

Ecological Behavior Scale

For the following 32 behaviors, please indicate *how often* you perform them. Choose "*Not applicable*" (NA) if you are *unable* to give an answer.

| | | never | seldom | occa- sionally | often | very often | NA |
|----|------------------------------------------------------------------------------------------------------|-------|--------|-------------------|-------|---------------|----|
| 1 | I ride a bicycle or take public transportation to work or school. | | | | | | |
| 2 | I buy meat and produce with eco-labels. | | | | | | |
| 3 | I buy beverages in cans. | | | | | | |
| 4 | I use an oven cleaning spray to clean my oven. | | | | | | |
| 5 | I wait until I have a full load before doing my laundry. | | | | | | |
| 6 | I drive my car in or into the city. | | | | | | |
| 7 | In the winter, I air rooms while keeping on the heat and leaving the windows open, simultaneously. | | | | | | |
| 8 | I wash dirty clothes without prewashing. | | | | | | |
| 9 | I drive on freeways at speeds under 100kph (= 62.5 mph). | | | | | | |
| 10 | If I am offered a plastic bag in a store, I take it. | | | | | | |
| 11 | In nearby areas (around 30 kilometers; around 20 miles), I use public transportation or ride a bike. | | | | | | |
| 12 | I collect and recycle used paper. | | | | | | |
| 13 | I bring empty bottles to a recycling bin. | | | | | | |
| 14 | I have pointed out unecological behavior to someone. | | | | | | |
| 15 | I contribute financially to environmental organizations. | | | | | | |
| 16 | I buy beverages and other liquids in returnable bottles. | | | | | | |
| 17 | I buy bleached or colored toilet paper. | | | | | | |
| 18 | I buy convenience foods. | | | | | | |
| 19 | I buy products in refillable packages. | | | | | | |
| 20 | I buy domestically grown wooden furniture. | | | | | | |
| 21 | I boycott companies with an unecological background. | | | | | | |
| 22 | I buy seasonal produce. | | | | | | |
| 23 | I use a clothes dryer. | | | | | | |
| 24 | I read about environmental issues. | | | | | | |
| 25 | I talk with friends about environmental pollution, climate change, and/or energy consumption. | | | | | | |
| 26 | For longer journeys (more than 6 hours of travel time by car), I take an airplane. | | | | | | |
| 27 | I keep the engine running while waiting in front of a railroad crossing or in a traffic jam. | | | | | | |
| 28 | At red traffic lights, I keep the engine running. | | | | | | |
| 29 | I kill insects with a chemical insecticide. | | | | | | |
| 30 | In winter, I turn down the heat when I leave my apartment for more than 4 hours. | | | | | | |
| 31 | I drive to where I want to start my hikes. | | | | | | |
| 32 | I shower (rather than to take a bath). | | | | | | |

For the following 18 behaviors, please indicate *whether you perform them* or not. Choose the answer that fits your situation closest. Again, choose "*Not applicable*" (NA) if you are *unable* to give an answer.

| | | yes | no | NA |
|------|----------------------------------------------------------------------------|-----|----|----|
| 1 I | reuse my shopping bags. | | | |
| 2 l | n the winter, I keep the heat on so that I do not have to wear a sweater. | | | |
| 3 l | use fabric softener with my laundry. | | | |
| 4 l | put dead batteries in the garbage. | | | |
| 5 A | After meals, I dispose of leftovers in the toilet. | | | |
| 6 I | use a chemical air freshener in my bathroom. | | | |
| 7 I | am a member of an environmental organization. | | | |
| 8 l | n hotels, I have the towels changed daily. | | | |
| 9 l | own an energy efficient dishwasher (efficiency class A+ or better). | | | |
| 10 A | After a picnic, I leave the place as clean as it was originally. | | | |
| 11 I | own solar panels. | | | |
| 12 I | have looked into the pros and cons having a private source of solar power. | | | |
| 13 I | have a contract for renewable energy with my energy provider. | | | |
| 14 I | refrain from owning a car. | | | |
| 15 I | am a member of a carpool. | | | |
| 16 I | drive in such a way as to keep my fuel consumption as low as possible. | | | |
| 17 I | own a fuel-efficient automobile (less than 6 liters per 100 kilometer). | | | |
| 18 I | am a vegetarian. | | | |
| | | | | |