

Report

Rasch *Resilience* Re-analysis

February 2026

Behavior
Change
Group



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Management *summary*

Rationale, goal & method

Rationale

The National Coordinator for Counterterrorism and Security (NCTV) is keen to investigate the extent to which the Dutch population is currently prepared for emergencies. Our previous Rasch analysis (November 2024) revealed that, whilst many people had made a start to putting together emergency kits and drawing up an emergency plan, there was still a gap between them discussing the subject and actually taking action.

Goal

The NCTV wants to know which resilience-building behaviours Dutch people are currently adopting, or not adopting. The research should reveal whether the additional communication has led to changes in behaviour and in the position of groups on the behaviour ladder. The idea is to use the insights for the Think Ahead (*Denk Vooruit*) communication and campaign strategy for 2026.

Method

A questionnaire was used to survey a representative sample of 1,026 Dutch people (January 2026). A selection of 30 behaviours, which together form the resilience ladder, were used for the follow-up measurements and the analyses themselves are based on 972 respondents, with the sample overlapping by more than 80 percent with that of 2024. Regression analyses were used to identify which behavioural determinants influence a person's position on the ladder. The results were broken down into the general population and five subgroups: young people (aged 18–27), older people (aged 65 and over), people who are less self-reliant, people with low socio-economic status (below-modal income) and residents of urban areas.

Overview of the results

The survey enabled us to answer the following three main questions:

1. Which resilience behaviours are Dutch people currently adopting, which are they not yet adopting and what is their current position on the ladder?

The results show that Dutch people are now adopting more resilience behaviours than they were two years ago. The average citizen is higher up the resilience ladder in 2026 than they were in 2024. There has been a clear increase in behaviours such as keeping sealed bottles of drinking water, an emergency radio or matches to hand. The proportion of Dutch people with an emergency kit has risen from thirty percent in 2024 to forty-four percent in 2026. The number of people with an emergency plan has doubled to twelve percent. However, no significant progress has been made in relation to behaviours falling within the 'take action' category.

2. What are the differences between the various target groups in terms of their position on the ladder?

The differences between the five subgroups largely correspond to the patterns observed in 2024. On average, older people occupy the highest position on the behaviour ladder. Young people aged between eighteen and twenty-seven are, on average, at the bottom of the ladder.

3. What are the differences compared with the November 2024 analysis in terms of the position of different target groups on the behaviour ladder?

The changes in behaviour within the subgroups are consistent with the differences observed between these target groups. Target groups that were already higher up the ladder have progressed even further. Target groups that were already lower down the ladder have not made any significant progress.

Overview of the results

In addition to the three main questions, we answer a number of research questions in order to identify the factors that determine resilient behaviour in more detail:

4. Which behavioural determinants play a role among the target groups across the entire behaviour ladder?

Age, responsibility for others, attitude, perceived disadvantages (time), subjective norms and susceptibility to an emergency situation are important predictors of resilient behaviour. When broken down into subgroups, the pattern is less clear, but is consistent with the findings for the target group as a whole. What is striking is that the explained variance of the behaviour models used to test the behavioural determinants amounts to a maximum of 23%. This suggests that, in addition to the behavioural determinants identified, other factors may also influence resilient behaviour, which were not included in the questionnaire.

5. Which behavioural determinants play a role in behaviours covered by the ‘emergency kit’?

Age, effort, response efficacy, attitude and the subjective norm play a role when it comes to engaging in the behaviours associated with putting together an emergency kit.

6. Which behavioural determinants play a role in behaviours covered by the ‘emergency plan’?

Gender, age, perceived vulnerability, responsibility for others, time, self-efficacy regarding the emergency plan and its contents, subjective norms and anxiety all play a role when it comes to the behaviours associated with drawing up an emergency plan.

Overview of the results

7. Which behavioural determinants play a role in behaviours covered by ‘talk about the issue’?

Age, responsibility for others, attitude and the subjective norm play a role in behaviours associated with talking about resilience.

8. Which behavioural determinants play a role in behaviours covered by ‘take action’?

Age, above-modal income, responsibility for others and self-efficacy play a role when it comes to the behaviours associated with ‘take action’.

9. What are the differences compared with the November 2024 analysis in terms of which behavioural determinants play a significant role?

The behavioural determinants are largely consistent with the 2024 analysis. What is striking is the emergence of the behavioural determinant of ‘attitude’ as a significant predictor of resilient behaviour.

Point to consider: the geopolitical situation

When interpreting the results, it should be noted that, during the data collection period, various geopolitical crises received considerable media attention, such as the threat of a conflict over Greenland. In addition to a possible impact on the behaviour of the target group, it is also possible that these crises influenced perceptions of the term ‘emergency’ and, consequently, perceptions of the effectiveness of potential courses of action.

Rationale and goal

Objective

- The National Coordinator for Counterterrorism and Security is keen to establish how well the Dutch population is currently prepared for emergencies. In 2024, we carried out a nationwide survey on behalf of the NCTV into the resilience of the Dutch population, with the aim of encouraging people to take action to be better prepared for risks and threats. The survey results provided an insight into which behaviours among which target groups are most likely to yield positive results, which behavioural determinants are significant, and which communication strategies are most appropriate.
- This earlier Rasch analysis (2024) revealed that many people already possess some of the items needed for an emergency kit, but few are actively engaged in, or are discussing, the topic of resilience.
- The government, NATO and the EU has communicated more on the subject of the level of resilience in society since then. The **‘Think Ahead’** campaign has been launched to provide information on how people can prepare for 72 hours without electricity, water or the internet. Households were sent an information leaflet and an emergency plan.
- The NCTV now wants to know which resilience-building behaviours Dutch people have or have not engaged in. They also want to establish whether the additional communication has led to changes in behaviour and in the position of groups on the Rasch ladder.
- The insights gained will be used for the **Think Ahead** communication and campaign strategy in 2026.

Research questions

This survey focuses primarily on the following research questions:

1. Which resilience behaviours are Dutch people currently adopting, and which are they not yet adopting, and what is their current position on the ladder?
2. What are the differences between the various target groups in terms of their position on the ladder?
3. What are the differences compared with the November 2024 analysis in terms of the position of different target groups on the behaviour ladder?

We also answer a number of research questions in order to

identify the behavioural determinants in more detail:

4. Which behavioural determinants play a role among the target groups across the entire behaviour ladder?
5. Which behavioural determinants play a role in behaviours covered by the 'emergency kit'?
6. Which behavioural determinants play a role in behaviours covered by the 'emergency plan'?
7. Which behavioural determinants play a role in behaviours covered by 'talk about the issue'?
8. Which behavioural determinants play a role in behaviours covered by 'take action'?
9. What are the differences compared with the November 2024 analysis in terms of which behavioural determinants play a significant role?

Research method

Questionnaire-based survey

For this follow-up analysis of resilience behaviour, we have developed an abridged version of the national questionnaire from 2024. In the first nationwide survey, participants were asked about more than 80 behaviours. These resilience behaviours then form a behaviour ladder. For the follow-up measurements, we selected **30 behaviours** which, taken together, form the resilience ladder.

This questionnaire-based survey was carried out amongst a representative sample of 1,026 Dutch people in order to answer the research questions and identify the resilience-building behaviours they engage in. Questions also related to a number of behavioural determinants and background characteristics such as age, income and self-reliance were also taken into account.

Statistical analysis

Regression analyses were used to identify which behavioural determinants (i.e. internal or external factors that may influence behaviour) affect a person's position on the behaviour ladder (i.e. the number of resilient behaviours a person exhibits).

Resilience as a *behaviour ladder*

A **mindset** is a mental construct made up of specific behaviours that reflect that mindset. Together these behaviours form a spectrum, ranging from low-threshold behaviours (which many people exhibit) to high-threshold behaviours (which only a few people exhibit).

People with a stronger mindset climb higher up the ladder and display behaviour characterised by low, medium and high thresholds. People with a weaker mindset tend to display behaviours that are characterised by low thresholds.

The **Rasch model** was used to assess whether these behaviours together form a single hierarchical structure and therefore represent a single underlying mindset. The previous survey (2024) showed that resilience behaviours form a **behaviour ladder** and we are using an abridged version of this ladder in the current survey.



Types of resilience behaviours

To assess the extent to which an underlying resilience mindset is present, we compiled specific examples of different types of resilience behaviour ([Annex B](#) lists all the specific examples for each type of resilience behaviour):



Emergency kit

Having items that need to be included in an emergency kit in your home.



Emergency plan

Having a plan in place for certain emergency scenarios and keeping emergency documents to hand.



Talk about the issue

Talking about (preparing for) emergencies with the people you live with and neighbours.



Take action

Taking certain courses to be better prepared and play an active role in the neighbourhood.

Sample

Sample

Representation and subgroups

The questionnaire-based survey was carried out amongst a sample of 1,026 Dutch people. We were able to include 972 respondents in the final analyses, given that a few participants were removed from the dataset on the basis of their response patterns. The sample was made up of an almost equal proportion of women and men: 51% of the respondents were women and 49 percent were men.

In addition to the general Dutch population, this survey examines five subgroups and the differences between them. This involves:

1. Young people (aged 18–27)
2. Older people (aged 65 and over)
3. People who are less self-reliant
4. People with a low socio-economic status (people on a below-modal income)
5. People living in urban areas

Weighting factor

The sample includes all relevant subgroups (ranging from N = 97 to N = 236). When we apply a weighting factor to ensure the sample is representative, the number falls to 971 respondents. This weighting factor is used only when drawing conclusions about the overall sample.

Overlap with the 2024 measurements

The questionnaire was distributed to respondents from the 2024 questionnaire-based survey and subsequently supplemented with new participants. As a result, the sample overlaps by more than 80 percent with that of 2024.

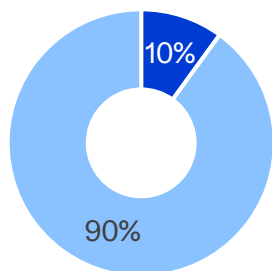
Geopolitical situation

When interpreting the results, it should be noted that, during the data collection period, various geopolitical crises received considerable media attention, such as the threat of a conflict over Greenland.

Sample

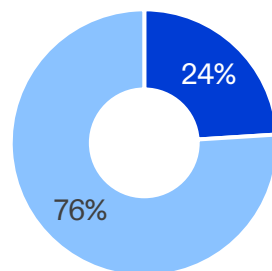
Jongeren

■ 18-27 ■ 27+



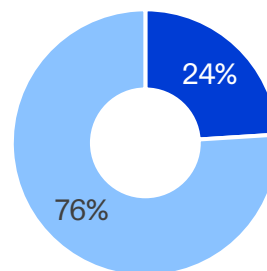
Ouderen

■ 65+ ■ 18-65



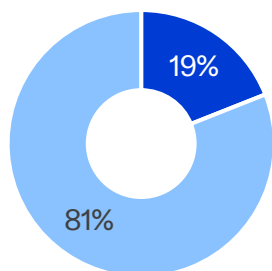
Zelfredzaam

■ Minder ■ Wel



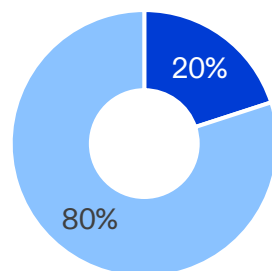
Inkomensniveau

■ Beneden modaal ■ Overig



Stedelijkheid

■ Stad ■ Provincie



How to interpret the information

The graphs show the distribution of the five subgroups. The dark blue section of the circle represents the relevant subgroup. The light blue section represents the rest of the participants.

All five subgroups are adequately represented in the group of participants. The sample is therefore perfectly suitable to be used to answer questions about all subgroups.

More information about the sample can be found in [Annex A](#).

Summary in relation to the *sample*

- The data is suitable to be used to answer the research questions.
- The sample is clearly divided according to the desired background data:
 - The most important groups are represented:
 - Young people (aged 18–27)
 - Older people (aged 65 and over)
 - People who are less self-reliant
 - People with a low socio-economic status
 - People living in urban areas
- The sample was virtually representative:
 - We added a weighting factor to the analyses covering the entire sample in order to ensure that the data is fully representative.

Resilience *behaviours*

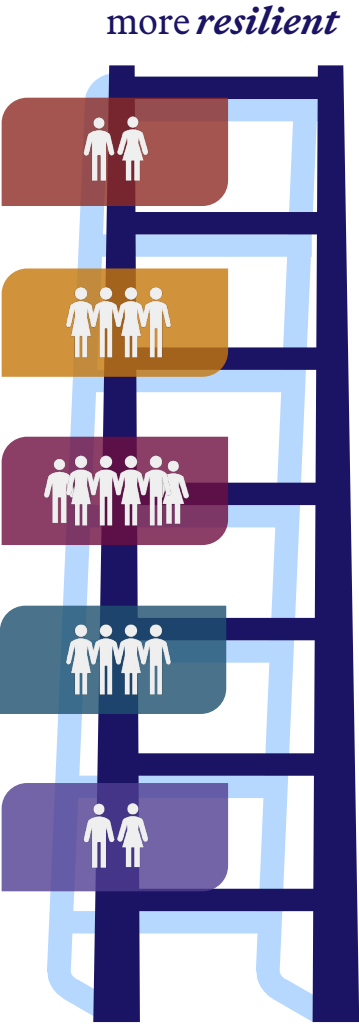
2024 behaviour ladder

Explanation of the behaviour ladder:
The behaviour ladder shows how behaviours are ranked by level of difficulty, as established in 2024. Behaviours at a higher level are engaged in less frequently and are more difficult, whilst behaviours at a lower level occur more frequently and are easier.



Selection of target behaviours for 2026

Clarification:
Behaviours shown in dark blue text were also surveyed in 2026. Behaviours shown in light blue were not resurveyed.



more *resilient*

- | | | | |
|--|--|--|---|
| <ul style="list-style-type: none">• Agree with neighbours who will do what in the event of a disaster or emergency• Talk to neighbours about being prepared for a disaster or emergency• Talk to neighbours about what to do if you are stuck at home• A comprehensive emergency plan• Waterproof copies of the passports (...) of family members living at home• Waterproof copies of the insurance cards of family members living at home | <ul style="list-style-type: none">• Agree with the people you live with who will do what in the event of a disaster or emergency• Take a training course to find out what to do in an emergency• A waterproof printed list of telephone numbers of family and friends• A waterproof printed list of emergency numbers | <ul style="list-style-type: none">• A waterproof list of useful numbers and websites• A waterproof copy of your own passport (...)• A waterproof copy of your own insurance card• Talk to the people you live with about what to do if you are stuck at home• An active role in your own neighbourhood | <ul style="list-style-type: none">• Discuss news items with neighbours• Talk to the people you live with about being prepared for a disaster or emergency• Copies of the insurance cards of family members living at home |
| <ul style="list-style-type: none">• Agree with the people you live with who will act as the main point of contact in the event of an emergency• A printed list of emergency numbers• A printed list of telephone numbers of family and friends• Map of the surrounding area• Sealed bottles of drinking water (9 litres per person for 72 hours) | <ul style="list-style-type: none">• List of useful numbers and websites• Keep an eye on people with health vulnerabilities in your own neighbourhood• Keep an emergency kit in one fixed location• Keep an emergency kit at home• Copies of the passports (...) of family members living at home | <ul style="list-style-type: none">• A copy of your own insurance card• Whistle• Battery-powered radio• Set up a WhatsApp group for your neighbourhood and/or building• A waterproof box of matches or a lighter• Find out what the arrangements are for childcare, school and after-school care• Agree who will collect the children | <ul style="list-style-type: none">• Take a first aid or emergency response* course |
| <ul style="list-style-type: none">• A copy of your passport, ID card or driving licence• Know how to boil water without electricity | <ul style="list-style-type: none">• Medicines for diarrhoea• Know where the nearest AED is | <ul style="list-style-type: none">• Charged power bank• Medicines for stomach ache• Tub of multivitamins | <ul style="list-style-type: none">• Discuss news items with the people you live with |
| <ul style="list-style-type: none">• Hand sanitiser• Know how to turn off the gas in your own home• Food with a long shelf life (such as nuts, | <ul style="list-style-type: none">• tinned vegetables and dried fruit)• Cash• Check food with a long shelf life• Know how to switch off the electricity in | <ul style="list-style-type: none">• your own home• Wet wipes• Know how to turn off the water in your own home | <ul style="list-style-type: none">• First-aid kit• Saw |
| <ul style="list-style-type: none">• Cutting pliers• Check which items are essential in your situation• Battery-powered torch• Know how to stay warm• Emergency stock of pet food | <ul style="list-style-type: none">• Spare key(s) for your car/vehicle• Know which households need which medical devices• Know how to generate light without electricity• Know which households need medicines* | <ul style="list-style-type: none">• Items that are essential in your situation• Spare key(s) for your house/flat• Medicines for headaches• Charger for your tablet• Charger for your laptop• Toothpaste | <ul style="list-style-type: none">• Rubbish bags• Charger for your phone• Toothbrush |

less *resilient*

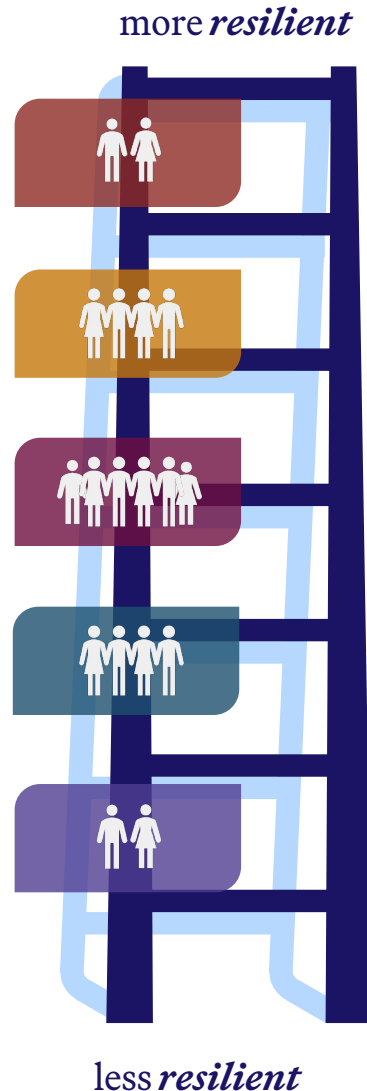
2026 behaviour ladder

Explanation of the behaviour ladder:

The behaviour ladder shows how the selection of behaviours are ranked by difficulty in 2026. The difference between these patterns and the situation in 2024 is also shown. (Important: a downward arrow indicates progress).

How to interpret the information

- ↑ Behaviour occurs less frequently, but is at the same level
- ↑ Behaviour occurs less frequently and is ranked at a higher level
- ↓ Behaviour occurs more frequently, but is at the same level
- ↓ Behaviour occurs more frequently and is at a lower level



- Talk to neighbours about being prepared for a disaster or emergency ↓
- A comprehensive emergency plan ↓
- A waterproof printed list of emergency numbers

- Agree with the people you live with who will act as the main point of contact in the event of an emergency
- A printed list of emergency numbers ↓
- A printed list of telephone numbers of family and friends
- List of useful numbers and websites
- Set up a WhatsApp group for your neighbourhood and/or building
- Keep an eye on people with health vulnerabilities in your own neighbourhood ↓
- Agree who will collect the children ↓

- Keep an emergency kit at home ↓
- Sealed bottles of drinking water (9 litres per person for 72 hours) ↓
- A waterproof box of matches or a lighter ↓
- Battery-powered radio ↓
- A copy of your passport, ID card or driving licence
- Know how to boil water without electricity ↓
- Know where the nearest AED is ↓
- Charged power bank ↓
- Medicines for stomach ache
- Discuss news items with the people you live with ↓
- Talk to the people you live with about being prepared for a disaster or emergency ↓

- Hand sanitiser ↑
- Food with a long shelf life (such as nuts, tinned vegetables and dried fruit) ↓
- First-aid kit

- Cash ↓
- Battery-powered torch
- Know which households need medicines
- Items that are essential in your situation
- Spare key(s) for your house/flat
- Medicines for headaches ↑

2026 behaviour ladder

Explanation of the behaviour ladder:

The behaviour ladder shows how the selection of behaviours are ranked by difficulty in 2026. The difference between these patterns and the situation in 2024 is also shown.

How to interpret the information

The graph on the left shows the distribution of people across the behaviour ladder. On average, people will be higher up the behaviour ladder in 2026 than they were, on average, in 2024.



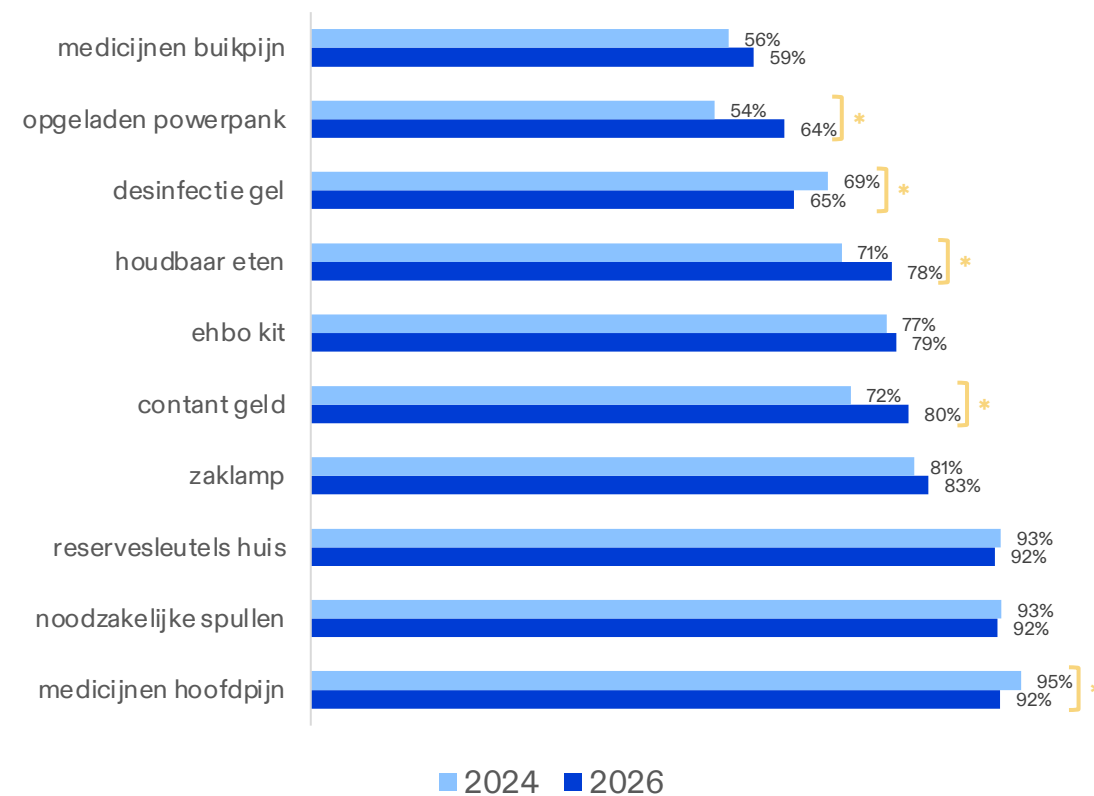
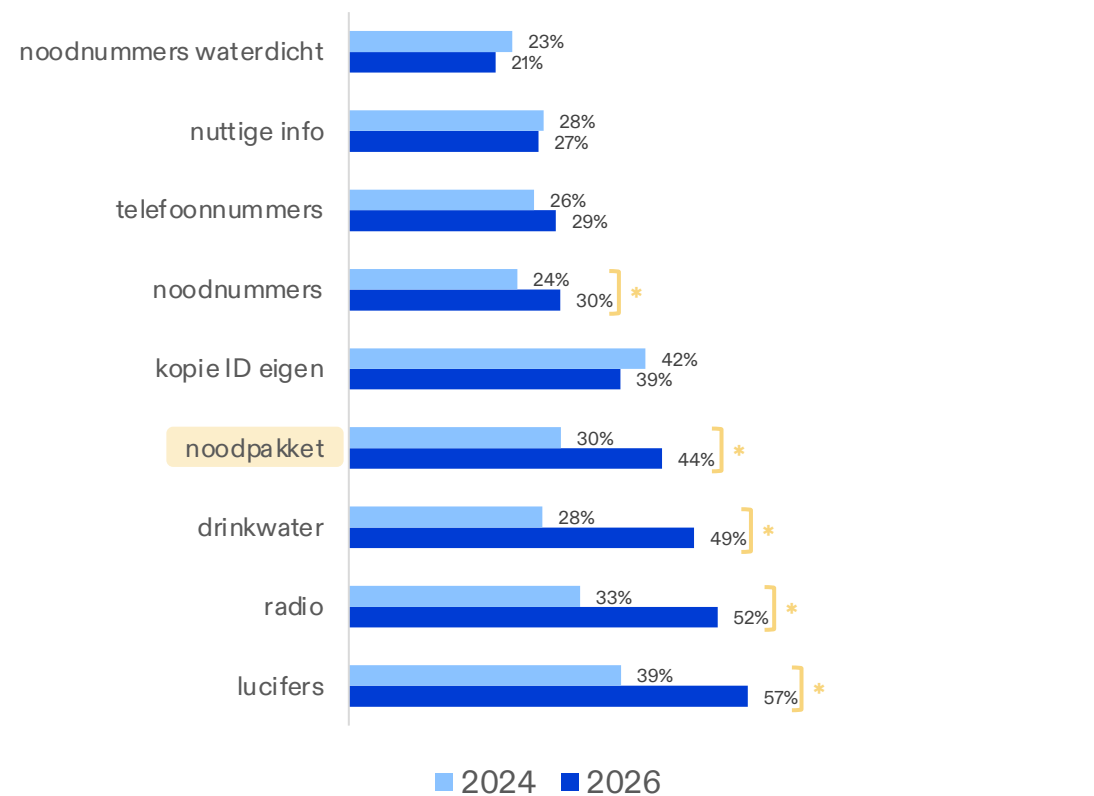
Type of resilience behaviour: *Emergency kit*



Emergency kit

More people have an **emergency kit**, with a clear increase having taken place from 30% (2024) to 44% (2026).

There has been an increase in practical preparations, such as having **drinking water** (49%), an **emergency radio** (52%) and **matches** (57%).



* Significant differences ($p < .05$) between the 2024 and 2026 measurements

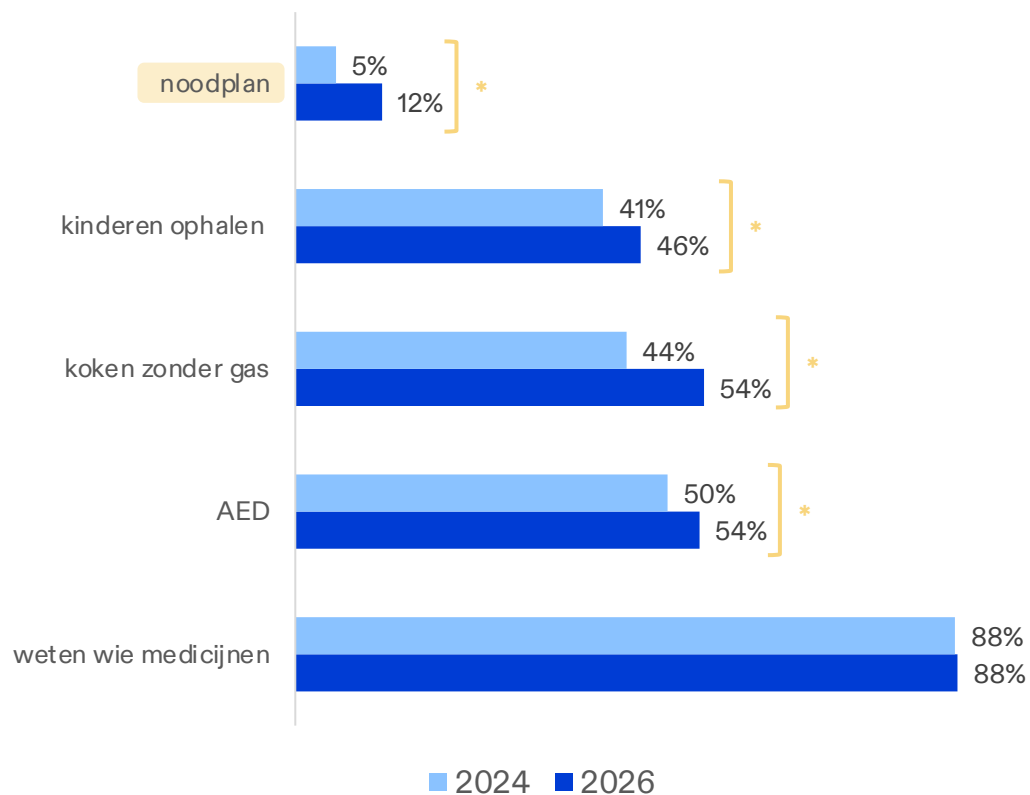
Type of resilience behaviour: *Emergency plan*



Emergency plan

More people have an **emergency plan**, with the figure rising from 5% (2024) to 12% (2026).

The figures relating to **Agree who will collect the children** (46%), **know how to cook without gas** (54%) and **know where the nearest AED is** (54%) have also increased compared with 2024.



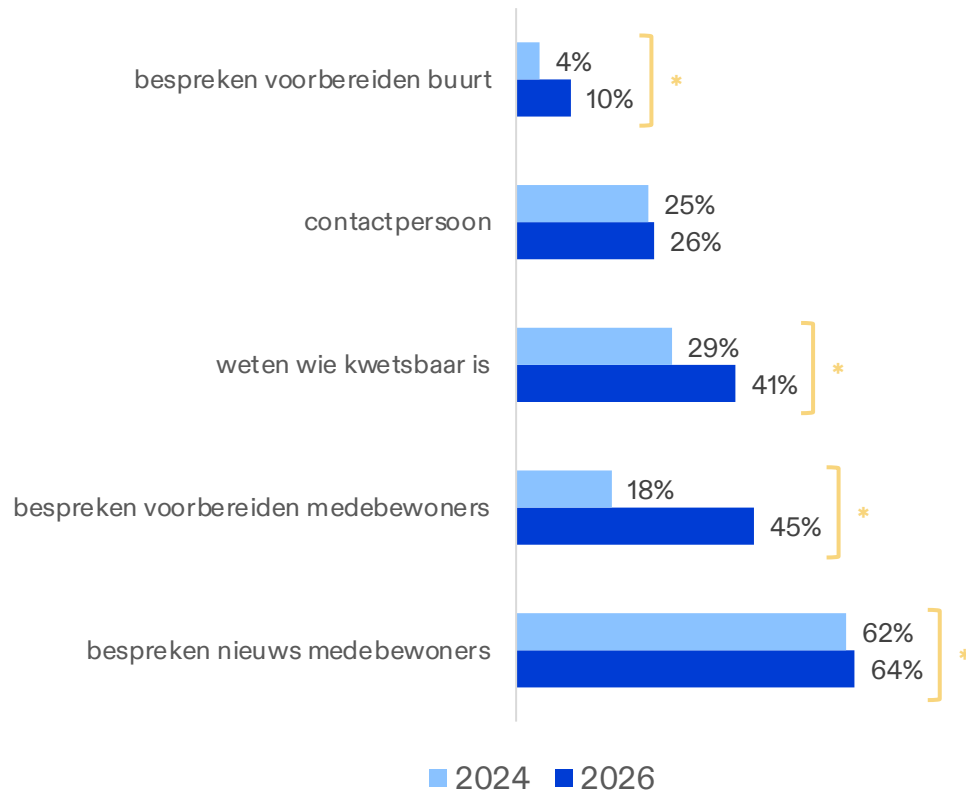
* Significant differences ($p < .05$) between the 2024 and 2026 measurements

Type of resilience behaviour: *Talk about the issue*



Talk about the issue

In particular the figures for **know who is vulnerable** (41%) and **discuss preparing for emergencies with the people you live with** (45%) have increased compared with 2024.



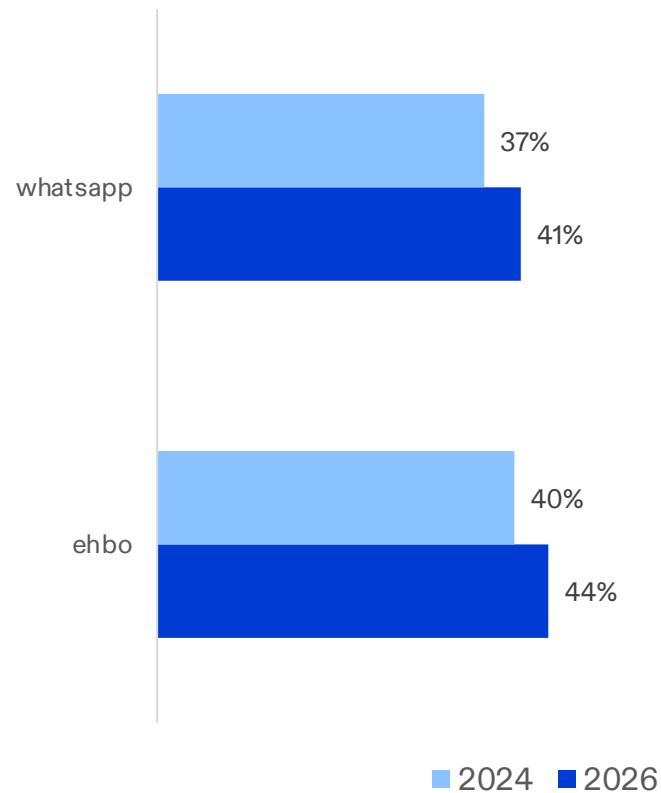
* Significant differences ($p < .05$) between the 2024 and 2026 measurements

Type of resilience behaviour: *Take action*



Take action

Neither having a **WhatsApp group with neighbours or residents** (41%) nor taking a **first aid or emergency response course** (44%) have increased significantly compared with 2024.



* Significant differences ($p < .05$) between the 2024 and 2026 measurements

Summary in relation to *behaviours*

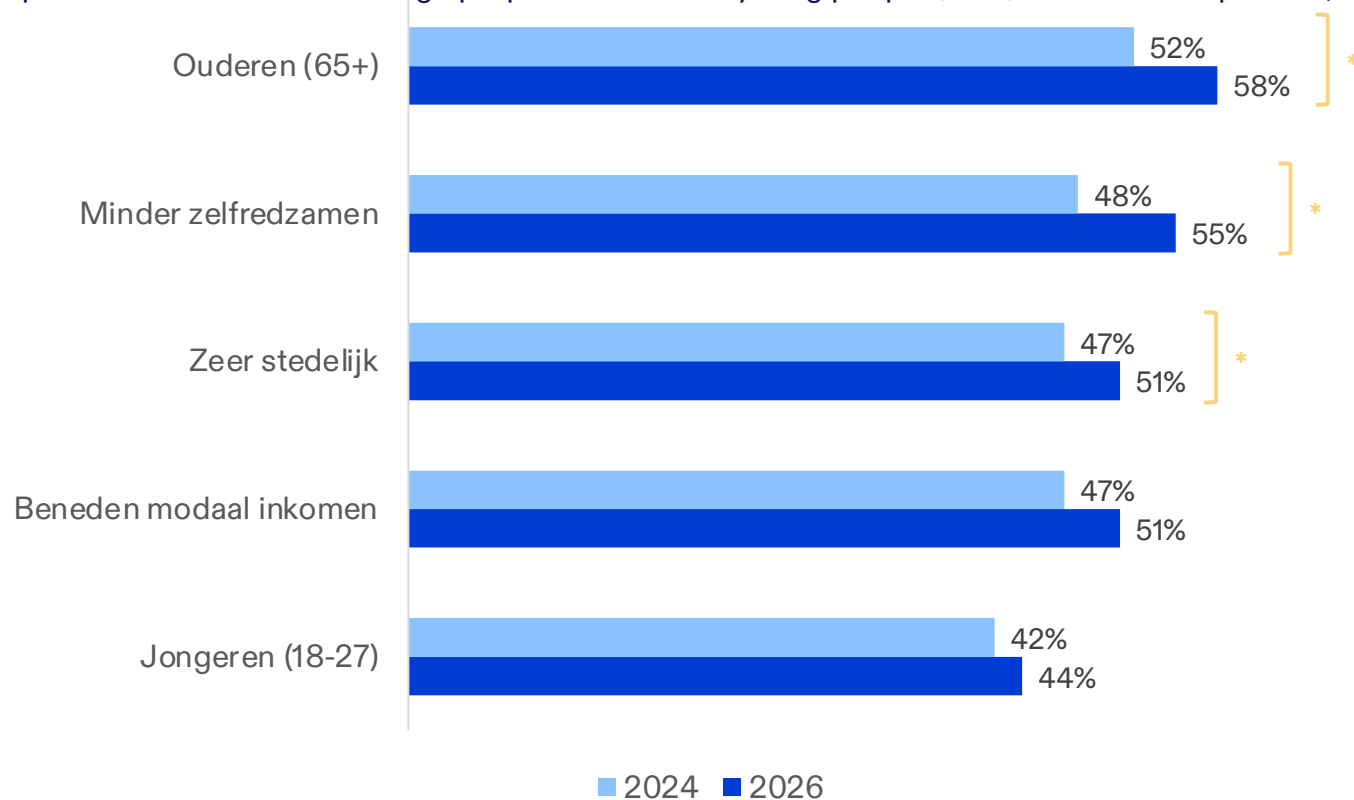
Research question 1: Which resilience behaviours are Dutch people currently adopting, and which are they not yet adopting, and what is their current position on the ladder?

- The results show that Dutch people are engaging in more resilience-building behaviours in 2026, compared to 2024. The average Dutch person is now higher up the behaviour ladder than they were two years ago.
- We are seeing a positive trend in a large proportion of the resilience behaviours. The percentages have risen significantly, with certain behaviours, such as having drinking water or an emergency radio to hand, showing a clear increase. Other behaviours have even doubled, such as having an emergency plan in place and discussing preparing for emergencies with the people you live with.
- However, when it comes to behaviours which fall into the category of ‘take action’, we see no significant differences between 2024 and 2026.
- Although progress is evident in many areas of behaviour, there is still plenty of room for improvement. For example, whilst the percentage of Dutch people with an emergency plan has risen, it remains relatively low (from 5% to 12%).

Target groups

Target groups

The graph shows the percentage of resilience-related behaviours by target group and by time of measurement. Older people, those with reduced independence and people living in highly urbanised areas have made significant progress and they are ranked in the same order. Older respondents scored highest in 2024 and still rank highest on the behaviour ladder. Young people scored lowest in 2024 and still rank lowest of all groups. One possible explanation for this is that a large proportion of these young people (53%) live with their parents, relatives or grandparents.



Summary in relation to *target groups*

Research question 2: What are the differences between the various target groups in terms of their position on the ladder?

- The differences between the five subgroups largely correspond to the patterns observed in 2024. Young people (aged 18–27) are, on average, at the bottom of the ladder, whilst older people occupy the highest position on average.

Research question 3: What are the differences compared with the November 2024 analysis in terms of the position of different target groups on the behaviour ladder?

- The differences in behaviour within target groups reflect the differences between target groups. Target groups that were already higher up the ladder have made significant progress. Young people and those on below-modal incomes, who were already lower down the ladder, have not seen any significant improvement.

Behavioural determinants

Behavioural determinants: *Descriptive analyses*



Statements relating to *behavioural determinants*

Behavioural determinant	Statement
Perceived susceptibility	<i>I think the likelihood of an emergency in my local area is high</i>
Perceived severity	<i>I think that an emergency in my local area would have serious consequences for my well-being</i>
Perceived benefits	<i>If I prepare for an emergency, I reduce the likelihood of negative consequences</i>
Time	<i>Preparing for an emergency takes me a lot of time</i>
Effort	<i>Preparing for an emergency takes a lot of effort</i>
Available resources	<i>I have enough money to buy an emergency kit</i>
Self-efficacy in relation to emergency plan	<i>I am perfectly capable of drawing up an emergency plan</i>
Self-efficacy in relation to emergency kit	<i>I am perfectly capable of putting together an emergency kit</i>
Response efficacy in relation to the emergency plan	<i>Drawing up an emergency plan is an effective way of avoiding the negative consequences of an emergency</i>
Response efficacy in relation to the emergency kit	<i>Putting together an emergency kit is an effective way of avoiding the negative consequences of an emergency</i>
Attitude	<i>I think it is important to prepare myself for an emergency.</i>

Behavioural determinant	Statement
Subjective norm	<i>Most of the people who are important to me are preparing for emergencies</i>
Descriptive norm	<i>Most people in the Netherlands are preparing for emergencies</i>
Trust in the government	<i>The government is helping me enough to prepare for an emergency</i>
Resistance to government	<i>I do not trust the government to make decisions that are in the best interests of its citizens during emergencies</i>
Fear	<i>I feel very anxious when I think about a possible emergency</i>
Helplessness	<i>If an emergency occurs, my behaviour will not really matter anyway</i>
Responsibility	<i>I feel responsible for the safety of the people I live with (such as children, elderly people, or people who are less self-reliant) in the event of an emergency</i>
Own responsibility	<i>I believe it is my own responsibility to be prepared for an emergency</i>
Basic services	<i>I think that the availability of basic services such as electricity, water and food is not always guaranteed</i>

The behavioural determinants and statements, surveyed using a 5-point scale. See [Annex C](#) for further details on the behavioural determinants.

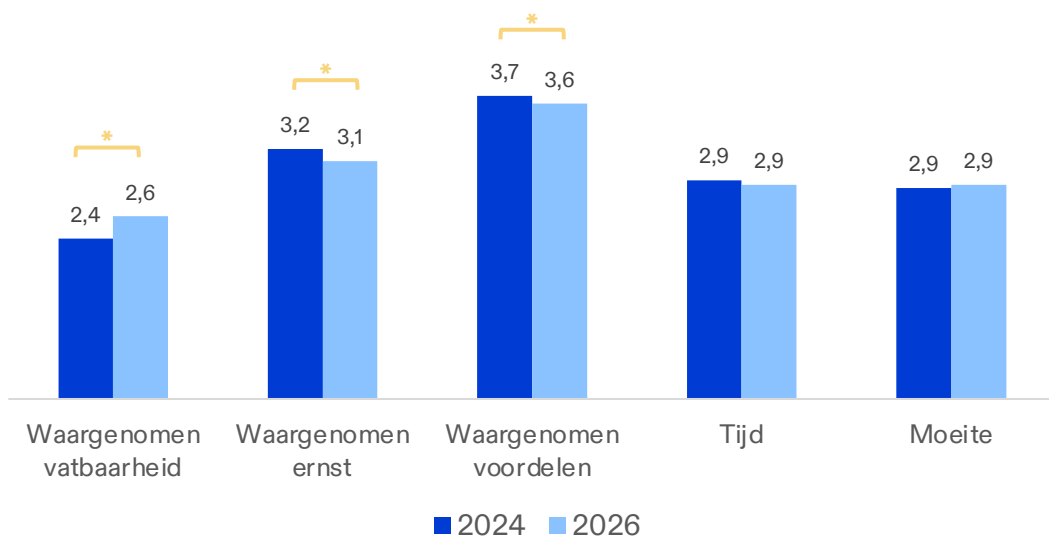
Statements relating to *behavioural determinants*

- **Intent**
 - *I intend to draw up an emergency plan*
 - *I intend to put together an **emergency kit***
- **Knowledge**
 - *I was already familiar with the **emergency plan** before completing this questionnaire*
 - *I was already familiar with the **emergency kit** before completing this questionnaire*
- **Campaign**
 - *I have seen the 'Think Ahead' campaign*
 - *I have read the 'Prepare for an emergency' information booklet*

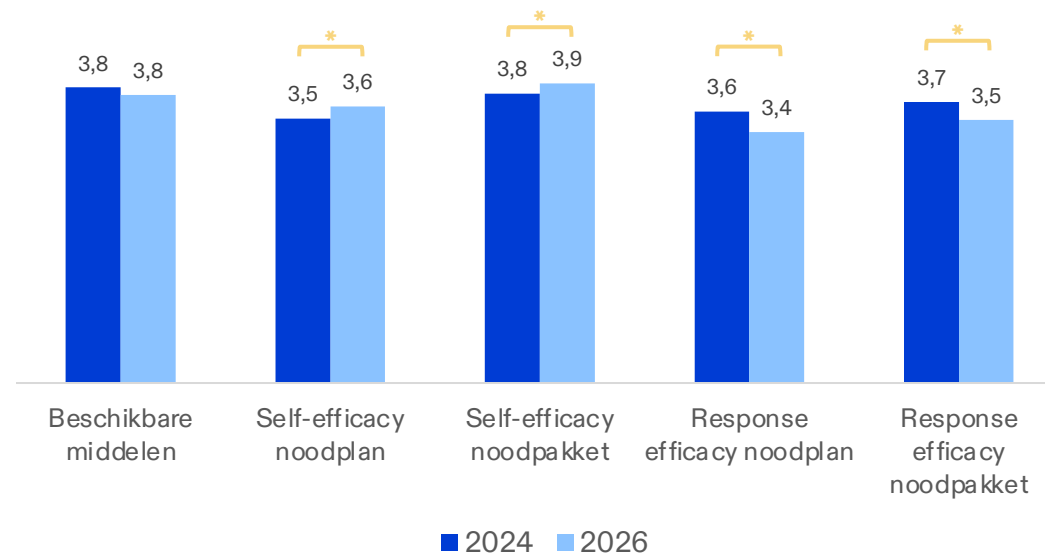
Behavioural determinants

The perceived willingness and confidence in one's own ability (self-efficacy) to prepare have increased slightly. The belief that putting together an emergency kit or drawing up an emergency plan can be effective ways of avoiding the negative consequences of an emergency, as well as people's perception of the benefits of being prepared, have declined slightly.

Scale: 1 – strongly disagree to 5 – strongly agree.



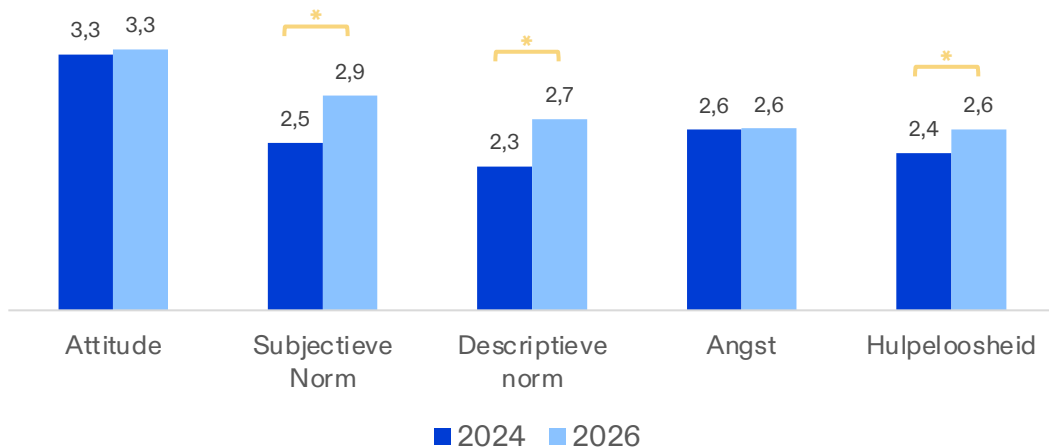
Scale: 1 – strongly disagree to 5 – strongly agree.



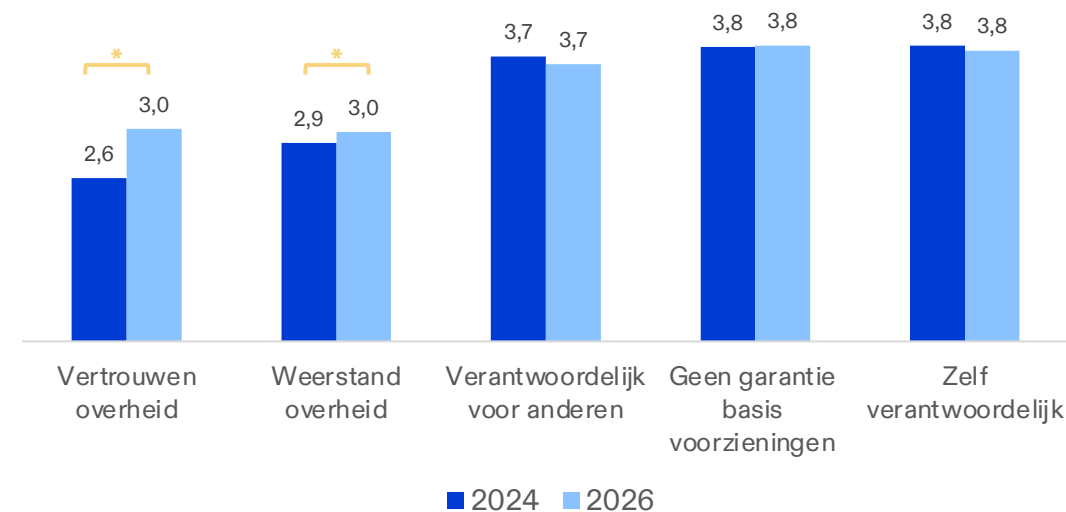
Behavioural determinants

The subjective norm (the perceived expectation of others) and the descriptive norm (the perceived behaviour of others) have increased. However, the extent to which people believe that their behaviour does not really matter in an emergency has also increased. On the one hand, there is a growing perception that the government is doing enough to help people prepare for an emergency. On the other hand, there is a growing sense that people do not trust the government to make decisions that are in the best interests of its citizens during emergencies.

Scale: 1 – strongly disagree to 5 – strongly agree.



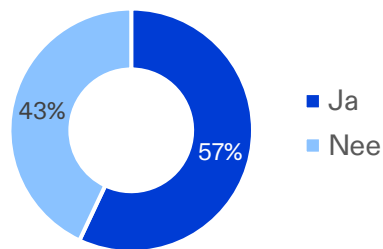
Scale: 1 – strongly disagree to 5 – strongly agree.



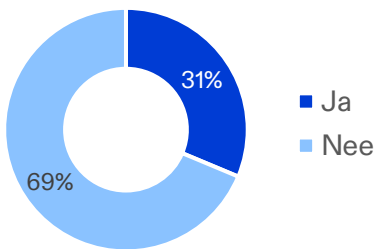
Campaign and knowledge

The majority of Dutch people (57%) have read the information leaflet. A minority (31%) also say they have seen the ‘Think Ahead’ campaign. This may also be down to them having seen the ‘Think Ahead’ campaign logo.

Read the information booklet



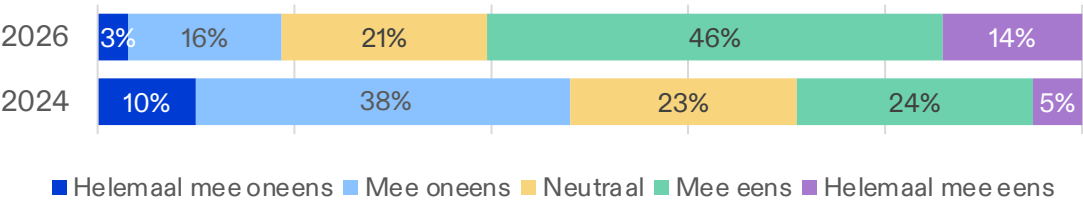
Saw the ‘Think Ahead’ campaign



A large proportion of the respondents were already familiar* with the emergency kit (89%) and the emergency plan (60%). Knowledge has therefore increased significantly compared to the 2024 analysis.

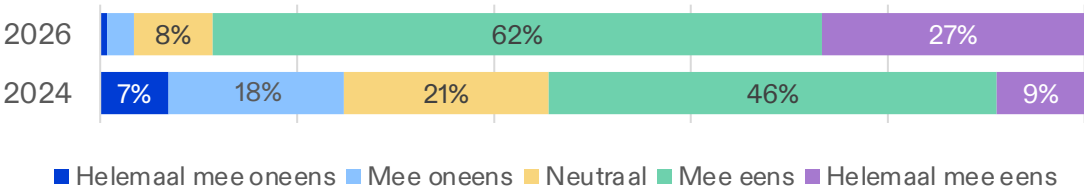
Knowledge of emergency plan*:

I was already familiar with the emergency plan before completing this questionnaire



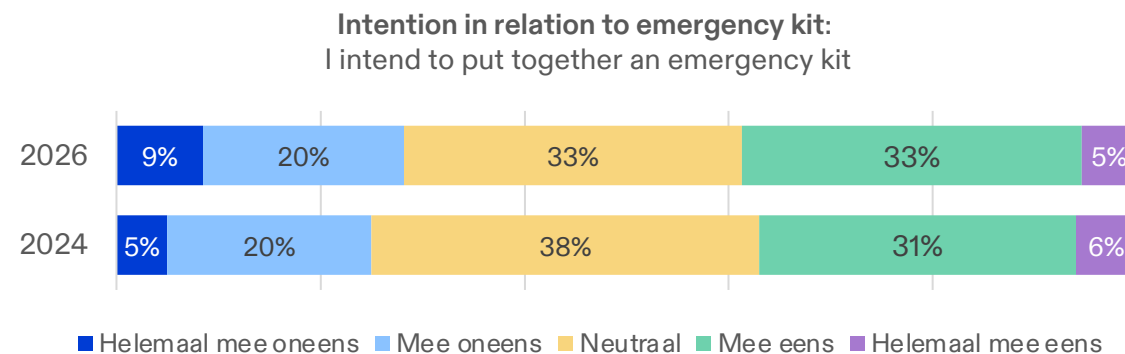
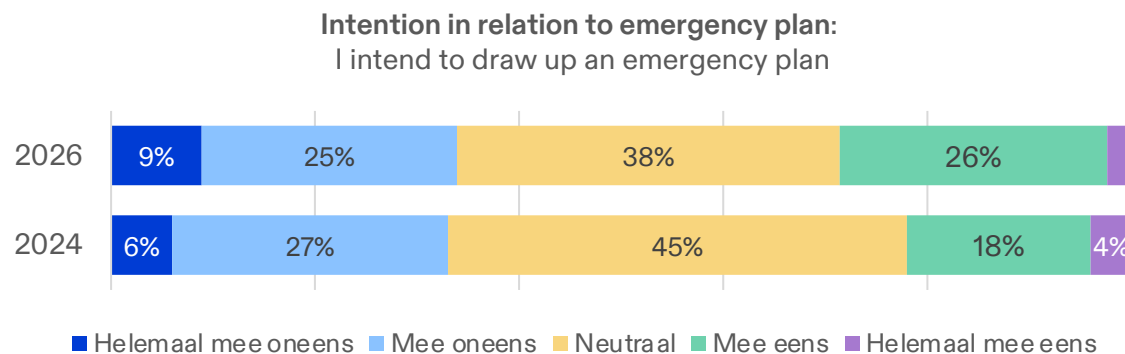
Knowledge of emergency kit*:

I was already familiar with the emergency kit before completing this questionnaire



Intent

- **Emergency plan:** 28.6% of the respondents who do not yet have an emergency plan (N=869) say that they do intend to draw one up. The largest group remains neutral (37.5%), whilst a third (33.9%) say they have no intention (at all) of doing so.
- **Emergency kit:** 38.8% of the respondents who do not yet have an emergency kit (N=539) say that they do intend to put one together. A third of the group (33.1%) are neutral on the matter, whilst 29% say they have no intention (at all) of doing so.
- The intention to put together an emergency kit scores slightly higher than the intention to draw up an emergency plan.



Summary in relation to *behavioural determinants*

Positive increase:

- The level of **perceived vulnerability** to an emergency in the local area has increased significantly.
- **People's confidence in their own ability** to prepare for emergencies, both in terms of emergency kits and emergency plans, has increased significantly.
- The extent to which the people who are important to you are preparing for an emergency (**subjective norm**) has increased significantly.
- The extent to which people believe that other Dutch people are preparing for an emergency (**descriptive norm**) has increased significantly.
- The extent to which people believe the government is providing them with sufficient support in preparing for emergencies (**trust in the government**) has increased significantly.

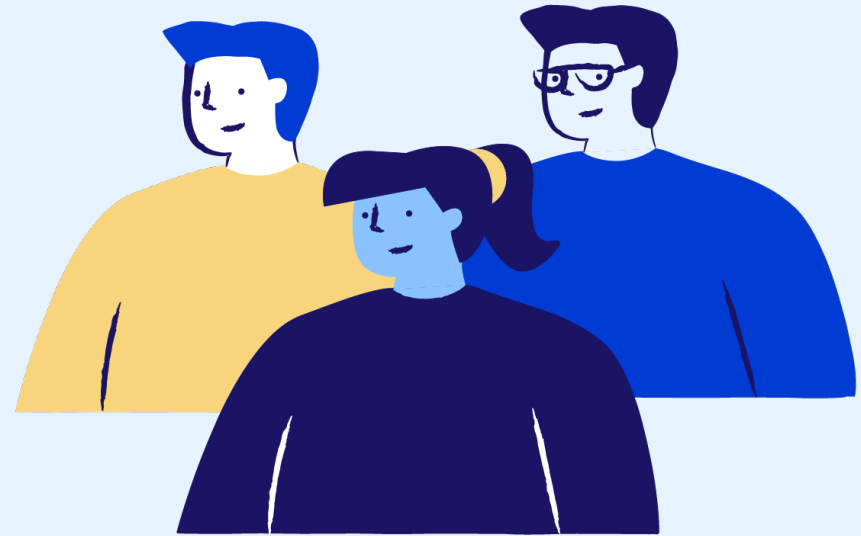
Decrease or negative growth:

- The extent to which people believe that an emergency would have serious consequences for their well-being (**perceived severity**) has decreased significantly.
- People's **belief in the effectiveness** of the measures (emergency kit and emergency plan) has fallen significantly.
- People's awareness of the **perceived benefits** of preparing for an emergency has decreased significantly.
- The belief that individual behaviour makes little difference in an emergency (**helplessness**) has increased significantly.
- The extent to which people are sceptical that the government makes decisions in the interests of its citizens during emergencies (**resistance to government**) has increased significantly.

General: Although people have greater confidence in their own abilities and standards have risen, confidence in the effectiveness of measures and the impact of their own behaviour is declining at the same time.

Testing *behaviour models*

Behaviour model per *target group*



General target group

This model explains 23% of the variation in the outcome measure, while taking account of the number of variables in the model ($R^2_{adj} = .225$, $N = 972$).



Reference categories: ¹Female, ²Modal income, ³Self-reliant, ⁴Not urban. This is the reference group against which all other groups are compared

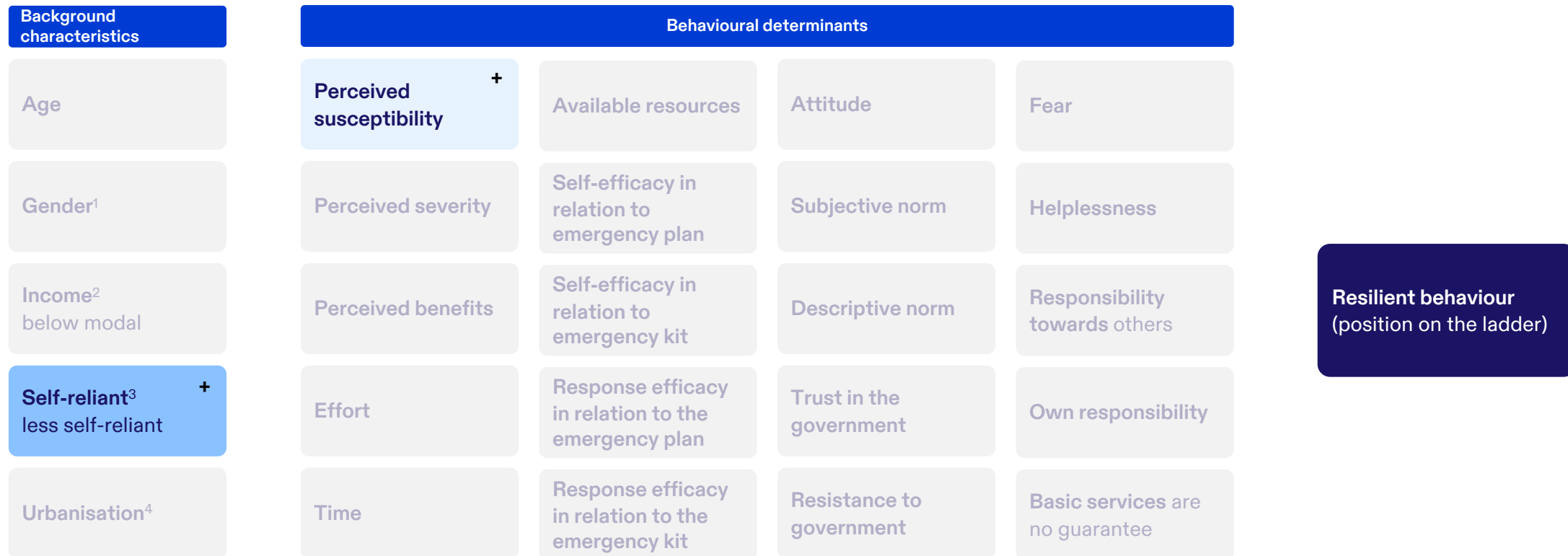
General target group

- **Age:** The analysis shows that, on average, older people score higher on the resilience ladder ($\beta^* = .124$). This means that **people prepare better for an emergency as they get older.**
- **Time:** The analysis shows that, on average, people who regard preparing for an emergency as more time-consuming score lower on the resilience ladder ($\beta = -.093$). This means that **people who experience preparation as time-consuming prepare less adequately for an emergency.**
- **Perceived susceptibility:** The analysis shows that, on average, people who believe the likelihood of an emergency is greater score higher on the resilience ladder ($\beta = .097$). This means that **people who feel they are more vulnerable prepare better for an emergency.**
- **Responsibility for others:** The analysis shows that, on average, people who feel more responsible for others score higher on the resilience ladder ($\beta = .093$). This means that **people who feel more responsibility for others prepare better for an emergency.**
- **Attitude:** The analysis shows that, on average, people who consider it important to prepare for an emergency score higher on the resilience ladder ($\beta = .104$). This means that **people who consider preparing for an emergency to be important prepare better for an emergency.**
- **Subjective norm:** The analysis shows that people who believe the most important people in their lives are preparing for an emergency score higher, on average, on the resilience ladder ($\beta = .185$). This means that **people prepare better for an emergency if they think that those around them are preparing as well.**

* A β -weight (beta weight) indicates the strength of the relationship between an independent and a dependent variable. A positive β -weight indicates that an increase in a factor usually leads to more of the desired behaviour. A negative β -weight indicates that a decrease in a factor usually leads to less of the desired behaviour. In this survey we report the standardised beta weights. The weight indicates by how many standard deviations the dependent variable changes for each standard deviation change in the independent variable. Using the standardised beta weights enables a comparison of the different variables. What is striking is that the explained variance of the behaviour model is only 23%. This suggests that, in addition to the behavioural determinants identified, other factors may also influence resilient behaviour, which were not included in the questionnaire.

Below-modal *income*

This model explains 10% of the variation in the outcome measure, while taking account of the number of variables in the model ($R^2_{\text{adj}} = .102$, $N = 183$).



Reference categories: ¹Female, ²Modal income, ³Self-reliant, ⁴Not urban. This is the reference group against which all other groups are compared

Young people (aged 18–27)

The model is not significant (N = 97).

Background characteristics	Behavioural determinants				Resilient behaviour (position on the ladder)
Age	Perceived susceptibility	Available resources	Attitude	Fear	
Gender ¹	Perceived severity	Self-efficacy in relation to emergency plan	Subjective norm	Helplessness	
Income ² below modal	Perceived benefits	Self-efficacy in relation to emergency kit	Descriptive norm	Responsibility towards others	
Self-reliant ³ less self-reliant	Effort	Response efficacy in relation to the emergency plan	Trust in the government	Own responsibility	
Urbanisation ⁴	Time	Response efficacy in relation to the emergency kit	Resistance to government	Basic services are no guarantee	

Reference categories: ¹Female, ²Modal income, ³Self-reliant, ⁴Not urban. This is the reference group against which all other groups are compared

Older people (aged 65 and over)

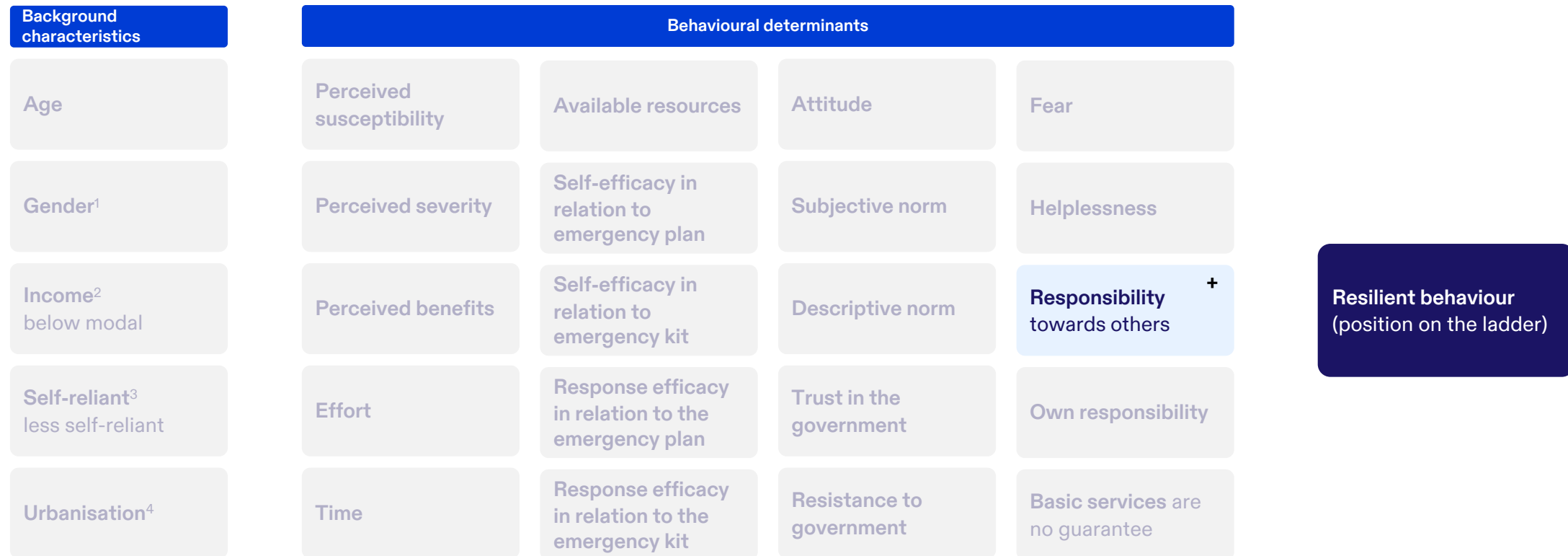
This model explains 22% of the variation in the outcome measure, while taking account of the number of variables in the model ($R^2_{adj} = .216$, $N = 230$).



Reference categories: ¹Female, ²Modal income, ³Self-reliant, ⁴Not urban. This is the reference group against which all other groups are compared

Less *self-reliant*

This model explains 16% of the variation in the outcome measure, while taking account of the number of variables in the model ($R^2_{adj} = .158$, $N = 236$).



Reference categories: ¹Female, ²Modal income, ³Self-reliant, ⁴Not urban. This is the reference group against which all other groups are compared

Degree of *urbanisation*

This model explains 13% of the variation in the outcome measure, while taking account of the number of variables in the model ($R^2_{adj} = .125$, $N = 193$). However, none of the predictors is statistically significant on its own.



Reference categories: ¹Female, ²Modal income, ³Self-reliant, ⁴Not urban. This is the reference group against which all other groups are compared

Specific *target groups*

Point to consider regarding low reported variance:

When interpreting the results it is important to note that the explained variance of the behaviour models is low to non-significant. This suggests that, in addition to the behavioural determinants identified, other factors may also influence resilient behaviour, which were not included in the questionnaire.

Below-modal income:

- **Less self-reliant:** The analysis shows that, on average, people on a below-modal income who are in need of support score higher on the resilience ladder ($\beta = .181$). This means that **people with a below-modal income who need help prepare better for an emergency.**
- **Perceived susceptibility:** The analysis shows that, on average, people on a below-modal income who believe the likelihood of an emergency is greater score higher on the resilience ladder ($\beta = .263$). This means **people on a below-modal income who feel more vulnerable prepare better for an emergency.**

Less self-reliant:

- **Responsibility for others:** The analysis shows that, on average, people who are less self-reliant but who feel more responsible for others score higher on the resilience ladder ($\beta = .160$). This means that **people who are less self-reliant but feel more responsibility for others prepare better for an emergency.**

Older people (aged 65 and over)

- **Responsibility for others:** The analysis shows that, on average, older people who feel more responsible for others score higher on the resilience ladder ($\beta = .155$). This means that **older people who feel more responsibility for others prepare better for an emergency.**
- **Attitude:** The analysis shows that, on average, older people who consider it important to prepare for an emergency score higher on the resilience ladder ($\beta = .202$). This means that **older people who consider preparing for an emergency to be important prepare better for an emergency.**
- **Subjective norm:** The analysis shows that, on average, older people who believe that the most important people in their lives are preparing for an emergency score higher on the resilience ladder ($\beta = .232$). This means that **older people prepare better for an emergency if they think that people they regard as important are preparing as well.**

Young people (aged 17–28) and degree of urbanisation:

- None of the behavioural determinants in the behaviour models are significant predictors of position on the behaviour ladder for the subgroup comprising young people and people living in urban areas.

Summary in relation to *behaviour models per target group*

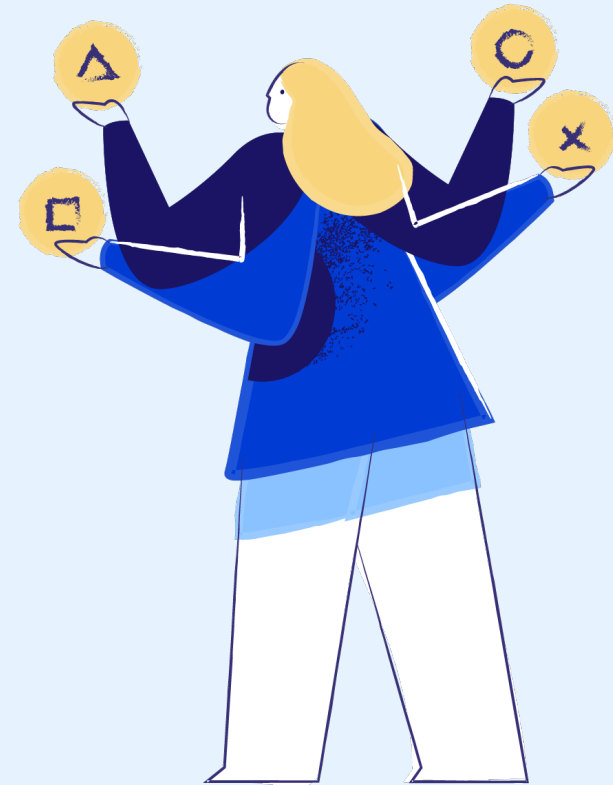
Research question 4: Which behavioural determinants play a role among the target groups across the entire behaviour ladder?

- Age, responsibility for others, attitude, perceived disadvantages (time), subjective norms and susceptibility to an emergency situation are important predictors of resilient behaviour. However, the model's explained variance is low. This suggests that, in addition to the behavioural determinants identified, other factors may also influence resilient behaviour, which were not included in the questionnaire.
- When broken down into subgroups, the pattern is less clear, but is consistent with the findings for the target group as a whole.

Research question 8: What are the differences compared with the November 2024 analysis in terms of which behavioural determinants play a significant role?

- The behavioural determinants are largely consistent with the 2024 analysis. What is striking is the emergence of the behavioural determinant of 'attitude' as a significant predictor of resilient behaviour.

Behaviour models per *type of behaviour*



Behaviour models per *type of behaviour*

- We tested four additional behaviour models for the four types of behaviour:



Emergency kit

Having items that need to be included in an emergency kit in your home.



Talk about the issue

Talking about (preparing for) emergencies with the people you live with and neighbours.



Emergency plan

Having a plan in place for certain emergency scenarios and keeping emergency documents to hand.



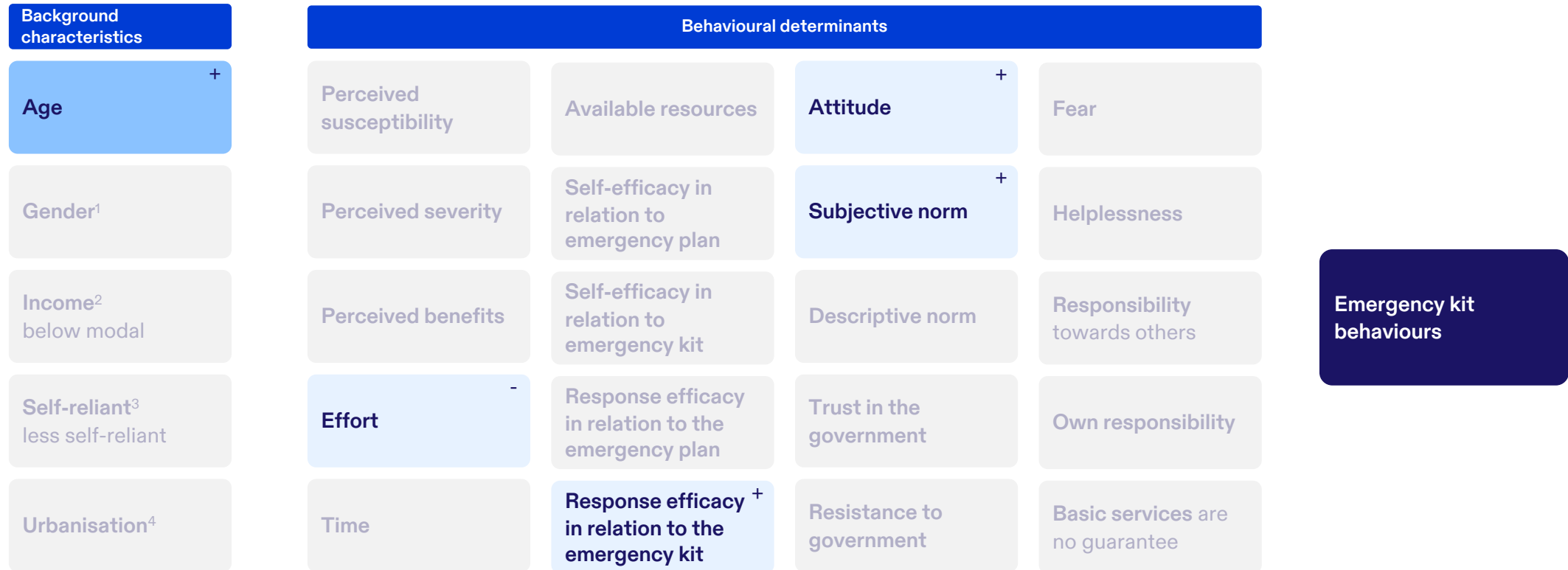
Take action

Taking certain courses to be better prepared and play an active role in the neighbourhood.

- The outcome measure in these analyses is the percentage of behaviours engaged in. We set out the behaviour models and conclusions for each type of behaviour on the following pages. See [Annex B](#) for specific examples of each type of resilience behaviour.

Emergency kit

This model explains 22% of the variation in the outcome measure, while taking account of the number of variables in the model ($R^2_{\text{adj}} = .222$, $N = 971$). The outcome measure is the percentage of behaviours engaged in (out of a possible 19 behaviours).



Reference categories: ¹Female, ²Modal income, ³Self-reliant, ⁴Not urban.

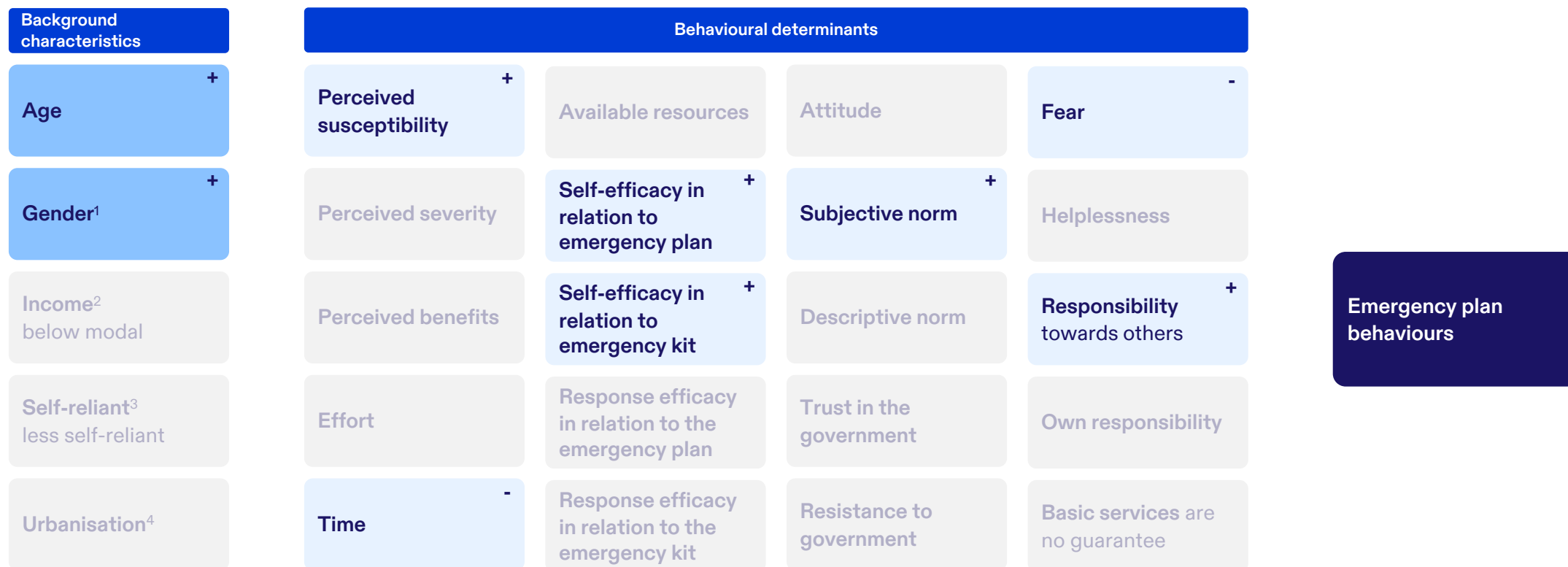
Emergency kit

- **Age:** The analysis shows that, on average, older people engaged in more behaviours in relation to putting together an emergency kit ($\beta^* = .195$). **This means that older people are more likely to put together the emergency kit.**
- **Effort:** The analysis shows that, on average, people who find preparing for an emergency very difficult engaged in more behaviours in relation to putting together an emergency kit ($\beta = -.104$). **This means that people who find preparing difficult are less likely to put together the emergency kit.**
- **Response efficacy:** The analysis shows that, on average, people who believe that putting together an emergency kit is an effective way of avoiding the negative consequences of an emergency engaged in more behaviours in relation to putting together the emergency kit ($\beta = .089$). This means that people who consider an emergency kit to be effective **are more likely to put one together.**
- **Attitude:** The analysis shows that, on average, people who consider it important to prepare for an emergency engaged in more behaviours in relation to putting together an emergency kit ($\beta = .170$). **This means that people who consider preparing for an emergency to be important are more likely to put together an emergency kit.**
- **Subjective norm:** The analysis shows that, on average, people who believe the most important people in their lives are preparing for an emergency engaged in more behaviours in relation to putting together an emergency kit ($\beta = .129$). **This means that people who believe that important people around them are preparing are more likely to put together the emergency kit.**

* A β -weight (beta weight) indicates the strength of the relationship between an independent and a dependent variable. A positive β -weight indicates that an increase in a factor usually leads to more of the desired behaviour. A negative β -weight indicates that a decrease in a factor usually leads to less of the desired behaviour. In this survey we report the standardised beta weights. The weight indicates by how many standard deviations the dependent variable changes for each standard deviation change in the independent variable. Using the standardised beta weights enables a comparison of the different variables.

Emergency plan

This model explains 18% of the variation in the outcome measure, while taking account of the number of variables in the model ($R^2_{\text{adj}} = .177$, $N = 971$). The outcome measure is the percentage of behaviours engaged in (out of a possible 5 behaviours).



Reference categories: ¹Female, ²Modal income, ³Self-reliant, ⁴Not urban.

Emergency plan

- **Gender:** The analysis shows that, on average, men engaged in more behaviours relating to drawing up the emergency plan ($\beta = .072$).
- **Age:** The analysis shows that, on average, older people engaged in more behaviours in relation to drawing up the emergency plan ($\beta = .108$). **This means that older people are more likely to draw up the emergency plan.**
- **Perceived susceptibility:** The analysis shows that people who believe the likelihood of an emergency is greater engaged in more behaviours in relation to drawing up an emergency plan ($\beta = .115$). **This means that people who perceive themselves to be more susceptible are more likely to draw up the emergency plan.**
- **Responsibility for others:** The analysis shows that people who feel more responsible for others have engaged in more behaviours in relation to drawing up the emergency plan ($\beta = .144$). **This means that people who feel more responsibility for others are more likely to draw up the emergency plan.**
- **Time:** The analysis shows that people who believe that preparing for an emergency takes a lot of time engaged in less behaviours in relation to drawing up the emergency plan ($\beta = -.080$). **This means that people who think that preparing takes a lot of time are less likely to draw up the emergency plan.**
- **Self-efficacy in relation to emergency plan:** The analysis shows that, on average, people who feel capable of drawing up the emergency plan engaged in more behaviours in relation to drawing up the emergency plan ($\beta = .084$). **This means that people who are confident about drawing up the emergency plan are more likely to do so.**
- **Self-efficacy in relation to emergency kit:** The analysis shows that, on average, people who feel capable of putting together the emergency kit engaged in more behaviours in relation to drawing up the emergency plan ($\beta = .097$). **This means that people who are confident about putting together an emergency kit are also more likely to draw up the emergency plan.**
- **Subjective norm:** The analysis shows that, on average, people who believe the most important people in their lives are preparing for an emergency engaged in more behaviours in relation to drawing up the emergency plan ($\beta = .169$). **This means that people who think that those around them are preparing are more likely to draw up the emergency plan.**
- **Fear:** The analysis shows that, on average, people who feel anxious when thinking about potential emergencies engaged in fewer behaviours in relation to drawing up the emergency plan ($\beta = -.075$). **This means that people who are more anxious about an emergency are less likely to draw up the emergency plan.**

Talk about the issue

This model explains 19% of the variation in the outcome measure, while taking account of the number of variables in the model ($R^2_{\text{adj}} = .190$, $N = 971$). The outcome measure is the percentage of behaviours engaged in (out of a possible 5 behaviours).



Talk about the issue

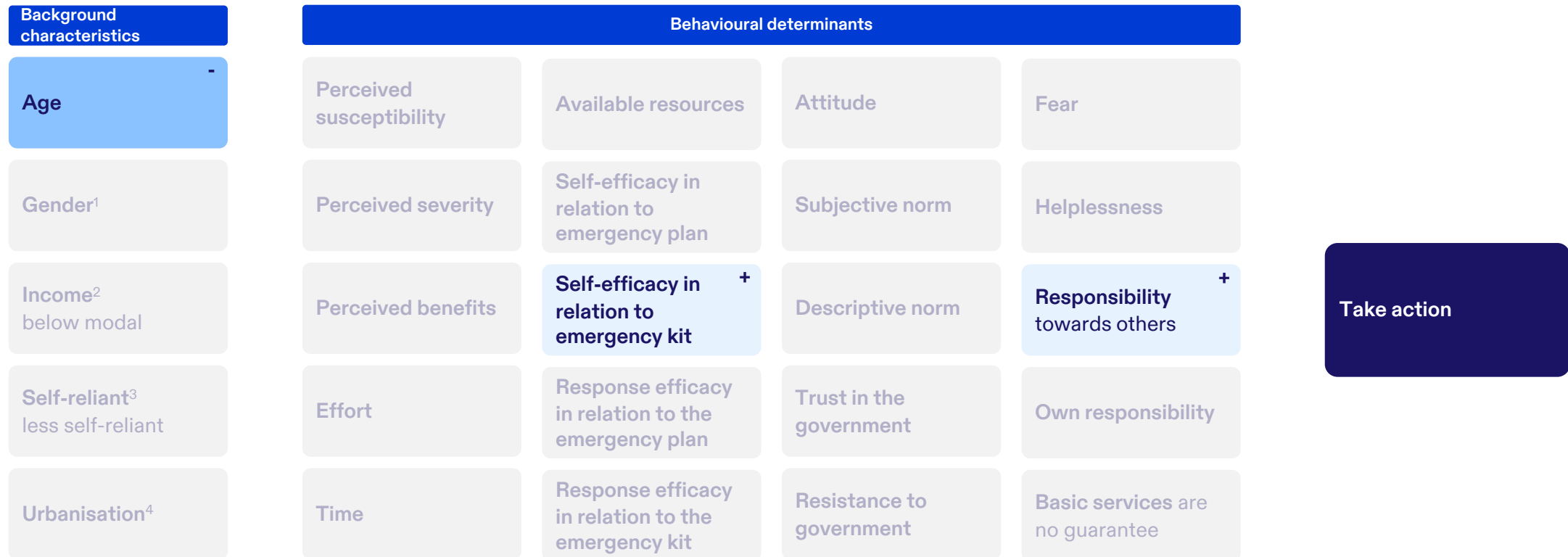
Reference categories: ¹Female, ²Modal income, ³Self-reliant, ⁴Not urban.

Talk about the issue

- **Age:** The analysis shows that, on average, older people engaged in more behaviours in relation to talking about emergency situations ($\beta = .066$). **This means that, on average, older people talk more about (preparing for) emergencies.**
- **Responsibility for others:** The analysis shows that people who feel more responsible for others are more likely to have engaged in behaviours in relation to talking about emergency situations ($\beta = .164$). **This means that, on average, people who feel more responsibility for others talk more about (preparing for) emergencies.**
- **Attitude:** The analysis shows that, on average, people who consider it important to prepare for an emergency engaged in more behaviours in relation to talking about emergencies ($\beta = .104$). **This means that, on average, people who consider preparing for an emergency to be important talk more about (preparing for) emergencies.**
- **Subjective norm:** The analysis shows that, on average, people who believe the most important people in their lives are preparing for an emergency engaged in more behaviours in relation to talking about emergencies ($\beta = .181$). **This means that, on average, people who believe that those around them are preparing talk more about (preparing for) emergencies.**

Take action

This model explains 7% of the variation in the outcome measure, while taking account of the number of variables in the model ($R^2_{\text{adj}} = .071$, $N = 971$). The outcome measure is the percentage of behaviours engaged in (out of a possible 2 behaviours).



Reference categories: ¹Female, ²Modal income, ³Self-reliant, ⁴Not urban.

Take action

When interpreting the results, it should be noted that the explained variance of the behaviour model of 7% is very low.

- **Age:** The analysis shows that, on average, older people engaged in fewer behaviours in relation to taking action ($\beta = .083$). **This means that, on average, younger people take more action.**
- **Responsibility for others:** The analysis shows that people who feel more responsible for others engaged in more behaviours in relation to taking action ($\beta = .155$). **This means that, on average, people who feel more responsibility for otherstake more action..**
- **Self-efficacy in relation to emergency kit:** The analysis shows that, on average, people who feel capable of putting together the emergency kit engaged in more behaviours in relation to taking action ($\beta = .100$). **This means that, on average, people who are confident about putting together an emergency kittake more action.**

Summary of *behaviour models by type of behaviour*

Research question 4: Which behavioural determinants play a role in behaviours covered by the ‘emergency kit’?

- Age, effort, response efficacy, attitude and the subjective norm all play a role when it comes to engaging in the behaviours associated with putting together an emergency kit.

Research question 5: Which behavioural determinants play a role in behaviours covered by the ‘emergency plan’?

- Gender, age, perceived vulnerability, responsibility for others, time, self-efficacy regarding the emergency plan and the kit, subjective norms and anxiety all play a role when it comes to the behaviours associated with drawing up the emergency plan.

Research question 6: Which behavioural determinants play a role in behaviours covered by ‘talk about the issue’?

- Age, responsibility for others, attitude and the subjective norm all play a part in the behaviours associated with resilience.

Research question 7: Which behavioural determinants play a role in behaviours covered by ‘take action’?

- Age, above-average income, responsibility for others and self-efficacy play a role when it comes to the behaviours associated with ‘take action’.

Annex A: The *sample*

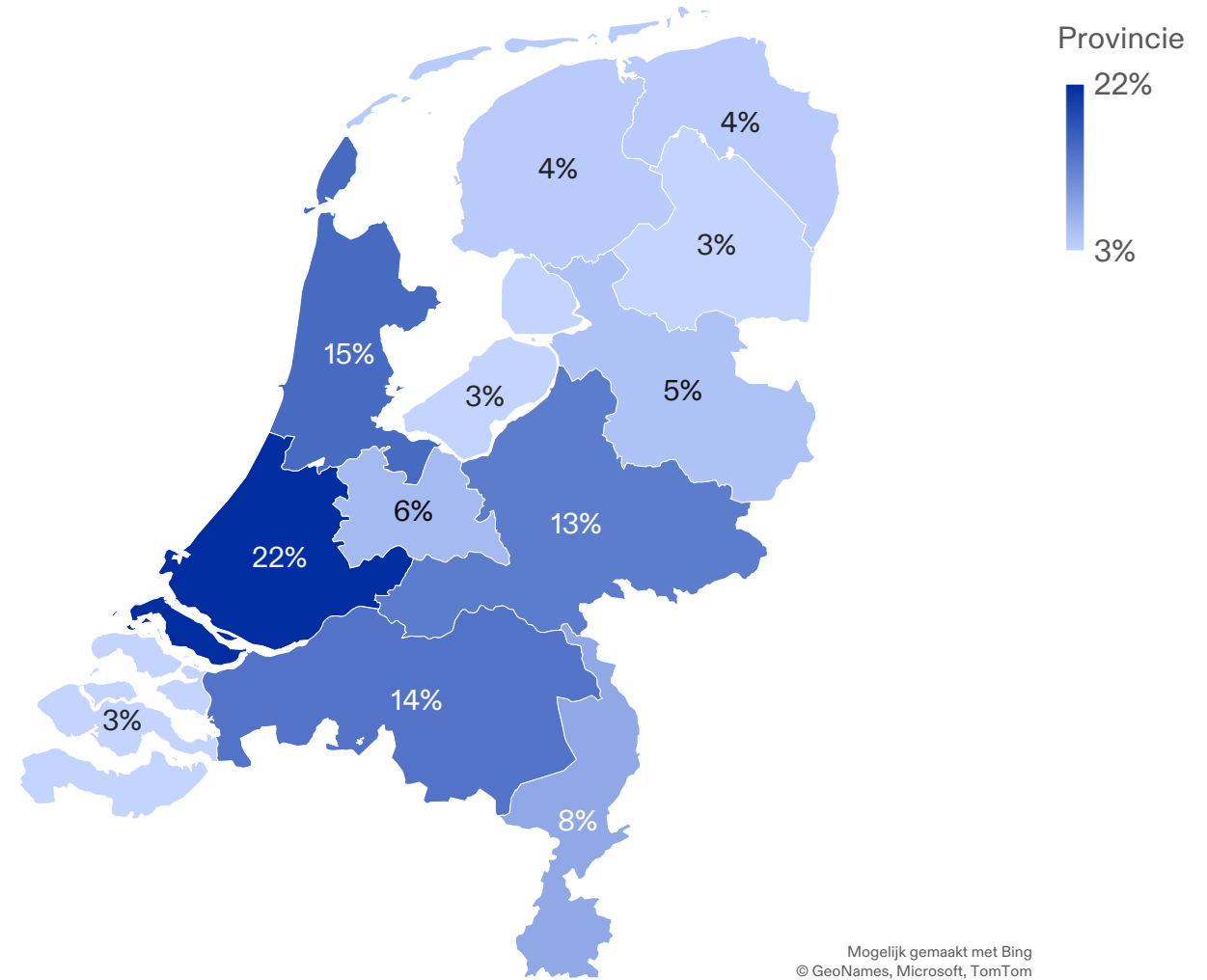
The sample

Various background details relating to the sample.

Level of education		Gross income		Work situation		Home situation		Self-reliance	
No qualifications	1%	0–10,000	2%	Currently studying	3%	Married/cohabiting with no children living at home	37%	No chronic condition	56%
Primary education	3%	10,000–20,000	7%	Looking for work	2%	Married/cohabiting with children living at home	27%	No chronic condition, but in need of care	2%
pre-vocational secondary education, senior general secondary education (HAVO)/pre-university education (VWO) lower secondary school (<i>onderbouw</i>), senior secondary vocational education (MBO) level 1	20%	20,000–30,000	10%	Not working and not looking for work either	4%	Single, with no children living at home	22%	Chronic condition, compromised daily life	22.5%
senior general secondary education (HAVO), pre-university education (VWO), senior secondary vocational education (MBO) levels 2–4	35%	30,000–40,000	14%	Unable to work	6%	Single, with children living at home	3%	Chronic condition, daily life not compromised	18%
Bachelor's degree (higher vocational education (HBO)/university education (WO))	21%	40,000–50,000	12%	Retired	21%	Living at home with (grand)parents/family	9%	Other	2%
Master's degree (higher vocational education (HBO)/university education (WO))	17%	50,000–100,000	25%	Working part-time (<36 hours a week)	27%	A shared home (e.g. student accommodation)	1%	Age of children (N = 297)	
Doctor, PhD	2%	100,000–200,000	6%	Working full-time (≥36 hours a week)	35%	A supported shared living facility	0%	Under 12 (0–12)	35%
Other	2%	200,000 or more	0.1%	Other	1%	Other	2%	Aged 12 or over (12+)	50%
		Prefer not to say.	24%	Prefer not to say.	1%			Both age groups	16%

The sample

City	20%	Province	80%
Amsterdam and surrounding area	6%	Noord-Holland	9%
Rotterdam and surrounding area	6%	Zuid-Holland	12%
The Hague and surrounding area	4%	Utrecht	3%
Utrecht	3%	Groningen	4%
		Friesland	4%
		Drenthe	3%
		Overijssel	5%
		Gelderland	13%
		Flevoland	3%
		Zeeland	3%
		Noord-Brabant	14%
		Limburg	8%



Mogelijk gemaakt met Bing
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Places of residence in relation to the sample

Annex B:

Statements relating to *behaviours*

Statements relating to *the emergency kit*

- **Emergency kit in general:** *I have an emergency kit at home, to cover the first 72 hours following an emergency.*
- *Please indicate whether you have the items listed below at home.*
 - **A battery-powered torch**
 - **Medicines for headaches**
 - **First-aid kit**
 - **Cash**
 - **Food with a long shelf life** (such as nuts, tinned vegetables and dried fruit)
 - **Hand sanitiser**
 - **Medicines for stomach ache**
 - **Charged power bank**
 - **A waterproof box of matches or a lighter**
 - **Battery-powered radio**
 - **Sealed bottles of drinking water** (9 litres per person for 72 hours)
 - **Items that are essential in your situation** (e.g. prescription medicines)
 - **A printed list of emergency numbers** (such as the telephone numbers of your GP, the police and the first aid association *EHBO Nederland*)
 - **A list of useful numbers and websites** (such as radio and TV stations, energy supplier)
 - **A copy of your passport, ID card or driving licence**
- *Have you put these items in a waterproof container (e.g. have you laminated them or put them in a zip-lock bag)?*
- **A printed list of emergency numbers** (such as the telephone numbers of your GP, the police and the first aid association *EHBO Nederland*)

Statements relating to *the emergency plan*

- **Emergency plan in general:** *I have drawn up a comprehensive emergency plan for my home and the people I live with.*
- **Collecting children:** *If the children need to be collected in an emergency, I have made agreements regarding who will collect them (from school, from the childminder, from the nursery).*
- **How to cook without gas or electricity:** *I know how to boil water if we do not have any electricity or gas.*
- **Finding an AED:** *I know where to find the nearest AED*.*
- **Who needs medication:** *I know which members of my household need which medicines in an emergency.*

Statements relating to *talk about the issue*

The people you live with

- **Be prepared:** *I have spoken to the people I live with about being prepared for a disaster or emergency*
- **News:** *I discuss news items with the people I live with*

Neighbours

- **Be prepared:** *I have spoken to my neighbours about being prepared for a disaster or emergency*
- **Who is vulnerable:** *I am aware of people with health vulnerabilities in my neighbourhood during an emergency*

Statements relating to *take action*

- **First Aid/Emergency response:** *I have completed a first aid or emergency response* course*
- **Neighbourhood WhatsApp group:** *I am in a WhatsApp group with my neighbours and/or those in my building*

Annex C:

Statements relating to *behavioural determinants*

Statements relating to *behavioural determinants*

Behavioural determinant	Statement
Perceived susceptibility	<i>I think the likelihood of an emergency in my local area is high</i>
Perceived severity	<i>I think that an emergency in my local area would have serious consequences for my well-being</i>
Perceived benefits	<i>If I prepare for an emergency, I reduce the likelihood of negative consequences</i>
Time	<i>Preparing for an emergency takes me a lot of time</i>
Effort	<i>Preparing for an emergency takes a lot of effort</i>
Available resources	<i>I have enough money to buy an emergency kit</i>
Self-efficacy in relation to emergency plan	<i>I am perfectly capable of drawing up an emergency plan</i>
Self-efficacy in relation to emergency kit	<i>I am perfectly capable of putting together an emergency kit</i>
Response efficacy in relation to the emergency plan	<i>Drawing up an emergency plan is an effective way of avoiding the negative consequences of an emergency</i>
Response efficacy in relation to the emergency kit	<i>Putting together an emergency kit is an effective way of avoiding the negative consequences of an emergency.</i>
Attitude	<i>I think it is important to prepare myself for an emergency.</i>

Behavioural determinant	Statement
Subjective norm	<i>Most of the people who are important to me are preparing for emergencies</i>
Descriptive norm	<i>Most people in the Netherlands are preparing for emergencies</i>
Trust in the government	<i>The government is helping me enough to prepare for an emergency</i>
Resistance to government	<i>I do not trust the government to make decisions that are in the best interests of its citizens during emergencies</i>
Fear	<i>I feel very anxious when I think about a possible emergency</i>
Helplessness	<i>If an emergency occurs, my behaviour will not really matter anyway</i>
Responsibility	<i>I feel responsible for the safety of the people I live with (such as children, elderly people, or people who are less self-reliant) in the event of an emergency</i>
Own responsibility	<i>I believe it is my own responsibility to be prepared for an emergency</i>
Basic services	<i>I think that the availability of basic services such as electricity, water and food is not always guaranteed</i>

Statements relating to *behavioural determinants*

- **Intent**
 - *I intend to draw up an emergency plan*
 - *I intend to put together an **emergency kit***
- **Knowledge**
 - *I was already familiar with the **emergency plan** before completing this questionnaire*
 - *I was already familiar with the **emergency kit** before completing this questionnaire*
- **Campaign**
 - *I have seen the 'Think Ahead' campaign*
 - *I have read the 'Prepare for an emergency' information booklet*

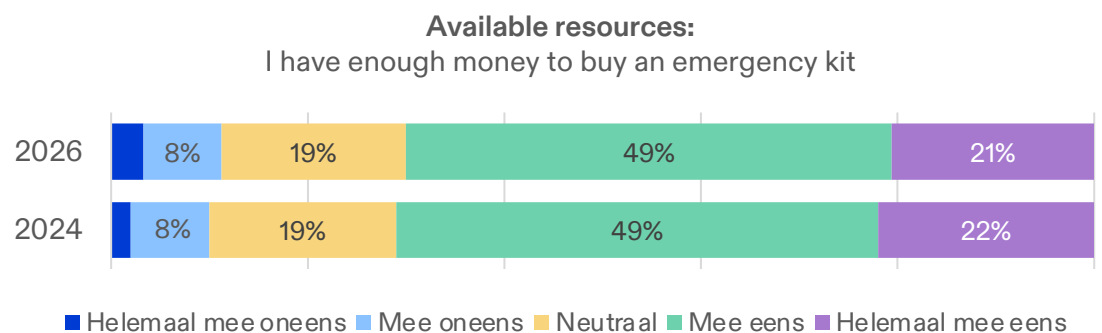
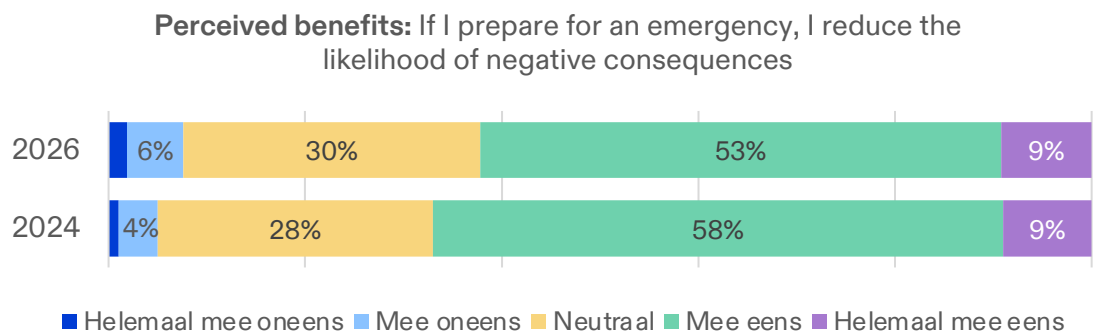
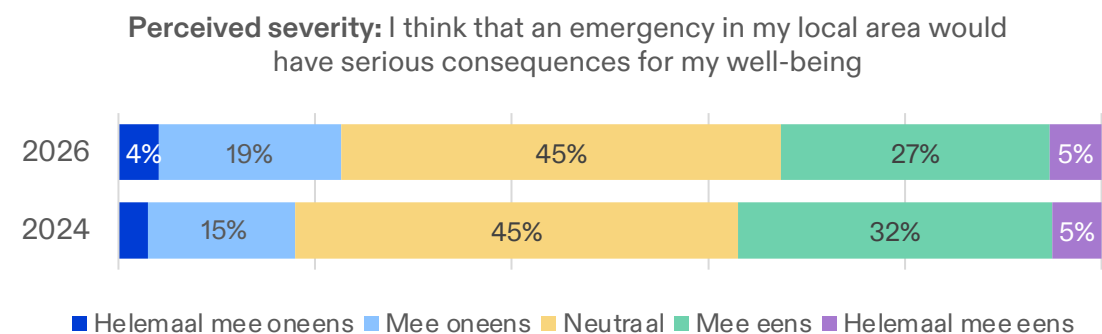
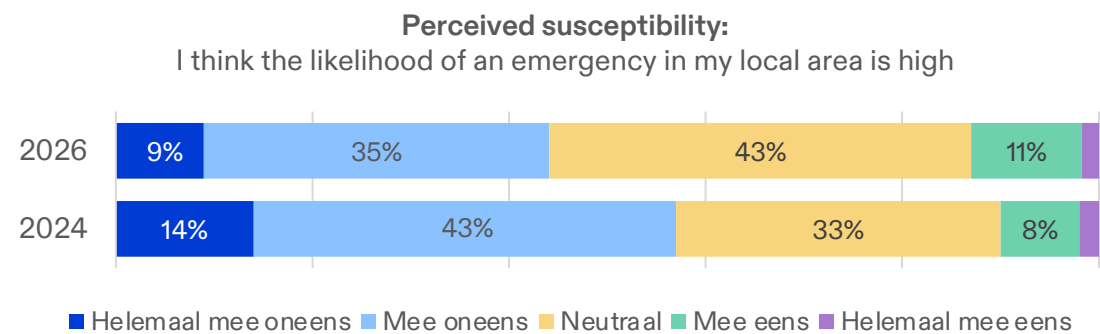
Statements relating to *behavioural determinants*

2024 versus 2026 measurements

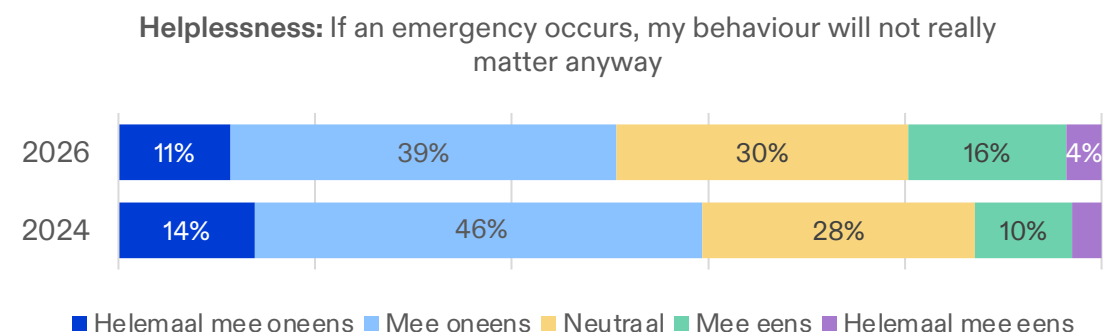
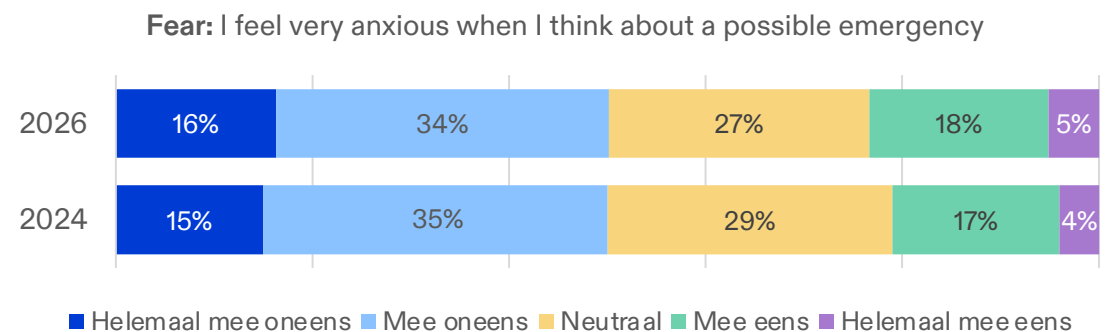
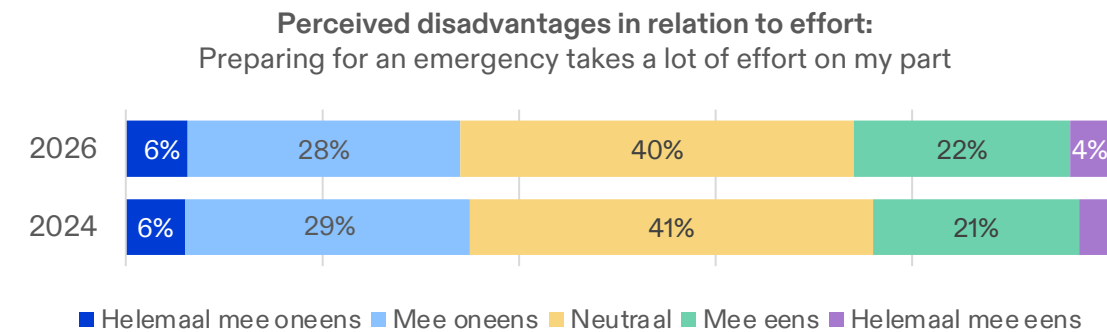
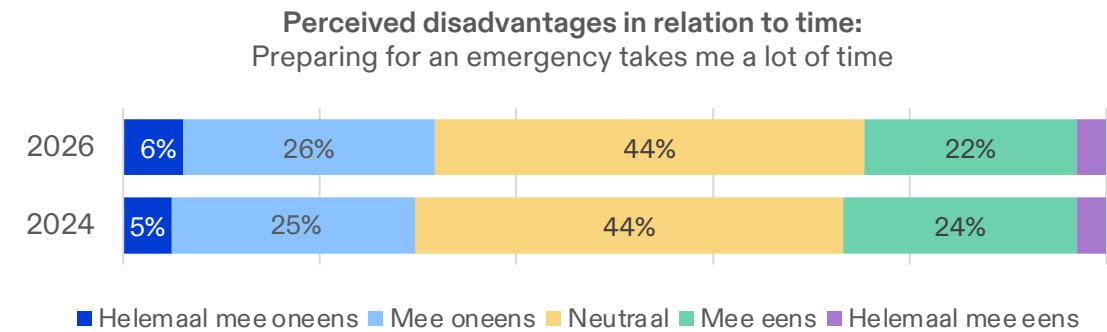


Statements relating to *behavioural determinants*

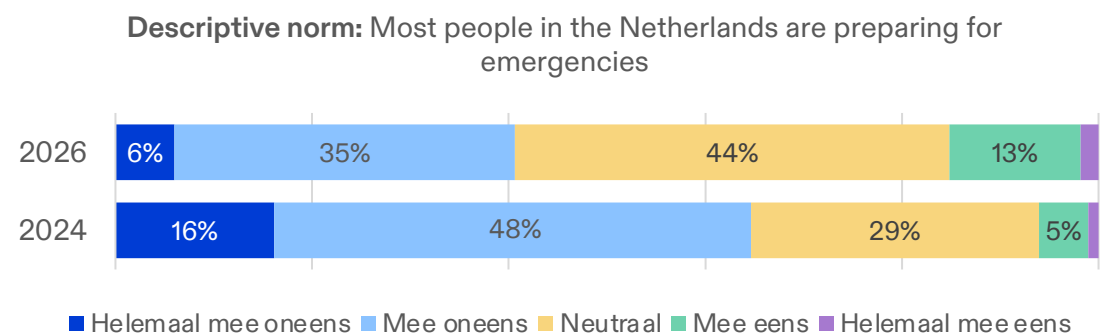
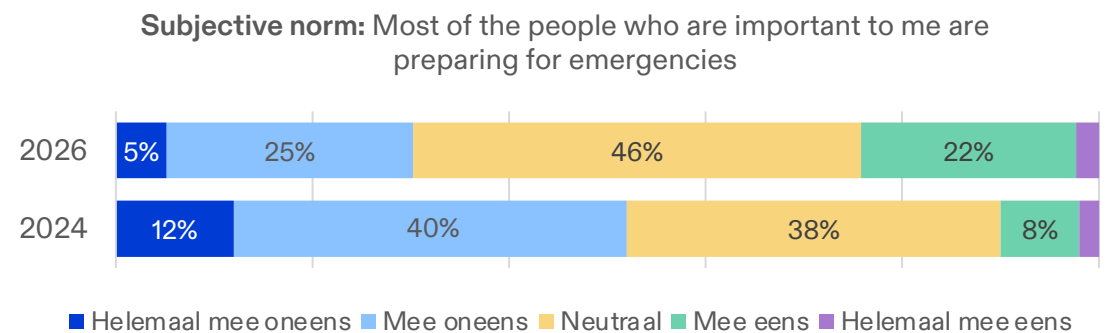
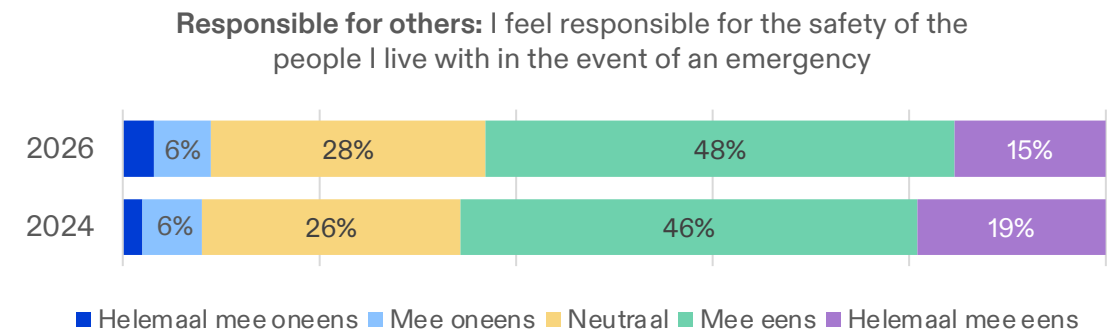
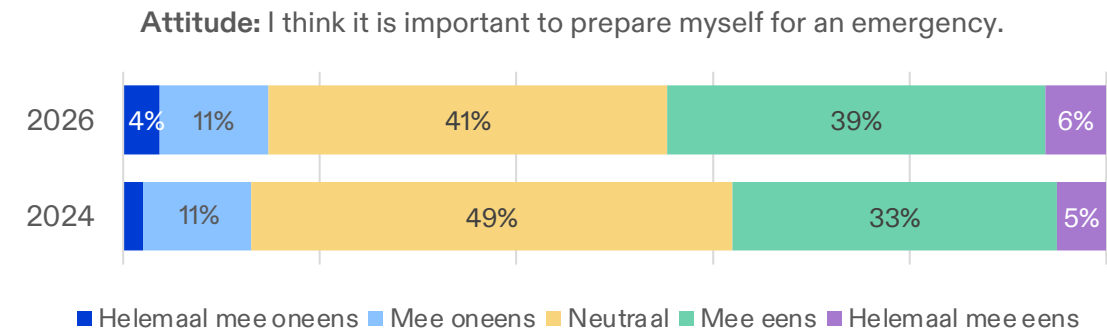
The following pages show the breakdowns of respondents across all behavioural determinants, for both the 2024 and 2026 measurements. Participants were able to respond on a 5-point scale: from 1 = ‘strongly disagree’ to 5 = ‘strongly agree’. The percentages show the number of participants who selected each possible answer. The graphs do not include percentages of $\leq 3\%$.



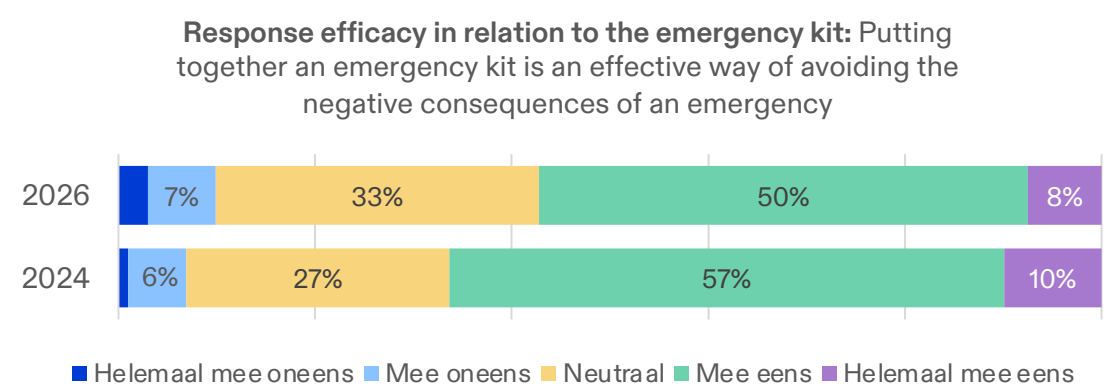
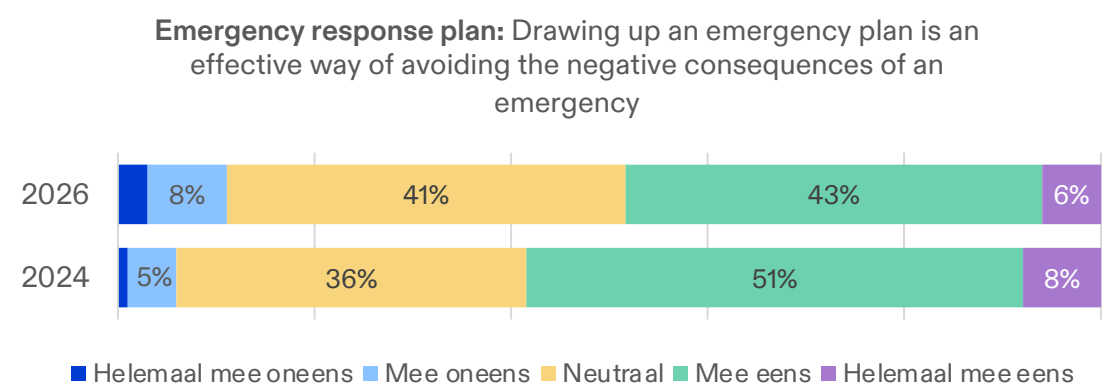
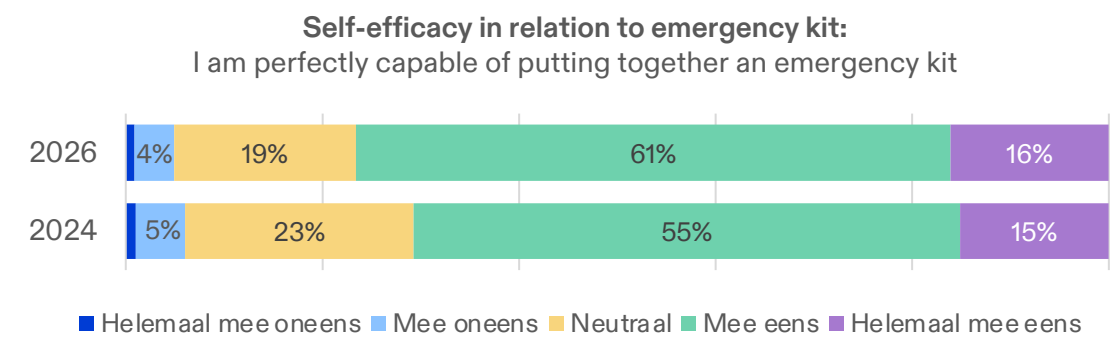
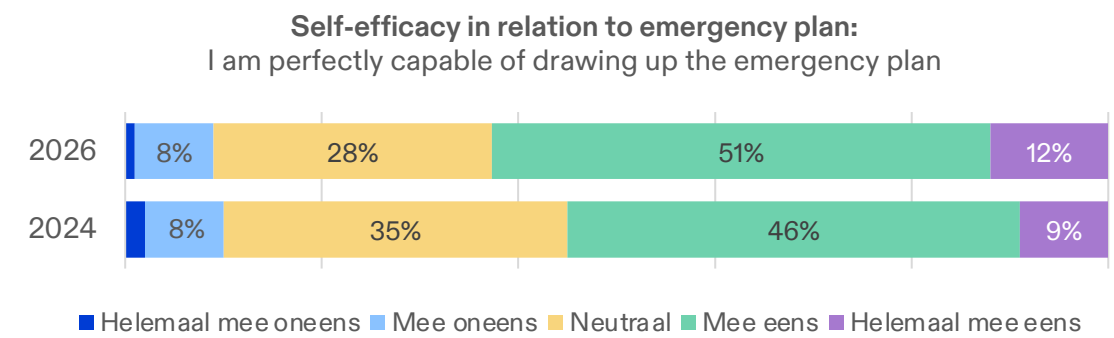
Statements relating to *behavioural determinants*



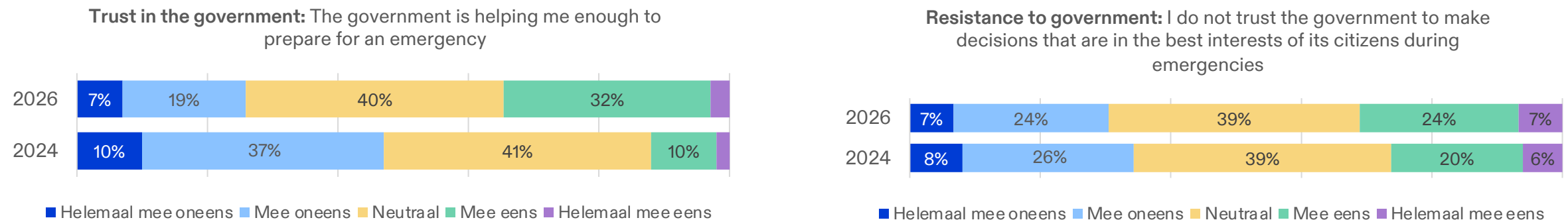
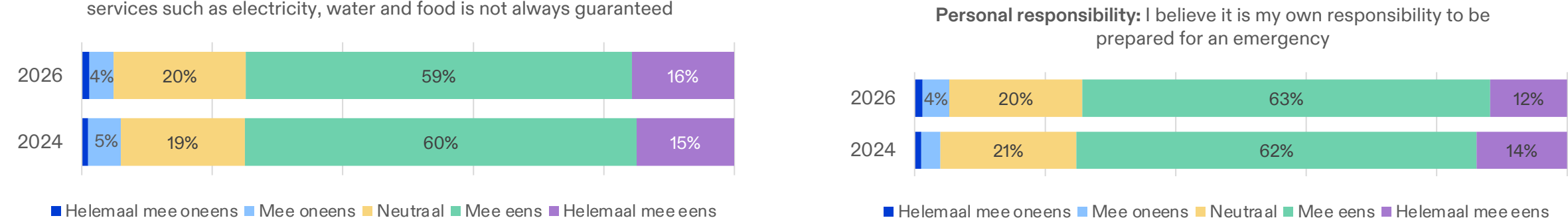
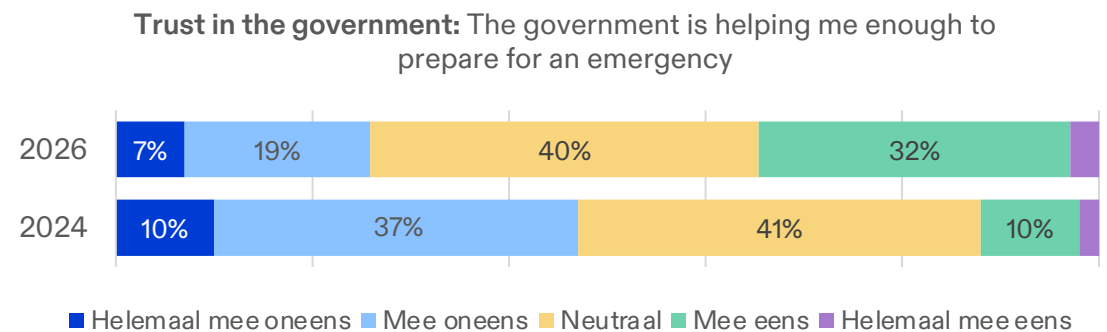
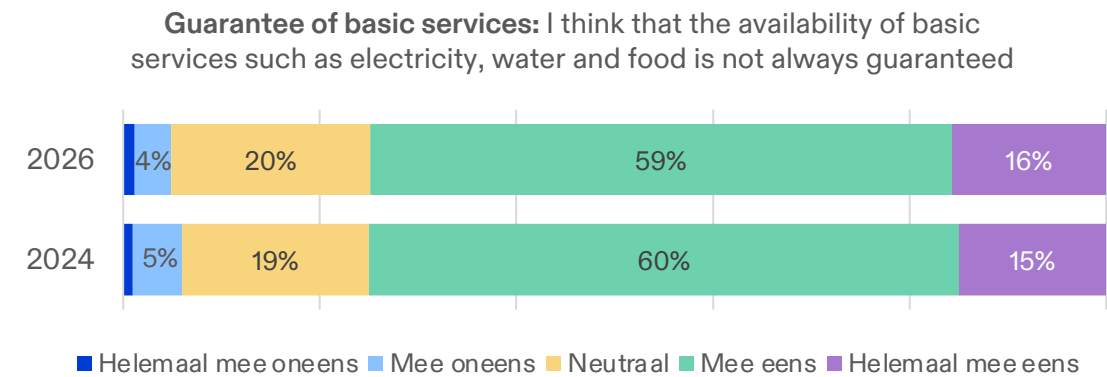
Statements relating to *behavioural determinants*



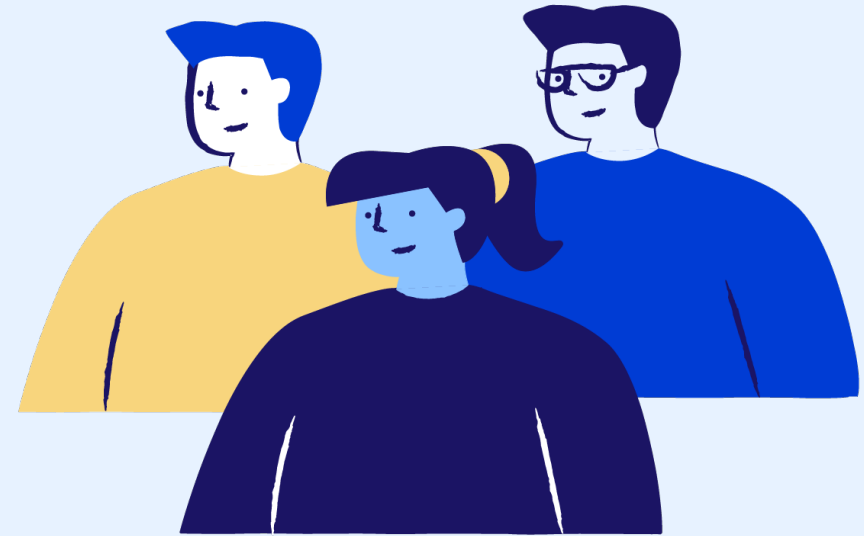
Statements relating to *behavioural determinants*



Statements relating to *behavioural determinants*

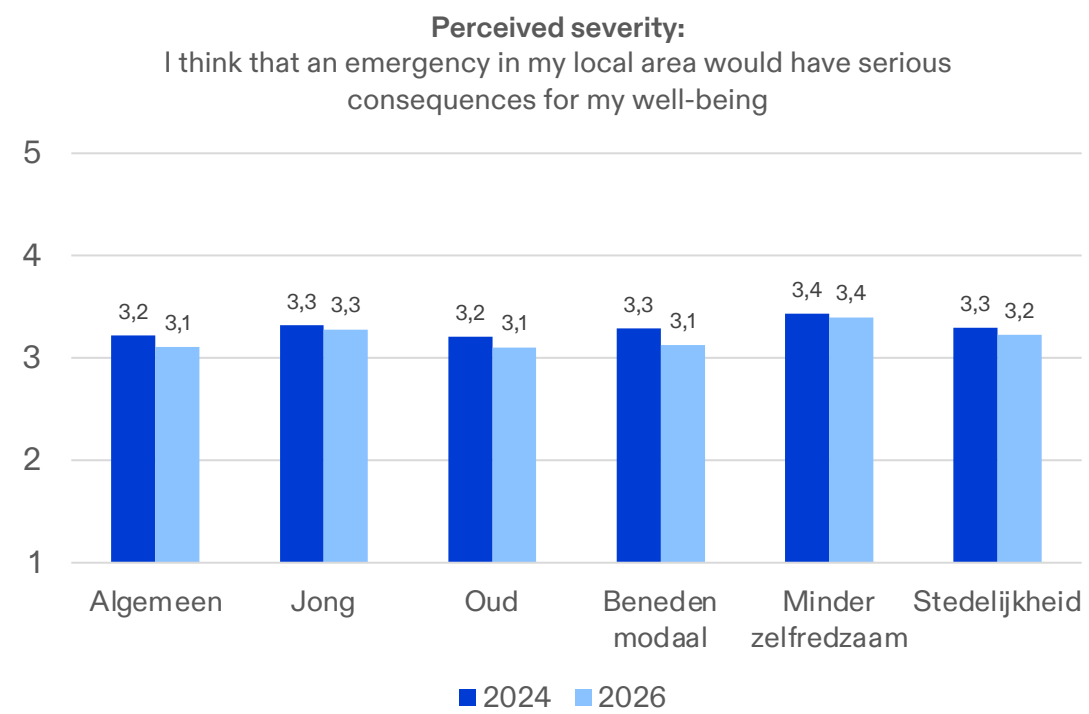
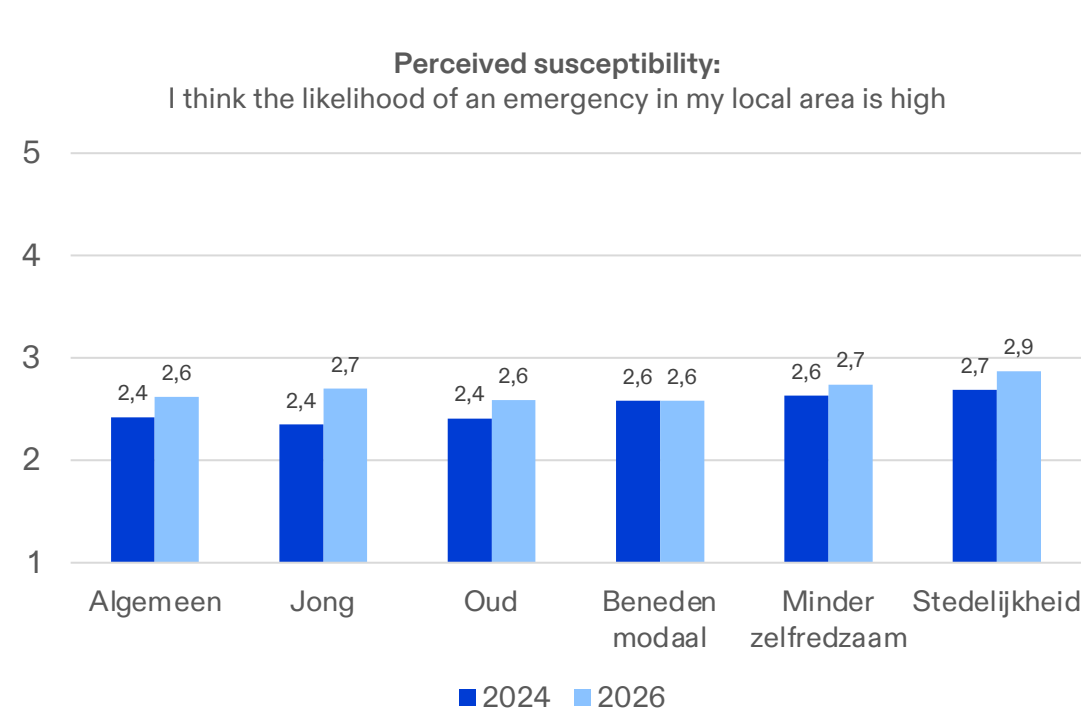


Statements relating to *behavioural determinants* per subgroup



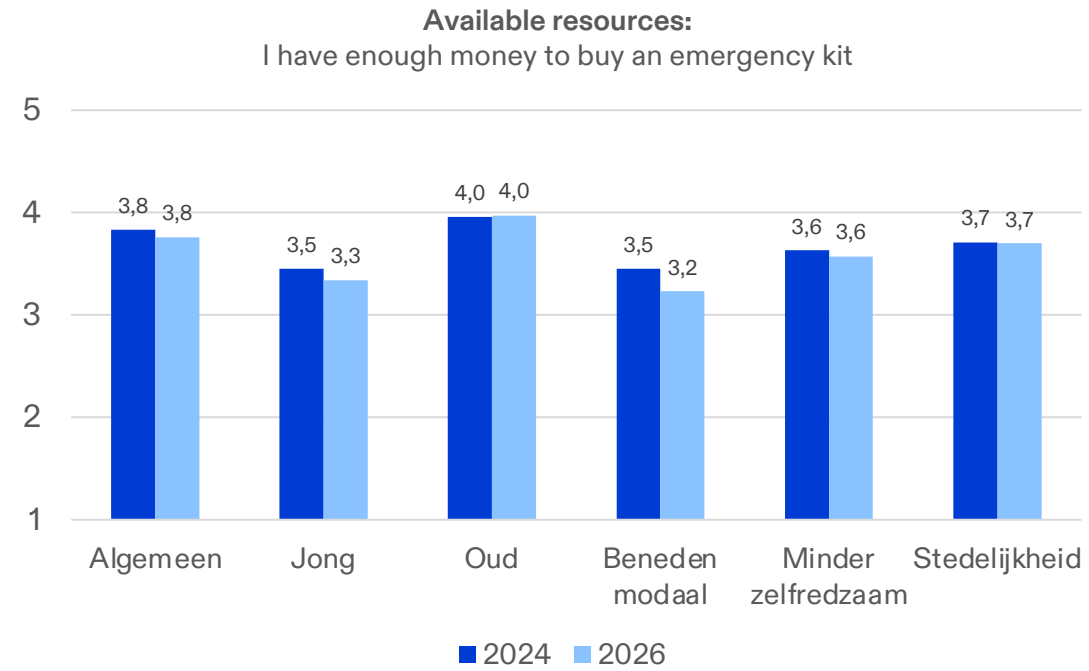
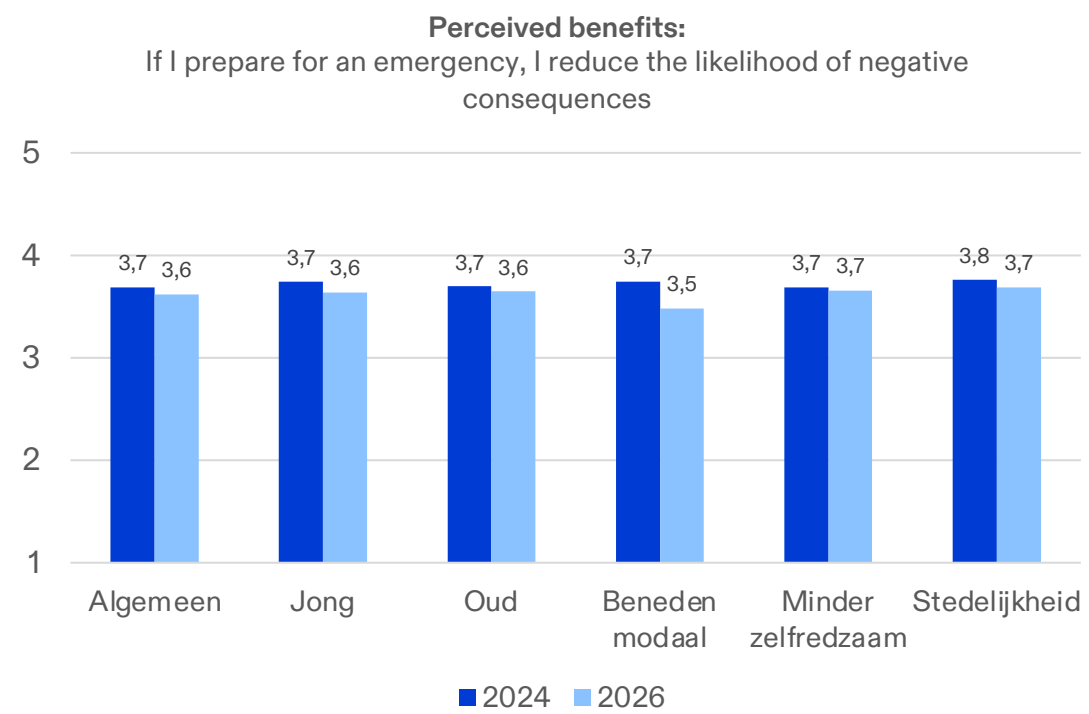
Statements relating to *behavioural determinants* per subgroup

Table showing the average for each behavioural determinant per subgroup



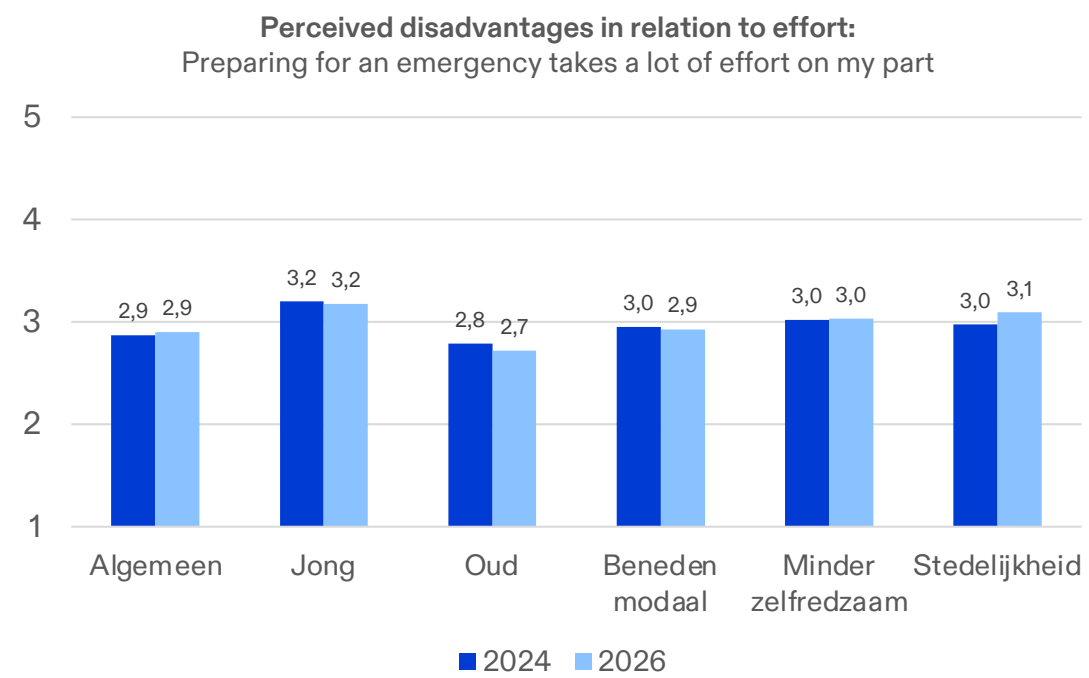
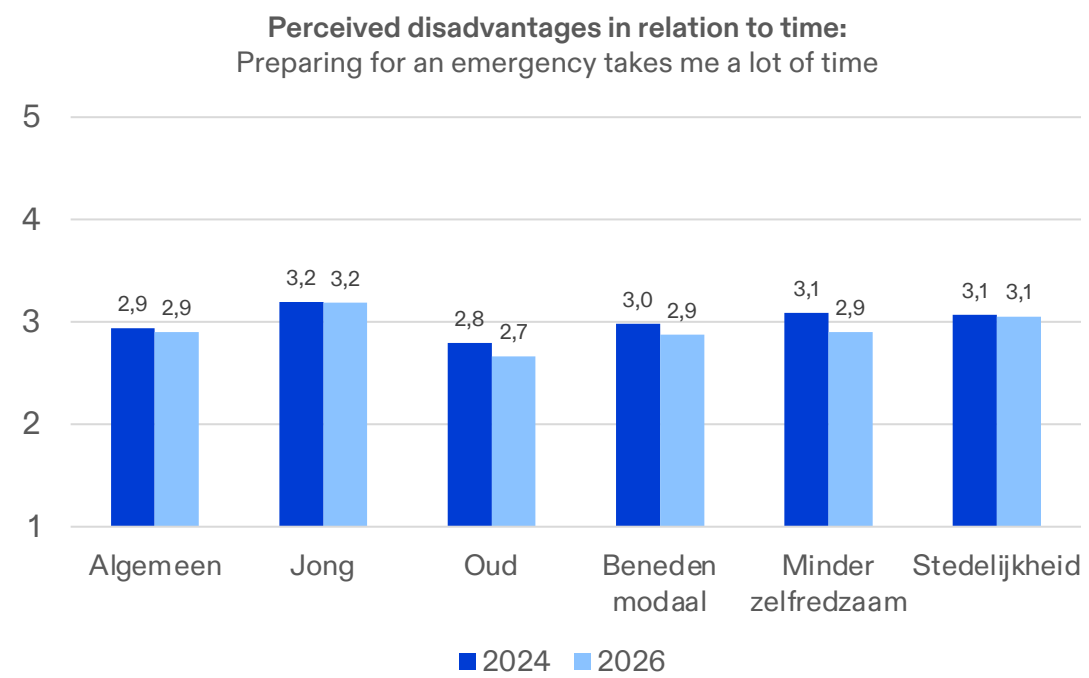
Statements relating to *behavioural determinants* per subgroup

Table showing the average for each behavioural determinant per subgroup



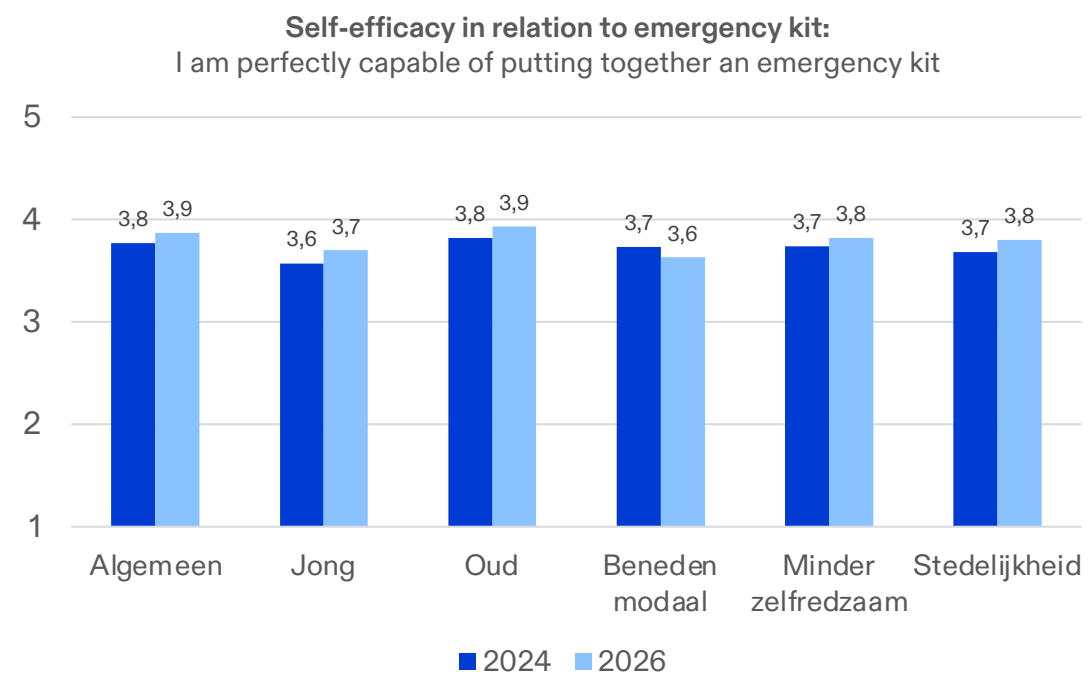
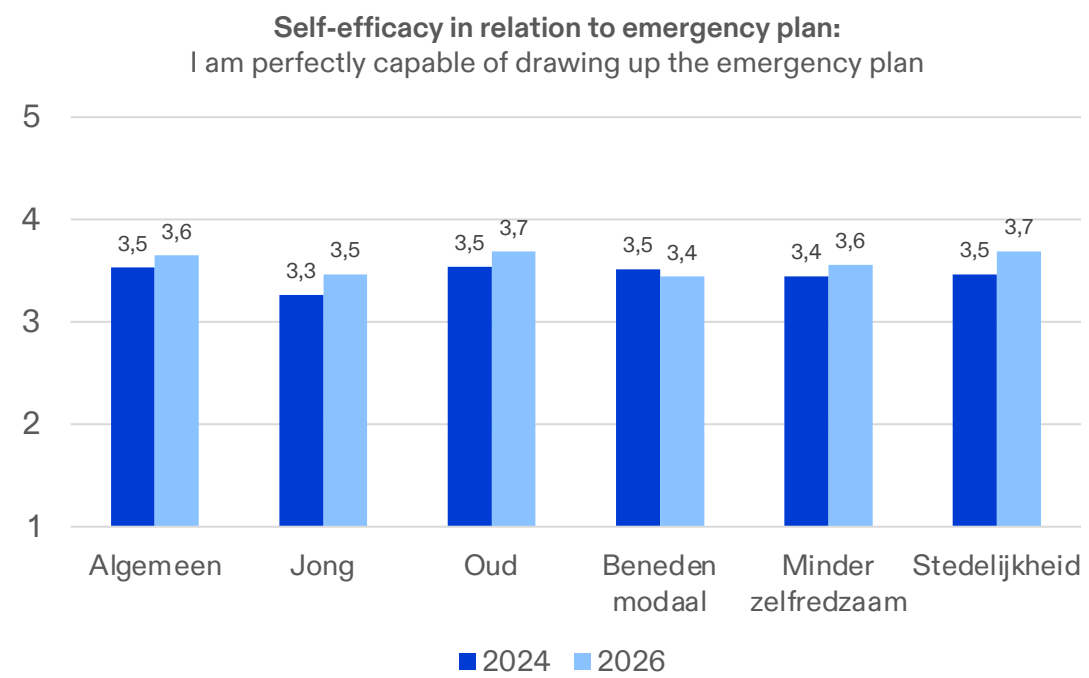
Statements relating to *behavioural determinants* per subgroup

Table showing the average for each behavioural determinant per subgroup



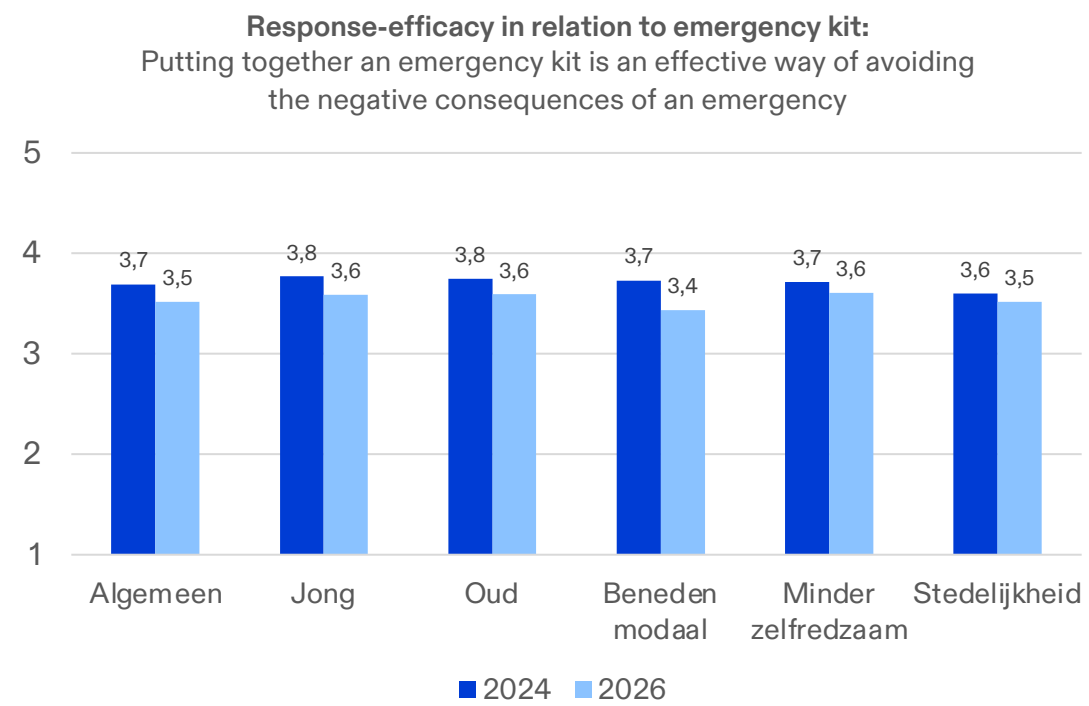
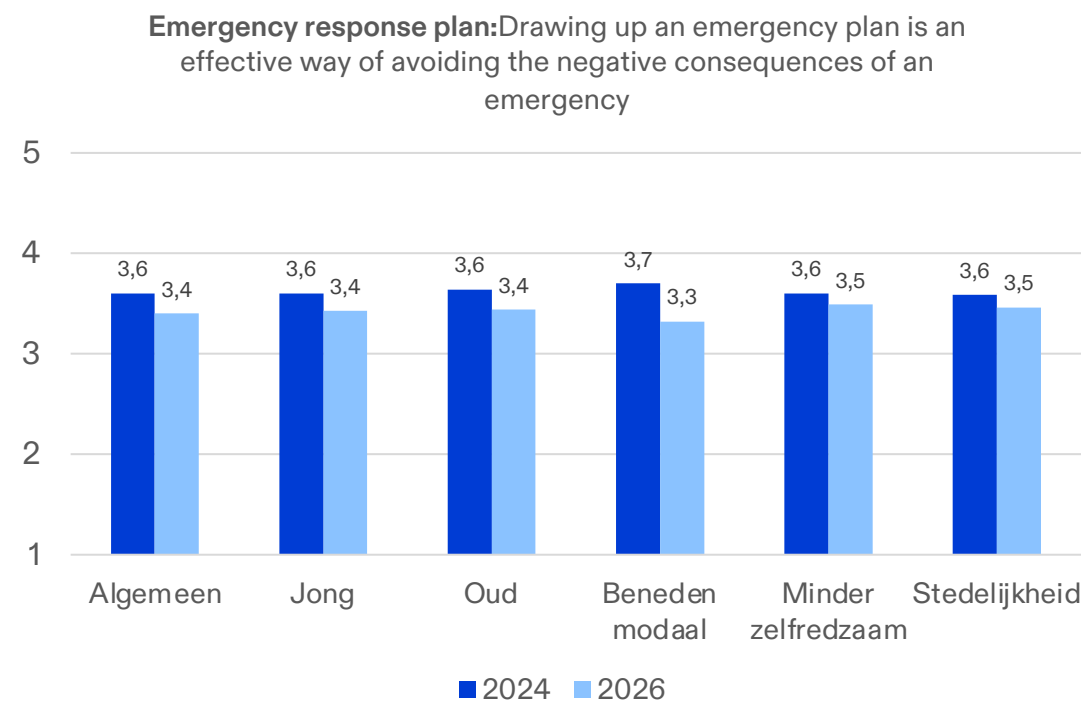
Statements relating to *behavioural determinants* per subgroup

Table showing the average for each behavioural determinant per subgroup



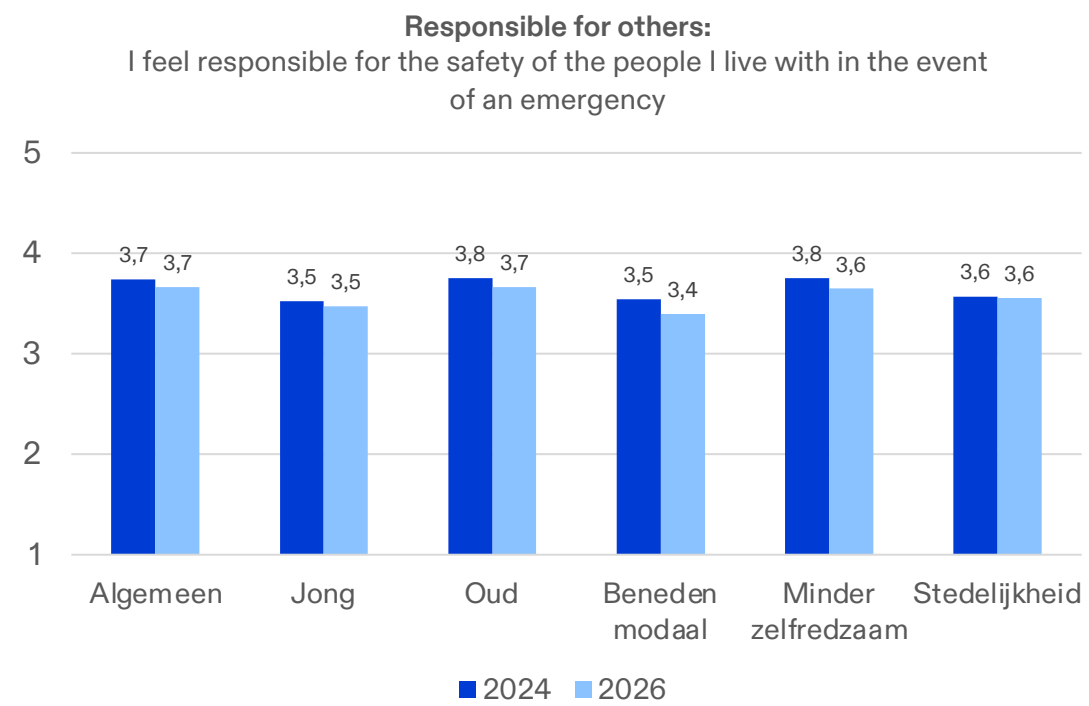
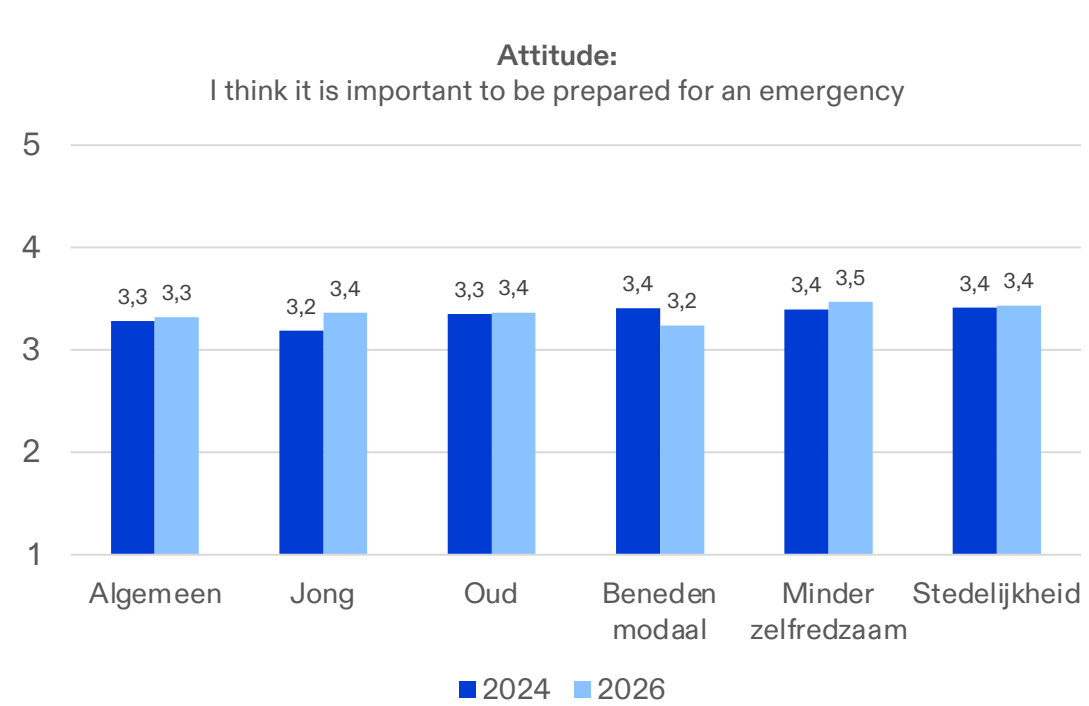
Statements relating to *behavioural determinants* per subgroup

Table showing the average for each behavioural determinant per subgroup



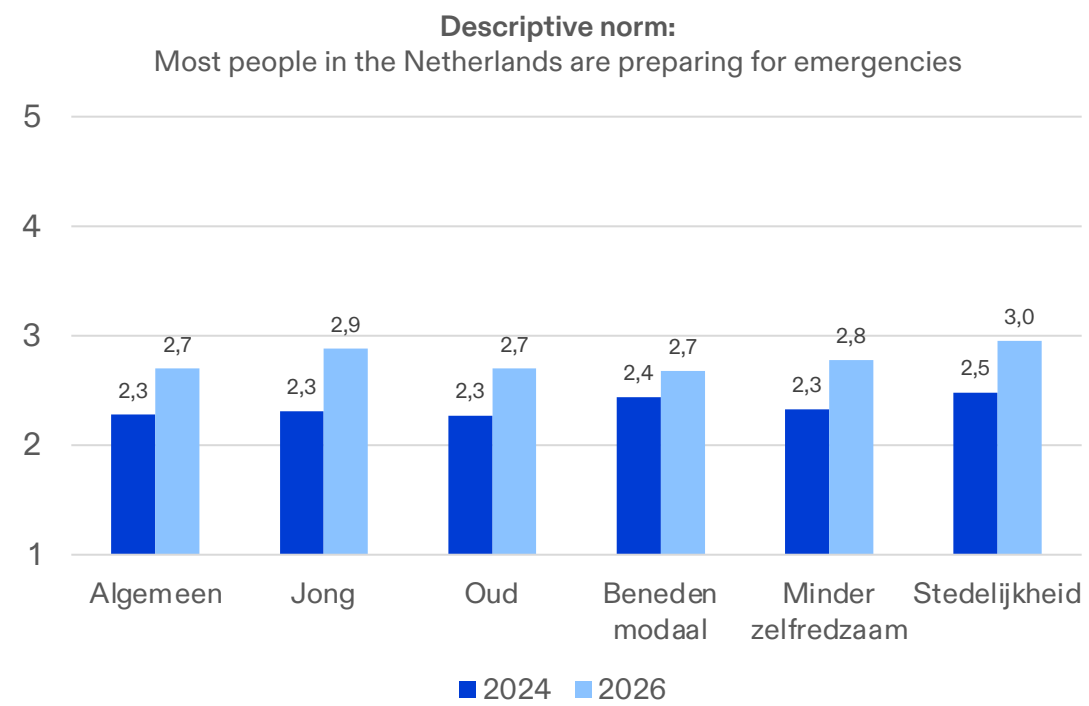
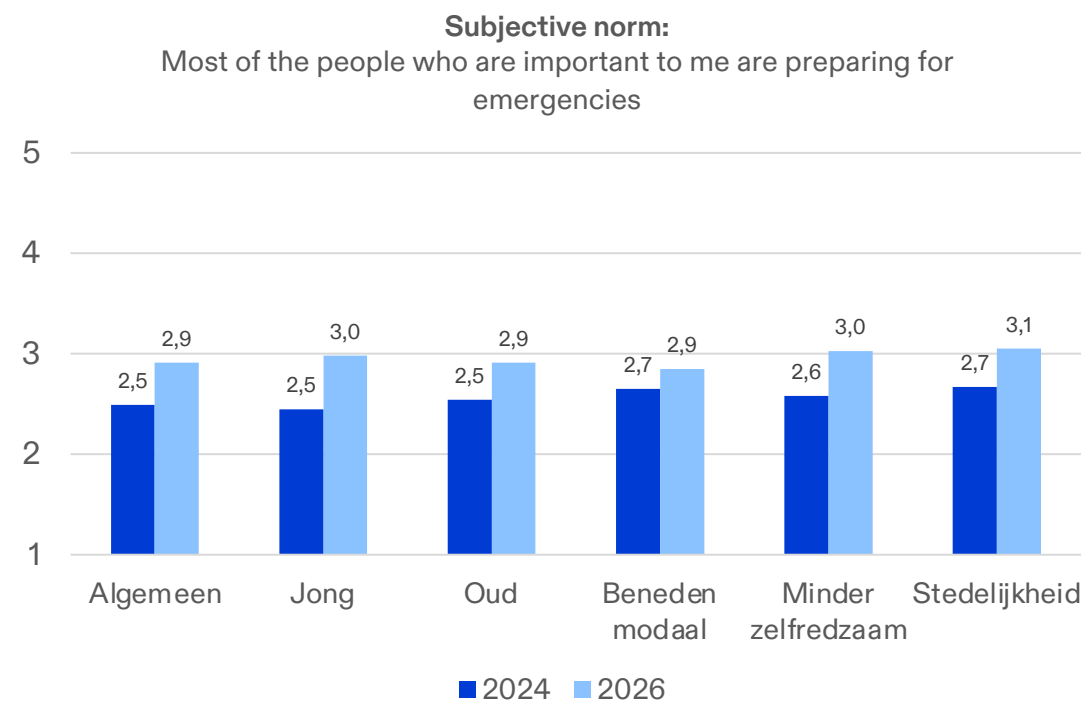
Statements relating to *behavioural determinants* per subgroup

Table showing the average for each behavioural determinant per subgroup



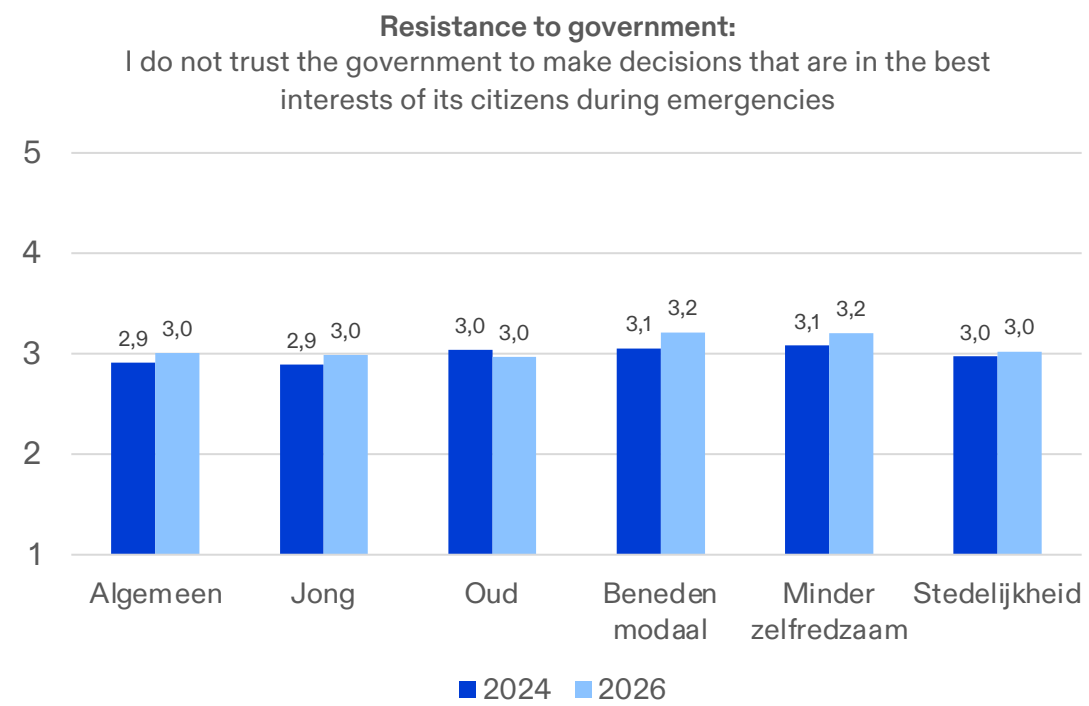
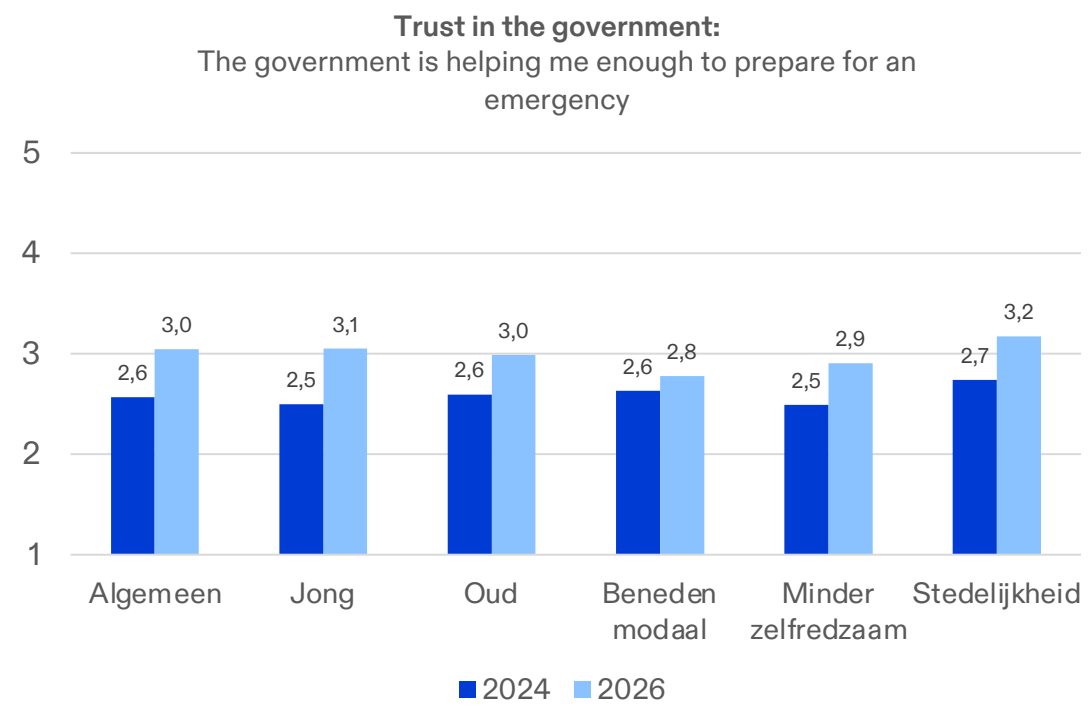
Statements relating to *behavioural determinants* per subgroup

Table showing the average for each behavioural determinant per subgroup



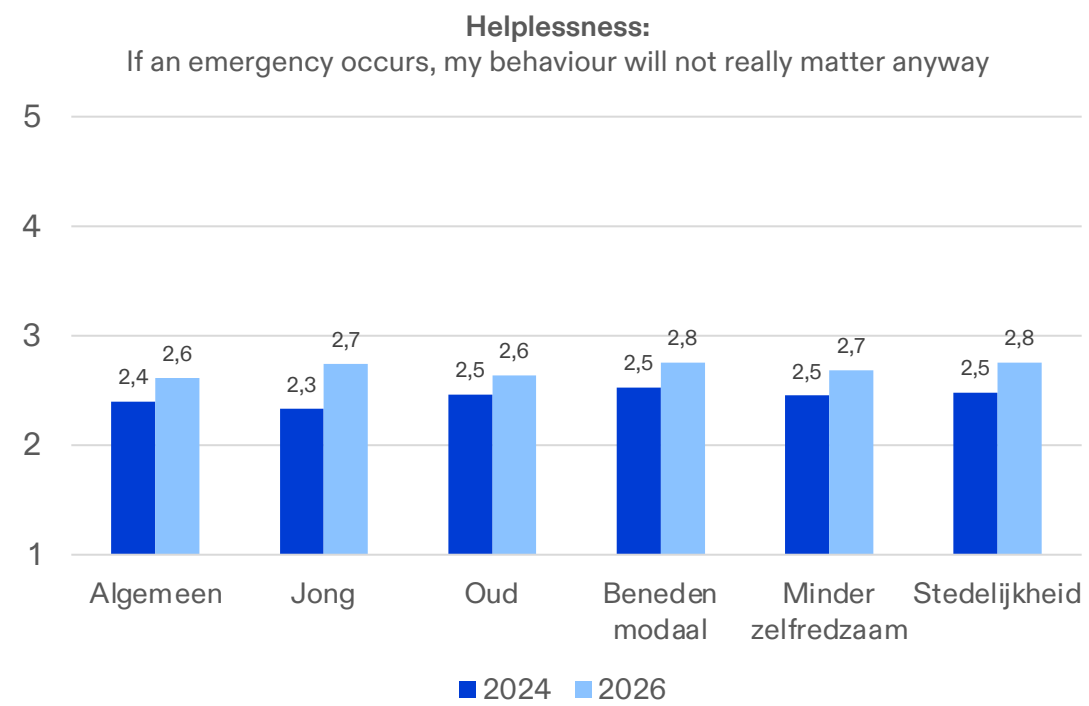
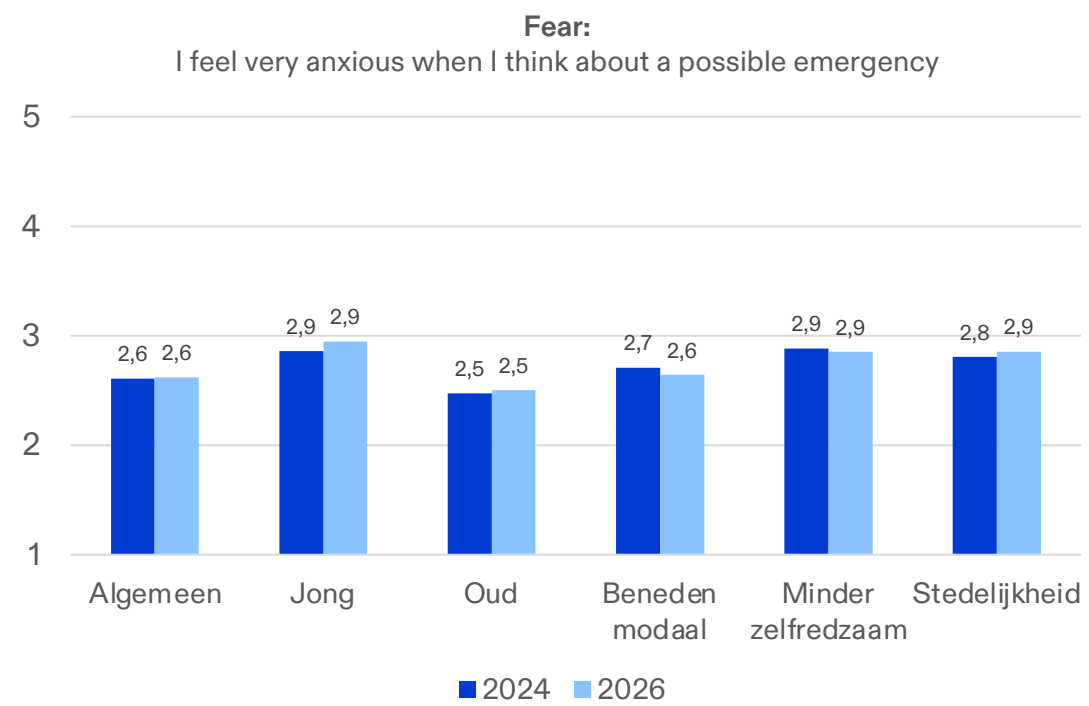
Statements relating to *behavioural determinants* per subgroup

Table showing the average for each behavioural determinant per subgroup



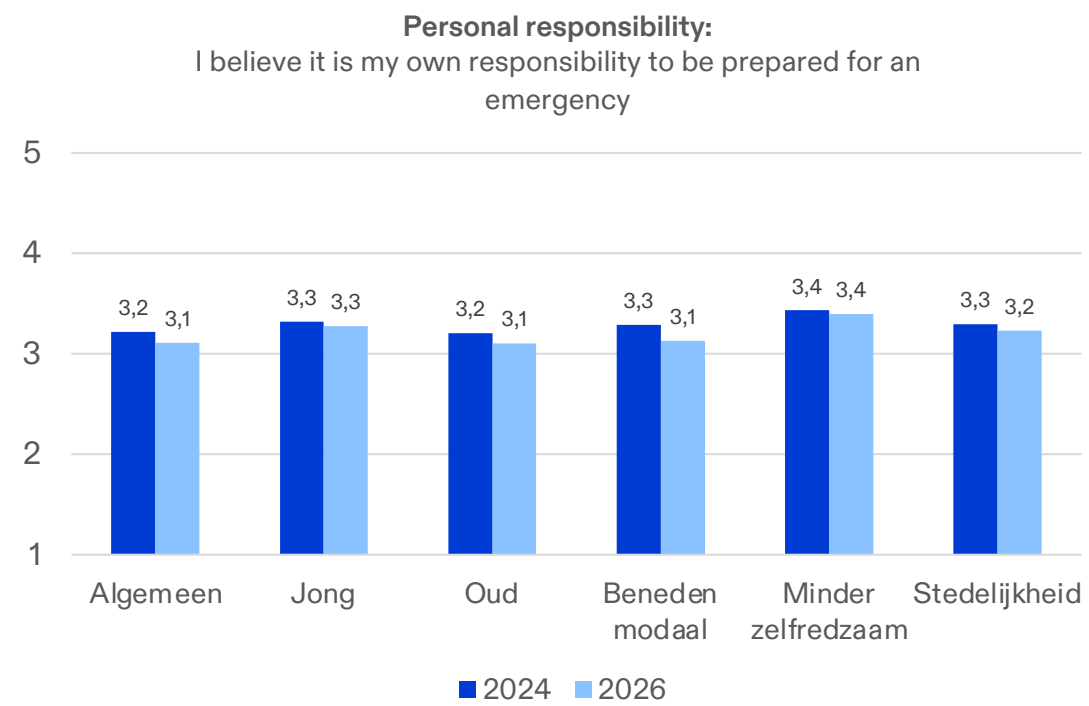
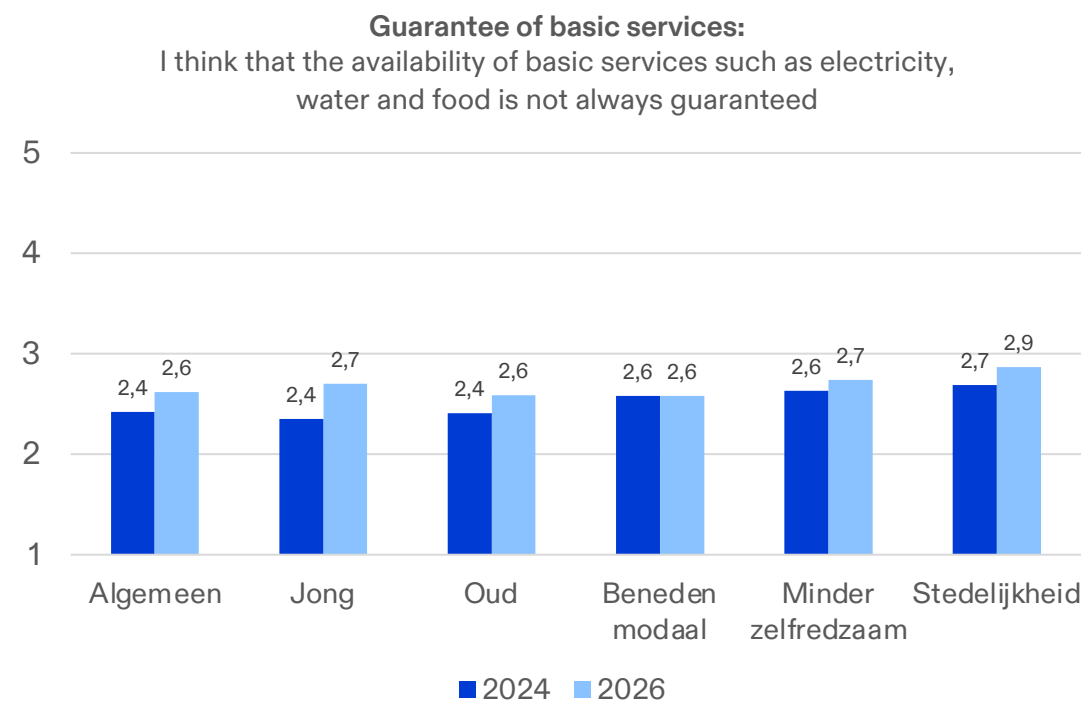
Statements relating to *behavioural determinants* per subgroup

Table showing the average for each behavioural determinant per subgroup



Statements relating to *behavioural determinants* per subgroup

Table showing the average for each behavioural determinant per subgroup

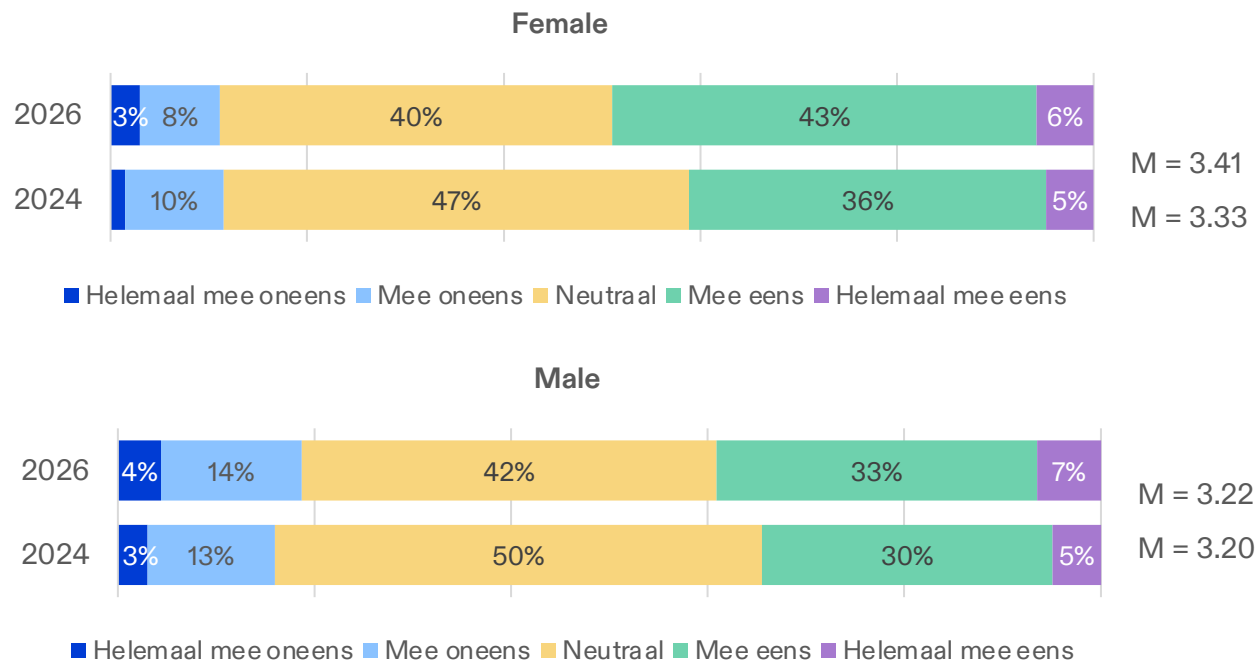


In-depth analysis of *attitude* per subgroup



Attitude / gender

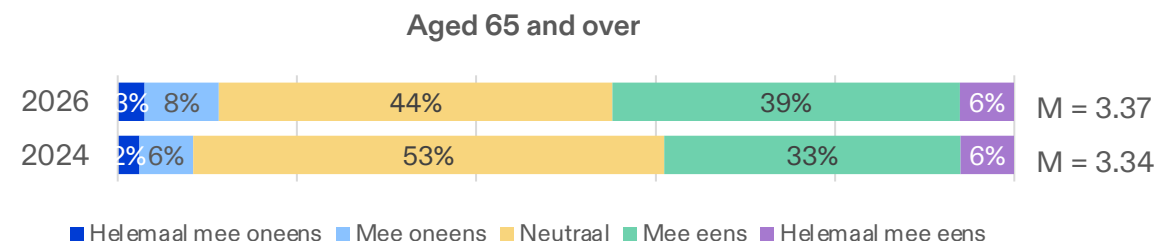
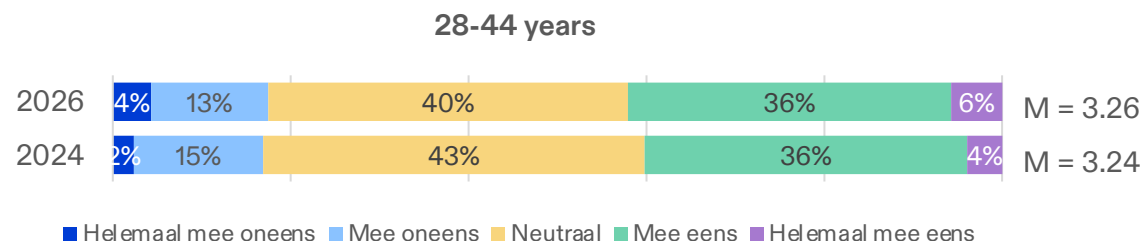
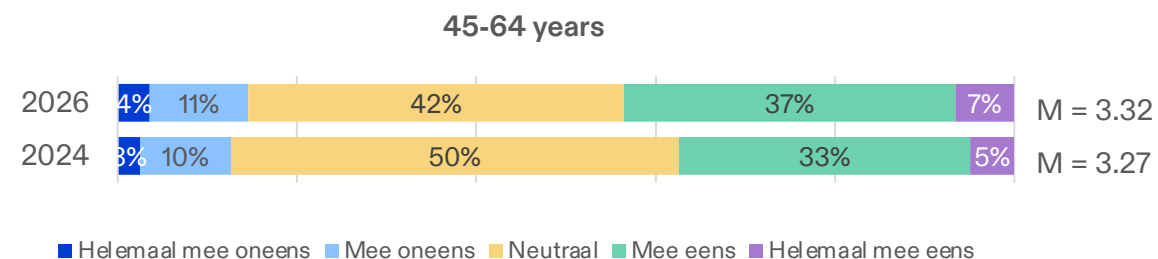
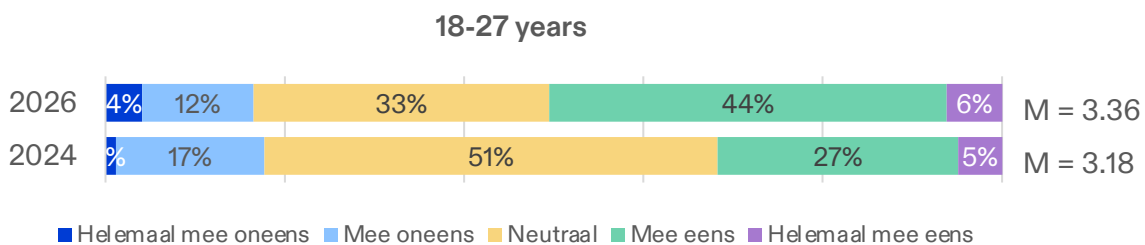
Women are more likely than men to say that they consider it important to prepare for an emergency ($p < .001$, partial $\eta^2 = .009$). This difference remains roughly the same over time and the trend between 2024 and 2026 is the same for both groups.



Attitude / age group

People in different age groups do not differ significantly from one another in terms of how important they consider it to be to prepare for an emergency. This difference remains roughly the same over time and the trend between 2024 and 2026 is the same for the various groups.

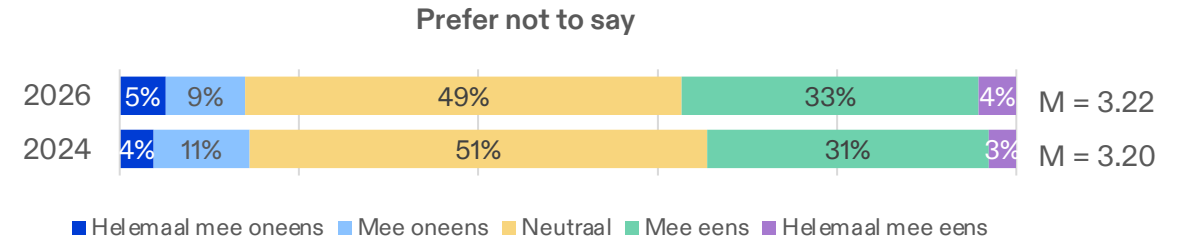
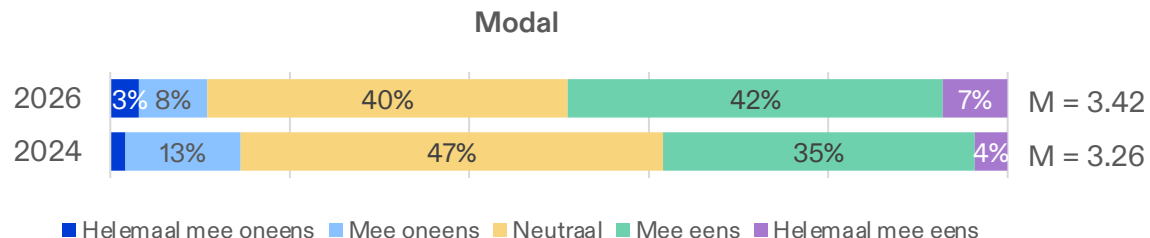
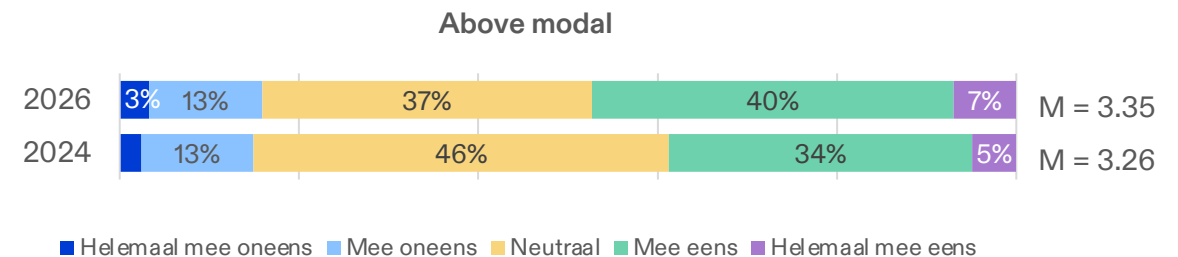
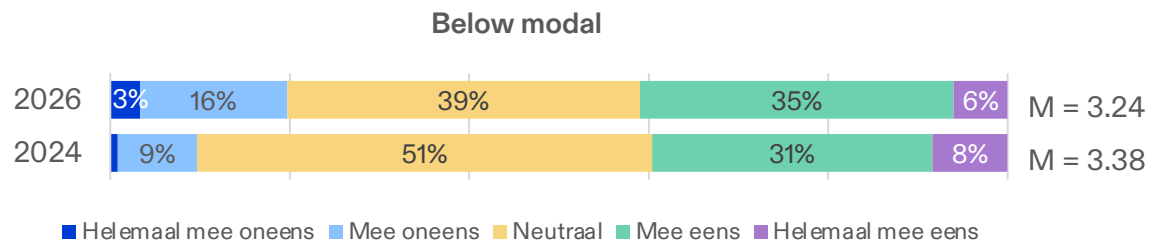
What is striking, however, is that the proportion who (strongly) agree with the statement 'I think it is important to prepare for an emergency' has risen from 32% to 50% in the 18–27 age group.



Attitude / income level

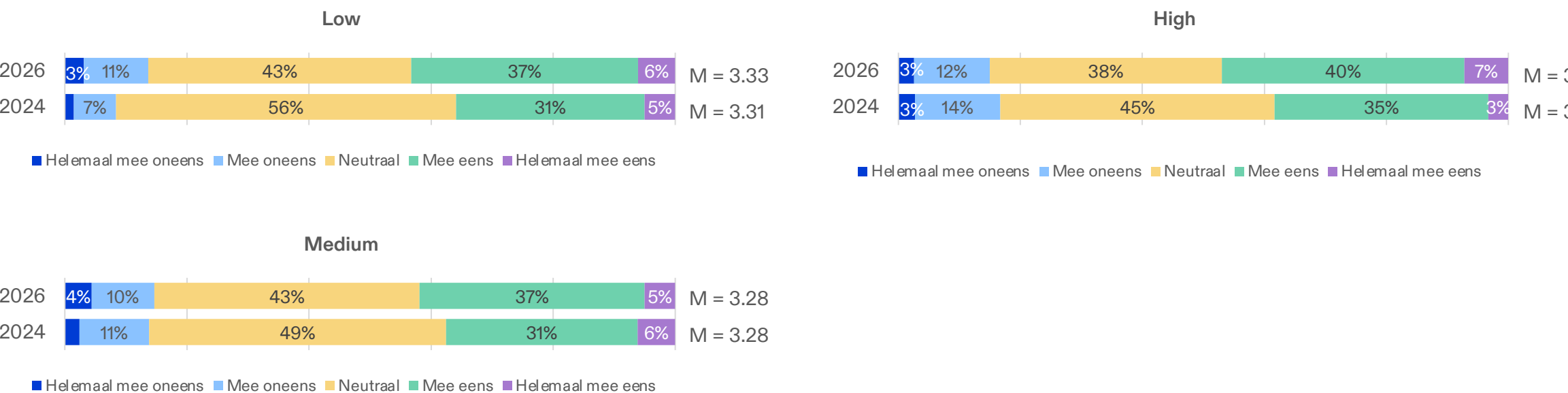
People in different income groups do not differ significantly from one another in terms of how important they consider it to be to prepare for an emergency.

There is a weak indication that trends between 2024 and 2026 may vary per income group ($p = .051$), but this effect is small and just short of being statistically significant. It is worth noting that the group with a below-modal income has seen a slight decrease (with 19% compared to 10% who (completely) disagree with the statement), whilst the other groups have seen a slight increase.



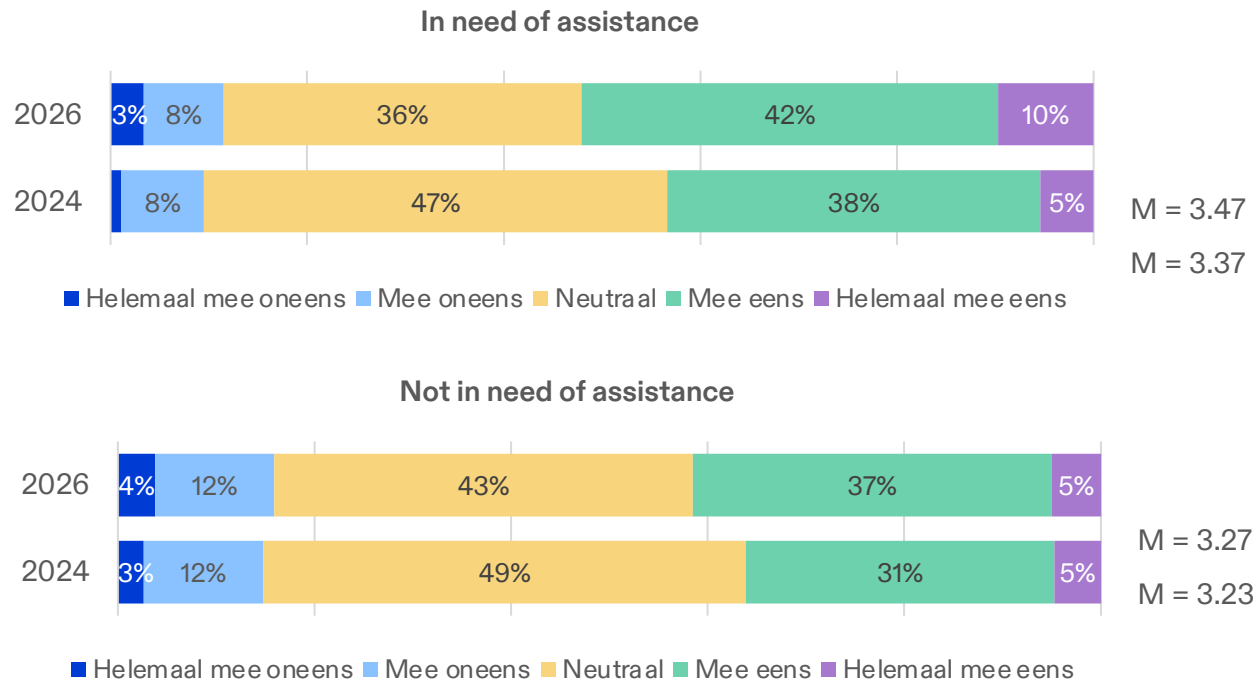
Attitude / educational attainment

People in different levels of education do not differ significantly from one another in terms of how important they consider it to be to prepare for an emergency. The differences between these groups remain roughly the same between the 2024 and 2026 measurements.



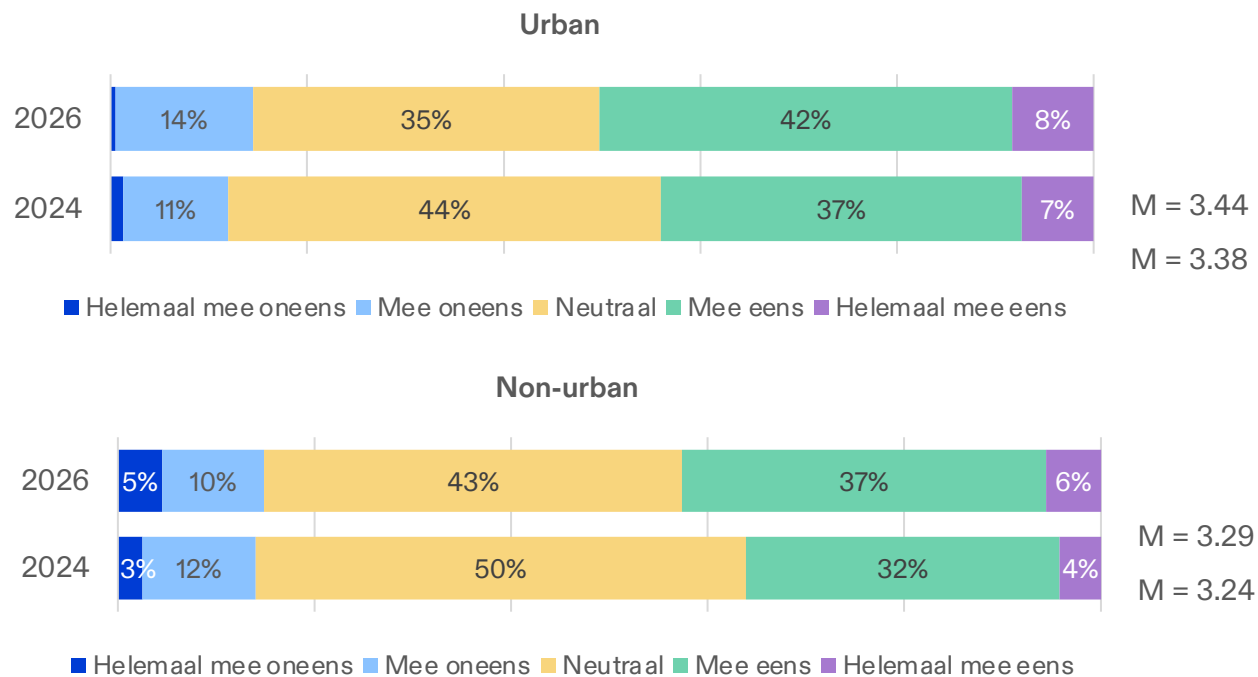
Attitude / self-reliance

People who are in need of care are more likely to say that they consider it important to prepare for an emergency ($p < .001$, partial $\eta^2 = .007$). This difference remains roughly the same over time and the trend between 2024 and 2026 is the same for both groups.



Attitude / urbanisation

People who live in more urban areas are more likely to say that they consider it important to prepare for an emergency ($p = .002$, partial $\eta^2 = .005$). This difference remains roughly the same over time and the trend between 2024 and 2026 is the same for both groups.



An in-depth look at the *correlations* between behavioural determinants



Correlations between behavioural determinants

The table below shows the Pearson correlations between the variables studied (N = 971). Most of the correlations are significant, suggesting a link between the behavioural determinants in relation to preparing for emergencies.

Variable	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19
1. Perceived susceptibility																			
2. Responsible for others	.122**																		
3. Perceived severity	.349**	.113**																	
4. Perceived benefits	.242**	.316**	.271**																
5. Disadvantages (time)	.053	-.108**	.176**	-.145**															
6. Disadvantages (effort)	.070*	-.134**	.230**	-.107**	.712**														
7. Available resources	-.066*	.240**	-.017	.261**	-.195**	-.209**													
8. Self-efficacy in relation to emergency plan	-.013	.235**	-.063	.214**	-.248**	-.291**	.409**												
9. Self-efficacy in relation to emergency kit	-.021	.235**	-.066*	.248**	-.342**	-.358**	.497**	.646**											
10. Response efficacy in relation to the emergency plan	.265**	.316**	.205**	.553**	-.128**	-.107**	.207**	.306**	.308**										
11. Response efficacy in relation to the emergency kit	.225**	.344**	.251**	.589**	-.138**	-.129**	.227**	.314**	.317**	.687**									
12. Attitude	.391**	.338**	.263**	.530**	-.084**	-.122**	.153**	.166**	.178**	.482**	.512**								
13. Subjective norm	.338**	.200**	.170**	.248**	-.059	-.107**	.119**	.192**	.168**	.324**	.337**	.436**							
14. Descriptive norm	.345**	.153**	.188**	.205**	.040	-.045	.037	.116**	.057	.196**	.196**	.323**	.486**						
15. Trust in the government	.144**	.181**	.132**	.352**	-.063	-.071*	.295**	.216**	.215**	.284**	.310**	.266**	.325**	.325**					
16. Government reactance	.093**	-.029	.025	-.235**	.131**	.134**	-.212**	-.024	-.111**	-.113**	-.133**	-.105**	.011	.037	-.328**				
17. Fear	.424**	.115**	.389**	.151**	.188**	.186**	-.066*	-.137**	-.128**	.199**	.164**	.363**	.230**	.302**	.115**	.125**			
18. Helplessness	.043	-.175**	.027	-.289**	.227**	.245**	-.173**	-.110**	-.212**	-.180**	-.223**	-.247**	.005	.088**	-.112**	.372**	.118**		
19. Basic services are no guarantee	.182**	.241**	.167**	.356**	-.154**	-.119**	.237**	.181**	.258**	.313**	.328**	.316**	.141**	.077*	.144**	-.045	.097**	-.238**	
20. Personal responsibility	.051	.234**	.030	.344**	-.180**	-.180**	.398**	.335**	.398**	.297**	.374**	.263**	.182**	.114**	.263**	-.104**	-.011	-.213**	.415**

Interpretation of the table:

- A **positive correlation** ($r > 0$) means that higher scores on one variable are associated with higher scores on the other variable.
- A **negative correlation** ($r < 0$) means that higher scores on one variable are associated with lower scores on the other variable.
- Guidelines for strength:**
 $r \approx .10$ = weak correlation,
 $r \approx .30$ = moderate correlation,
 $r \geq .50$ = strong correlation.
- Significance:** * $p < .05$, ** $p < .01$

Correlations between behavioural determinants

A selection of notable points from the correlation table:

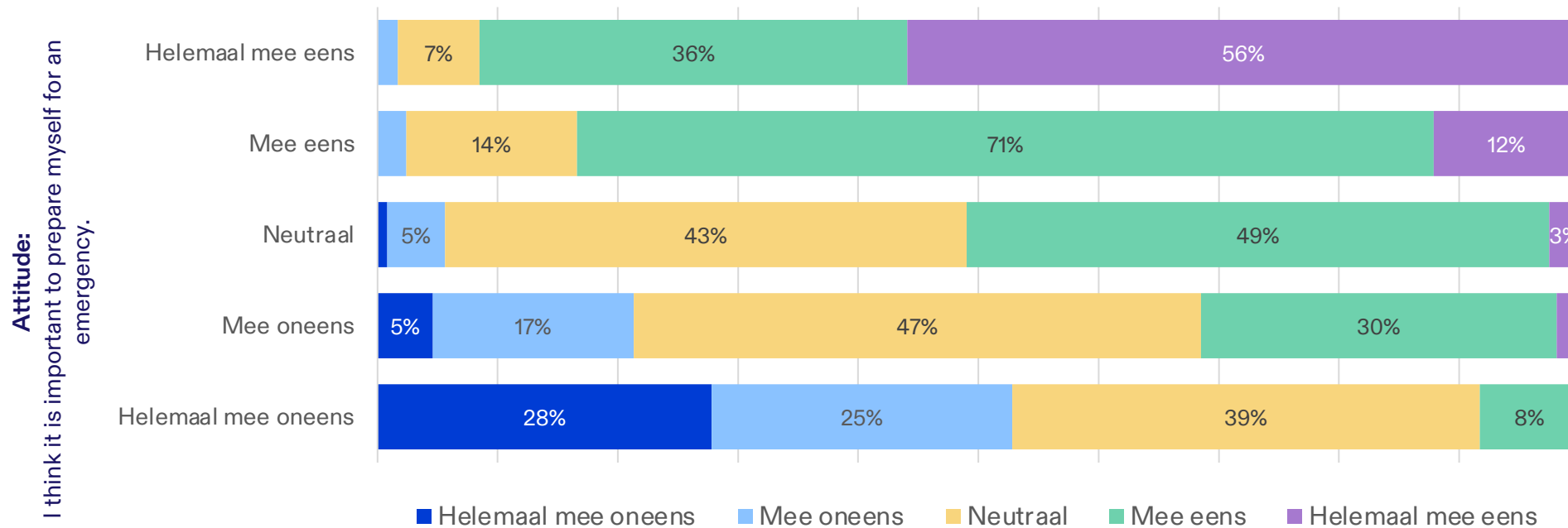
- As expected, **perceived benefits (4)**, **response efficacy (10, 11)** and **attitude (12)** are **relatively** strongly and positively correlated with one another (r 's up to .59, $p < .01$). This suggests that when people believe that preparation is effective, they also consider it more important and experience more benefits as a result.
- The variables '**perceived disadvantages**' (5, 6) are strongly and positively correlated with one another ($r = .71$, $p < .01$), but show negative correlations with **self-efficacy (8, 9)**, **response efficacy (10, 11)** and **attitude (12)**. This means that the more barriers people experience, the less positive their attitude towards preparation and their confidence in their own abilities.
- It is also noteworthy that **anxiety (17)** is positively correlated with **perceived vulnerability (1)** and **severity (3)**. Furthermore, **helplessness (18)** correlates negatively with **self-efficacy (8, 9)**, **response efficacy (10, 11)** and **attitude (12)**, suggesting that a sense of helplessness is associated with lower levels of confidence and motivation to prepare.

We examine the relationship between **perceived benefits**, **self-efficacy** and **attitude** in greater detail on the following pages.

Attitude x perceived benefits

The graph shows the relationship between **attitudes** towards preparing for an emergency and the **perceived benefits** of such preparation. There is a clear correlation between **attitude** and **perceived benefits** ($r = .530, p < .001$).

Respondents who 'Strongly agree' with the attitude statement also perceive the most benefits (56% say they 'strongly agree'). By contrast, those with a negative attitude perceive fewer benefits (28% say they 'strongly disagree').



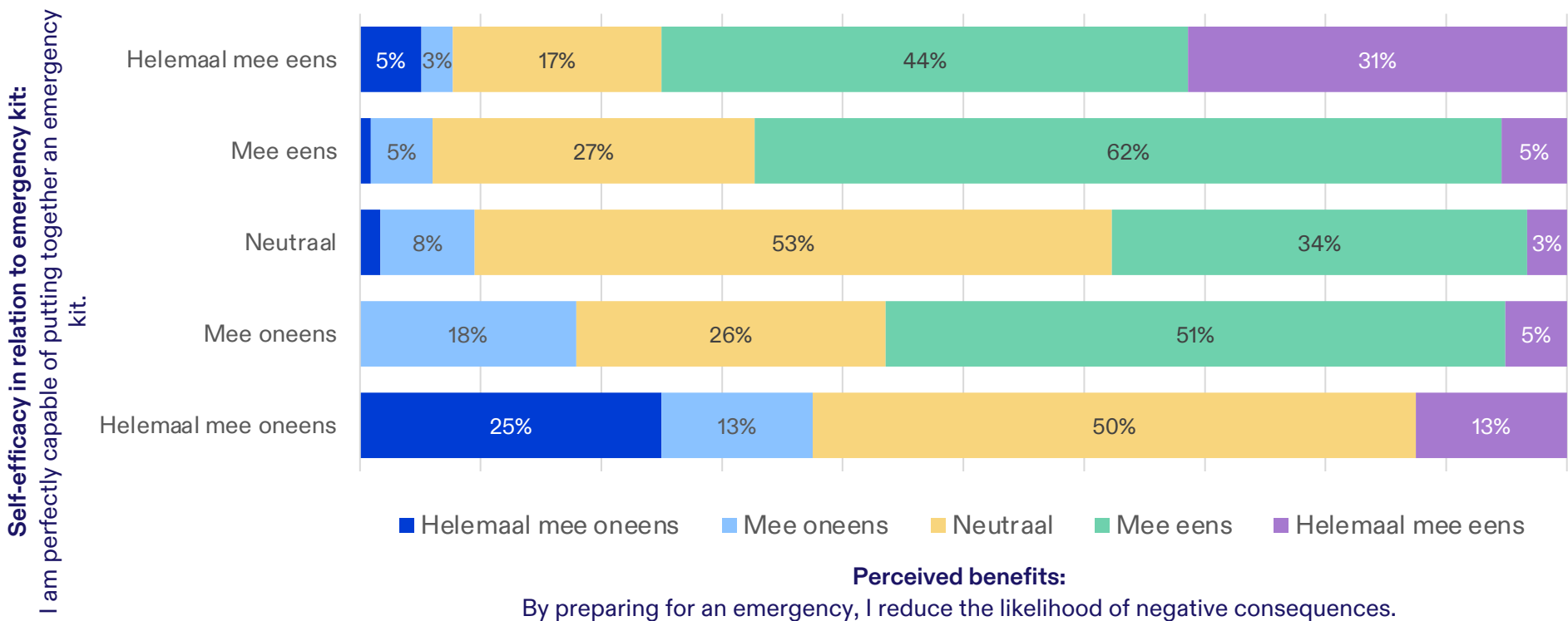
Perceived benefits:

By preparing for an emergency, I reduce the likelihood of negative consequences.

Self-efficacy × perceived benefits

The graph illustrates the relationship between **self-efficacy** in relation to putting together an emergency kit and the **perceived benefits** of this preparation. There is a correlation between **self-efficacy** and **perceived benefits** ($r = .240$ $p < .001$).

Respondents who ‘strongly agree’ with the self-efficacy statement also perceive the most benefits (31% selected ‘strongly agree’). By contrast, those who have less confidence in their own abilities also perceive fewer benefits (25% say they ‘strongly disagree’).



Always *one move* ahead

Behavior
Change
Group

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