

Are You Affected by Affluenza?

Today, many people are experiencing an epidemic of stress, overwork, shopping, and debt caused by dogged pursuit of the American dream.

Take the following quiz, to find out if you are infected by *affluenza*. Read the following statements, circle your response to the statement, and total your score.

1. I use shopping to forget my troubles.

1	2	3	4	5
Disagree	Disagree Somewhat	Don't Care	Agree Somewhat	Agree

2. I go to the mall to hang out with my friends, not planning to buy anything, but end up spending my money.

1	2	3	4	5
Disagree	Disagree Somewhat	Don't Care	Agree Somewhat	Agree

3. I never think about spending or saving my money.

1	2	3	4	5
Disagree	Disagree Somewhat	Don't Care	Agree Somewhat	Agree

4. When I buy something, I feel happy.

1	2	3	4	5
Disagree	Disagree Somewhat	Don't Care	Agree Somewhat	Agree

5. I will buy clothing if it is "cool" or the "latest fashion".

1	2	3	4	5
Disagree	Disagree Somewhat	Don't Care	Agree Somewhat	Agree

6. I recently bought something only because I saw it on T.V.

1	2	3	4	5
Disagree	Disagree Somewhat	Don't Care	Agree Somewhat	Agree

7. I have doubts that I will ever reach my future money goals.

1	2	3	4	5
Disagree	Disagree Somewhat	Don't Care	Agree Somewhat	Agree

8. I regularly gamble, play poker, or buy lottery tickets.

1	2	3	4	5
Disagree	Disagree Somewhat	Don't Care	Agree Somewhat	Agree

9. When buying something, I am more influenced by the price of the item than the quality and durability.

1	2	3	4	5
Disagree	Disagree Somewhat	Don't Care	Agree Somewhat	Agree

10. I feel my buying habits do not support my values and goals.

1	2	3	4	5
Disagree	Disagree Somewhat	Don't Care	Agree Somewhat	Agree

Check Your Score: Total your points for all statements and compare your points with the categories below.

40-50: You are showing signs of being infected by affluenza. When making money decisions, it is important to think carefully about your values and goals, and the consequences of your choices.

30-39: Beware! You are bordering affluenza. Watch your shopping and spending habits.

29 and below: Congratulations! You have avoided some signs of affluenza.

Remember to beat affluenza by doing the following: *Before you buy, think it over and assess the choice—creating savings versus creating debt.*

Adapted from *Affluenza* (DeGraaf, Naylor, & Wann, San Francisco: Berett-Kochler Publishing, Inc., 2001) by Becky Hagen Jokela and Lori Hendrickson, Extension Educators- Family Resource Management, University of Minnesota Extension.

Copyright © 2009, Regents of the University of Minnesota. All rights reserved. For Americans with Disabilities Act accommodations, please call (800) 876-8636. The University of Minnesota is an equal opportunity educator and employer. To find out more, visit www.extension.umn.edu/youth&money/.