

# THE SENIOR TIMES

OHIO'S FOREMOST  
NEWSMAGAZINE FOR  
BOOMERS & BEYOND

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## Are you a Home Shopping addict?

By Caitlin Watzke

Home shopping channels make it easy to make purchases from the comfort of your couch. They present viewers with a “buy now” urgency, and they allow customers to divide purchases into monthly payments, which may make items seem more affordable.

If boxes from home shopping channels are piling up on your doorstep, or if you have gone into debt from making too many purchases from those channels, you may have a shopping addiction.

Use the Bergen Shopping Addiction Scale, developed by researchers at the Faculty of Psychology at the University of Bergen in Norway, to recognize symptoms of shopping addiction.



Home shopping channels make it easy for consumers to shop from the comfort of their couches



### BERGEN SHOPPING ADDICTION SCALE

Answers: (0) completely disagree (1) disagree (2) neither disagree nor agree (3) agree (4) completely agree

1. You think about shopping/buying things all the time.	0	1	2	3	4
2. You shop/buy things in order to change your mood.	0	1	2	3	4
3. You shop/buy so much that it negatively affects your daily obligations (e.g., school and work).	0	1	2	3	4
4. You feel you have to shop/buy more and more to obtain the same satisfaction as before.	0	1	2	3	4
5. You have decided to shop/buy less but have not been able to do so.	0	1	2	3	4
6. You feel bad if you, for some reason, are prevented from shopping/buying things.	0	1	2	3	4
7. You shop/buy so much that it has impaired your well-being.	0	1	2	3	4

If you scored “agree” or “completely agree” on four or more of the seven items, you may have a shopping addiction. If you think you have a shopping addiction, you may want to visit a therapist who can provide cognitive-behavioral treatment, join the closest Debtors Anonymous group or get credit counseling.