**Process Mindset Measure (PMM)**

Crum, A. J., Boles, D. Z., DeSousa, M., & Markus, H. R.

Description: The Process Mindset Measure (PMM) is a one-factor scale developed by Crum, Boles, DeSousa & Markus (in prep) to assess mindsets about the process of becoming or maintaining good health. The PMM captures beliefs about difficulty/ease, un/pleasurable, relaxing/stressful, in/convenient, boring/fun, lonely/social, and indulgent/depriving nature of the process of maintaining good health.

The scale can be administered to adults who are fluent in English and is appropriate for both healthy and chronically ill populations. It can be used as a general scale by using the term *health* (as below) or as a domain-specific scale by replacing this term with specific activities aiding in health like exercising or eating.

*Crum, A. J., Boles, D. Z., DeSousa, M., & Markus, H. R. (In Prep). If being healthy is hard, painful and depriving; it is no wonder we are all fat and sick: Mindsets about the process of health provide a new avenue for motivating health behavior.*

Scoring: The following four-point scale should be used for all seven statements. No items should be reverse scored.

1 = Very “bad”

2 = Somewhat “bad”

3 = Somewhat “good”

4 = Very “good”

The extent to which a participant endorses an adaptive process mindset can be obtained by calculating the mean score for all items. A higher score indicates greater agreement with the adaptive mindset.



**Process Mindset Measure (PMM)**

**Instructions:** The following statements are different opinions about what it is like to get/or stay healthy. Please select the option on each row that best describes how you feel about the process of becoming healthy and/or maintaining good health. There are no correct answers – we are only interested in your personal beliefs.

**The process of becoming healthy and/or maintaining good health is:**

1. Very difficult Somewhat difficult Somewhat easy Very easy
2. Very unpleasant Somewhat unpleasant Somewhat pleasurable Very pleasurable
3. Very stressful Somewhat stressful Somewhat relaxing Very relaxing
4. Very inconvenient Somewhat inconvenient Somewhat convenient Very convenient
5. Very boring Somewhat boring Somewhat fun Very fun
6. Very lonely Somewhat lonely Somewhat social Very social
7. Very depriving Somewhat depriving Somewhat indulgent Very indulgent

**Diet Process Mindset Measure (PMM-D)**

Now think about what it's like to **eat healthy**. The following statements are different opinions about **EATING HEALTHY**. Please select the option on each row that best describes how you feel about eating healthy.

**EATING HEALTHY** is:

1. Very difficult Somewhat difficult Somewhat easy Very easy
2. Very unpleasant Somewhat unpleasant Somewhat pleasurable Very pleasurable
3. Very stressful Somewhat stressful Somewhat relaxing Very relaxing
4. Very inconvenient Somewhat inconvenient Somewhat convenient Very convenient
5. Very boring Somewhat boring Somewhat fun Very fun
6. Very lonely Somewhat lonely Somewhat social Very social
7. Very depriving Somewhat depriving Somewhat indulgent Very indulgent

**Exercise Process Mindset Measure (PMM-E)**

Now think about what it's like to exercise. The following statements are different opinions about **EXERCISING**. Please select the option on each row that best describes how you feel about exercising.

**EXERCISING** is:

1. Very difficult Somewhat difficult Somewhat easy Very easy
2. Very unpleasant Somewhat unpleasant Somewhat pleasurable Very pleasurable
3. Very stressful Somewhat stressful Somewhat relaxing Very relaxing
4. Very inconvenient Somewhat inconvenient Somewhat convenient Very convenient
5. Very boring Somewhat boring Somewhat fun Very fun
6. Very lonely Somewhat lonely Somewhat social Very social
7. Very depriving Somewhat depriving Somewhat indulgent Very indulgent

