dying	1	2	3	4	5
15. Thinking about a loved one dying	1	2	3	4	5
16. Watching a film or TV show with a character who is dying	1	2	3	4	5
17. Thinking about myself dying	1	2	3	4	5
18. Reading a memoir or essay by someone diagnosed with a terminal illness	1	2	3	4	5