

# 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: \_\_\_\_\_