

eHEALS: eHEALTH LITERACY SCALE

1. I know **what** health resources are available on the Internet.

Strongly Disagree

Disagree

Undecided

Agree

Strongly Agree

2. I know **where** to find helpful health resources on the Internet.

Strongly Disagree

Disagree

Undecided

Agree

Strongly Agree

3. I know **how** to find helpful health resources on the Internet.

Strongly Disagree

Disagree

Undecided

Agree

Strongly Agree

4. I know **how to use** the Internet to answer my questions about health.

Strongly Disagree

Disagree

Undecided

Agree

Strongly Agree

5. I know how to use **the health information** I find on the Internet to help me.

Strongly Disagree

Disagree

Undecided

Agree

Strongly Agree

6. I have the skills I need to **evaluate** the health resources I find on the Internet.

Strongly Disagree

Disagree

Undecided

Agree

Strongly Agree

7. I can tell **high quality** health resources from **low quality** health resources on the Internet.

Strongly Disagree

Disagree

Undecided

Agree

Strongly Agree

8. I feel **confident** in using information from the Internet to make health decisions.

Strongly Disagree

Disagree

Undecided

Agree

Strongly Agree

