

Beliefs about medicines questionnaire (BMQ) Horne, Weinman, Hankins, (1999)
Psychology and Health, 14, 1-24

BMQ –Specific

Your views about medicines prescribed to you.

- I would like to ask you about your personal views about medicines prescribed for your asthma.
- These are statements other people have made about their asthma medication.
- Please indicate the extent to which you agree or disagree with them by placing a cross in the appropriate box.
- There are no right or wrong answers. I am interested in your personal views.
- Please only cross one box per question.

1) My health at present depends on my asthma medicines

| | | | | |
|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| Strongly agree | agree | uncertain | disagree | strongly disagree |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

2) Having to take asthma medication worries me

| | | | | |
|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| Strongly agree | agree | uncertain | disagree | strongly disagree |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

3) My life would be impossible without my asthma medication

| | | | | |
|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| Strongly agree | agree | uncertain | disagree | strongly disagree |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

4) Without my asthma medication I would be very ill

| | | | | |
|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| Strongly agree | agree | uncertain | disagree | strongly disagree |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

5) I sometimes worry about the long-term effects of my asthma medication

Strongly agree

agree

uncertain

disagree

strongly disagree

6) My asthma medication is mystery to me

Strongly agree

agree

uncertain

disagree

strongly disagree

7) My health in the future will depend on my asthma medication

Strongly agree

agree

uncertain

disagree

strongly disagree

8) My asthma medication disrupts my life

Strongly agree

agree

uncertain

disagree

strongly disagree

9) I sometimes worry about becoming too dependent on my asthma medication

Strongly agree

agree

uncertain

disagree

strongly disagree

10) My asthma medication protects me from becoming worse.

Strongly agree

agree

uncertain

disagree

strongly disagree

BMQ-General

- I would like to ask you about your personal views about medicines in general.
- These are statements other people have made about medicines in general.
- Please indicate the extent to which you agree or disagree with them by ticking the appropriate box.
- There are no right or wrong answers. I am interested in your personal views.
- Please only tick one box per question.

11) Doctors use too many medicines

| | | | | |
|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| Strongly agree | agree | uncertain | disagree | strongly disagree |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

12) People who take medicines should stop their treatment for a while every now and again.

| | | | | |
|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| Strongly agree | agree | uncertain | disagree | strongly disagree |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

13) Most medicines are addictive.

| | | | | |
|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| Strongly agree | agree | uncertain | disagree | strongly disagree |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

14) Natural remedies are safer than medicines

| | | | | |
|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| Strongly agree | agree | uncertain | disagree | strongly disagree |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

15) Medicines do more harm than good.

| | | | | |
|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| Strongly agree | agree | uncertain | disagree | strongly disagree |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

16) All medicines are poisons

Strongly agree

agree

uncertain

disagree

strongly disagree

17) Doctors place too much trust on medicines

Strongly agree

agree

uncertain

disagree

strongly disagree

18) If doctors had more time with patients they would prescribe fewer medicines.

Strongly agree

agree

uncertain

disagree

strongly disagree