

## Internalized Stigma of Mental Illness Inventory – 9-item Version (ISMI-9) \*

We are going to use the term “mental illness” in the rest of this questionnaire, but please think of it as whatever you feel is the best term for it.

For each question, please mark whether you strongly disagree (1), disagree (2), agree (3), or strongly agree (4).

	Strongly disagree	Disagree	Agree	Strongly agree
1. Stereotypes about the mentally ill apply to me.	1	2	3	4
2. In general, I am able to live my life the way I want to.	1	2	3	4
3. Negative stereotypes about mental illness keep me isolated from the ‘normal’ world.	1	2	3	4
4. I feel out of place in the world because I have a mental illness.	1	2	3	4
5. Being around people who don’t have a mental illness makes me feel out of place or inadequate.	1	2	3	4
6. People without mental illness could not possibly understand me.	1	2	3	4
7. Nobody would be interested in getting close to me because I have a mental illness.	1	2	3	4
8. I can’t contribute anything to society because I have a mental illness.	1	2	3	4
9. I can have a good, fulfilling life, despite my mental illness.	1	2	3	4

### Scoring Key

The ISMI-9 contains 9 items which produce a total score. Reverse-code items 2 and 9 before calculating the total score. Add the item scores together and then divide by the total number of answered items. The resulting score should range from 1-4. For example, if someone answers 8 of the 9 items, the total score is produced by adding together the 8 answered items and dividing by 8.

### Interpretation of Scores

4-category method (following the method used by Lysaker et al., 2007):

- 1.00-2.00: minimal to no internalized stigma
- 2.01-2.50: mild internalized stigma
- 2.51-3.00: moderate internalized stigma
- 3.01-4.00: severe internalized stigma

2-category method (following the method used by Ritsher & Phelan, 2004).

- 1.00-2.50: does not report high internalized stigma
- 2.51-4.00: reports high internalized stigma

\* *Appendix format adapted from Boyd, Otilingham, and DeForge (2014)*

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

Hammer, J. H., & Toland, M. D. (2017). Internal structure and reliability of the Internalized Stigma of Mental Illness Scale (ISMI-29) and brief versions (ISMI-10, ISMI-9) among Americans with depression. *Stigma and Health, 2*, 159-174. doi: 10.1037/sah0000049

### For more information about the ISMI-9, please visit:

<http://drjosephhammer.com/research/internalized-stigma-of-mental-illness-scale-9/>