



Compulsive Buying Scale © Valence. D'Astous & Fortier

Please express the extent to which you agree or disagree with each of the following statements. Please place an X on the line that best indicates how you feel about each statement.

	Strongly agree (5)	Somewhat agree (4)	Neither agree nor disagree (3)	Somewhat disagree (2)	Strongly disagree (1)
When I have money, I cannot help but spend part or all of it.	_____	_____	_____	_____	_____
I often buy something I see, without planning, just because I have to have it.	_____	_____	_____	_____	_____
For me, shopping is a way of facing the stress of my daily life and relaxing.	_____	_____	_____	_____	_____
I sometimes feel that something inside pushed me to go shopping.	_____	_____	_____	_____	_____
There are times when I have a strong urge to buy.	_____	_____	_____	_____	_____
At times, I have felt somewhat guilty after buying a product, because it seemed unreasonable.	_____	_____	_____	_____	_____
There are some things I buy that I do not show to anybody because I'm afraid people will think I wasted my money.	_____	_____	_____	_____	_____
I often have an unexplainable urge, a sudden and spontaneous desire, to go and buy something.	_____	_____	_____	_____	_____
As soon as I enter a shopping center or mall, I have an irresistible urge to go into a shop and buy something.	_____	_____	_____	_____	_____



I have often bought a product that I did not need, even when I knew I had very little money left. _____

I like to spend money. _____

D'Astous, A., Maltais, J., & Roberge, C. (1990). Compulsive buying tendencies of adolescent consumer. *Advances in Consumer Research*, 17, 306-313

Note: If you score higher than 36 you are likely a compulsive buyer.

RICHMOND COMPULSIVE BUYING SCALE
Please choose the response that best describes you.

	Strongly Disagree							Strongly Agree
	1	2	3	4	5	6		7
1. My closet has unopened shopping bags in it.	_____	_____	_____	_____	_____	_____	_____	_____
2. Others might consider me a shopaholic.	_____	_____	_____	_____	_____	_____	_____	_____
3. Much of my life centers around buying things.	_____	_____	_____	_____	_____	_____	_____	_____
4. I consider myself an impulse purchaser.	_____	_____	_____	_____	_____	_____	_____	_____
	Never							Very Often
	1	2	3	4	5	6		7
5. I buy things I don't need.	_____	_____	_____	_____	_____	_____	_____	_____
6. I buy things I did not plan to buy.	_____	_____	_____	_____	_____	_____	_____	_____

Note 1: From: "An Expanded Conceptualization and a New Measure of Compulsive Buying," by Nancy M. Ridgway, Monika Kukar-Kinney and Kent B. Monroe, Dec. 2008, *Journal of Consumer Research*.

Note 2: Scoring 25 or higher is considered compulsive buying.