

The Help-Seeker Stereotype Scale (HSSS)

Instructions: We are interested in your ideas about typical members of a particular group. For example, we all have ideas about what typical movie stars are like or what the typical grandmother is like. When asked if we could describe one of these images, we might say that we think the typical movie star is pretty or rich, or that the typical grandmother is sweet and frail. We are not saying that all movie stars or all grandmothers are exactly alike, but rather that many of them share certain characteristics.

Take a moment to imagine the typical person who seeks help from a psychologist. To what extent does each of the following characteristics describe the typical person who seeks help from a psychologist?

	1 (Not at all)	2	3	4	5	6	7 (Very much)
1. Insecure	1	2	3	4	5	6	7
2. Pitiful	1	2	3	4	5	6	7
3. Unstable	1	2	3	4	5	6	7
4. Incompetent	1	2	3	4	5	6	7
5. Not in control of his/her emotions	1	2	3	4	5	6	7
6. Selfish	1	2	3	4	5	6	7
7. Untrustworthy	1	2	3	4	5	6	7
8. Needy	1	2	3	4	5	6	7
9. Oversensitive	1	2	3	4	5	6	7
10. Inadequate	1	2	3	4	5	6	7
11. Cowardly	1	2	3	4	5	6	7
12. Dependent	1	2	3	4	5	6	7

Here is the current APA-style citation for this instrument:

Hammer, J. H., & Vogel, D. V. (in press). Development of the Help-Seeker Stereotype Scale. *Stigma and Health*.

*Please visit <http://drjosephhammer.com/research/help-seeker-stereotype-scale-hsss/> for information on how to administer, score, interpret, discuss the reliability and validity of, consider the limitations of, and obtain permission to use the HSSS.