

**Perceived Vulnerability to Illness Scale**

**1. I am more likely to get sick when I am stressed**

\_\_\_ I agree very much (6)      \_\_\_ I mainly agree (5)      \_\_\_ I slightly agree (4)  
\_\_\_ I disagree very much (1)      \_\_\_ I mainly disagree (2)      \_\_\_ I slightly disagree (3)

**2. At the end of the day I am completely exhausted both mentally and physically.**

\_\_\_ I agree very much (6)      \_\_\_ I mainly agree (5)      \_\_\_ I slightly agree (4)  
\_\_\_ I disagree very much (1)      \_\_\_ I mainly disagree (2)      \_\_\_ I slightly disagree (3)

**3. I am more likely to get sick than other people**

\_\_\_ I agree very much (6)      \_\_\_ I mainly agree (5)      \_\_\_ I slightly agree (4)  
\_\_\_ I disagree very much (1)      \_\_\_ I mainly disagree (2)      \_\_\_ I slightly disagree (3)