

Internalized Homophobia Scale

INTERNALIZED HOMOPHOBIA SCALE

Name: _____

Each item is scored on a 5-point Likert-type scale with 1 = strongly disagree and 5 = strongly agree, and each response represents the degree to which the respondent endorses the statement or item. The scale requires approximately 5 minutes to complete.

1. Male homosexuality is a natural expression of sexuality in human males.

☐ 1 - Strongly Disagree
 ☐ 2
 ☐ 3
 ☐ 4
 ☐ 5 - Strongly Agree

2. I wish I were heterosexual.

☐ 1 - Strongly Disagree
 ☐ 2
 ☐ 3
 ☐ 4
 ☐ 5 - Strongly Agree

3. When I am sexually attracted to another gay man, I do not mind if someone else knows how I feel.

☐ 1 - Strongly Disagree
 ☐ 2
 ☐ 3
 ☐ 4
 ☐ 5 - Strongly Agree

4. Most problems that homosexuals have come from their status as an oppressed minority, not from their homosexuality per se.

☐ 1 - Strongly Disagree
 ☐ 2
 ☐ 3
 ☐ 4
 ☐ 5 - Strongly Agree

5. Life as a homosexual is not as fulfilling as life as a heterosexual.

☐ 1 - Strongly Disagree
 ☐ 2
 ☐ 3
 ☐ 4
 ☐ 5 - Strongly Agree

6. I am glad to be gay.

☐ 1 - Strongly Disagree
 ☐ 2
 ☐ 3
 ☐ 4
 ☐ 5 - Strongly Agree

7. Whenever I think a lot about being gay, I feel critical about myself.

☐ 1 - Strongly Disagree
 ☐ 2
 ☐ 3
 ☐ 4
 ☐ 5 - Strongly Agree

8. I am confident that my homosexuality does not make me inferior.

☐ 1 - Strongly Disagree
 ☐ 2
 ☐ 3
 ☐ 4
 ☐ 5 - Strongly Agree

9. Whenever I think a lot about being gay, I feel depressed.

☐ 1 - Strongly Disagree
 ☐ 2
 ☐ 3
 ☐ 4
 ☐ 5 - Strongly Agree

10. If it were possible, I would accept the opportunity to be completely heterosexual.

☐ 1 - Strongly Disagree
 ☐ 2
 ☐ 3
 ☐ 4
 ☐ 5 - Strongly Agree

11. I wish I could become more sexually attracted to women.

☐ 1 - Strongly Disagree
 ☐ 2
 ☐ 3
 ☐ 4
 ☐ 5 - Strongly Agree

12. If there were a pill that could change my sexual orientation, I would take it.

☐ 1 - Strongly Disagree
 ☐ 2
 ☐ 3
 ☐ 4
 ☐ 5 - Strongly Agree

13. I would not give up being gay even if I could.

☐ ☐ ☐ ☐ ☐

1 - Strongly Disagree 2 3 4 5 - Strongly Agree

14. Homosexuality is deviant.

☐ ☐ ☐ ☐ ☐

1 - Strongly Disagree 2 3 4 5 - Strongly Agree

15. It would not bother me if I had children who were gay.

☐ ☐ ☐ ☐ ☐

1 - Strongly Disagree 2 3 4 5 - Strongly Agree

16. Being gay is a satisfactory and acceptable way of life for me.

☐ ☐ ☐ ☐ ☐

1 - Strongly Disagree 2 3 4 5 - Strongly Agree

17. If I were heterosexual, I would probably be happier.

☐ ☐ ☐ ☐ ☐

1 - Strongly Disagree 2 3 4 5 - Strongly Agree

18. Most gay people end up lonely and isolated.

☐ ☐ ☐ ☐ ☐

1 - Strongly Disagree 2 3 4 5 - Strongly Agree

19. For the most part, I do not care who knows I am gay.

☐ ☐ ☐ ☐ ☐

1 - Strongly Disagree 2 3 4 5 - Strongly Agree

20. I have no regrets about being gay.

☐ ☐ ☐ ☐ ☐

1 - Strongly Disagree 2 3 4 5 - Strongly Agree

Total score: _____