

Healthy-Unhealthy Music Scale (HUMS)

Most people believe that music is a helpful part of their lives, but sometimes it's not. When you answer the questions below, please try to recall actual moments when music has been helpful and when it has not.

Please read each statement and mark how much it applies to you. Mark only one answer for each question.

| | | Never | Rarely | Some- times | Often | Always |
|-----|--|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| 1. | When I listen to music I get stuck in bad memories | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. | I hide in my music because nobody understands me, and it blocks people out | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. | Music helps me to relax | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 4. | When I try to use music to feel better I actually end up feeling worse | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 5. | I feel happier after playing or listening to music | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 6. | Music gives me the energy to get going | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 7. | I like to listen to songs over and over even though it makes me feel worse | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 8. | Music makes me feel bad about who I am | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 9. | Music helps me to connect with other people who are like me | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 10. | Music gives me an excuse not to face up to the real world | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 11. | It can be hard to stop listening to music that connects me to bad memories | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 12. | Music leads me to do things I shouldn't do | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 13. | When I'm feeling tense or tired in my body music helps me to relax | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

Scoring instruction: HUMS Healthy: 3, 5, 6, 9, 13; HUMS Unhealthy: 1, 2, 4, 7, 8, 10, 11, 12. Answers are scored on a scale from 1 (never) to 5 (always).