

Internalized Homophobia Scale

Name: _____ Date: _____

Instructions: 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.

Item	Strongly disagree (1)	Disagree (2)	Neither agree nor disagree (3)	Agree (4)	Strongly agree (5)
1. Male homosexuality is a natural expression of sexuality in human males.					
2. I wish I were heterosexual.					
3. When I am sexually attracted to another gay man, I do not mind if someone else knows how I feel.					
4. Most problems that homosexuals have come from their status as an oppressed minority, not from their homosexuality per se.					
5. Life as a homosexual is not as fulfilling as life as a heterosexual.					
6. I am glad to be gay.					
7. Whenever I think a lot about being gay, I feel critical about myself.					
8. I am confident that my homosexuality does not make me inferior.					
9. Whenever I think a lot about being gay, I feel depressed.					
10. If it were possible, I would accept the opportunity to be completely heterosexual.					
11. I wish I could become more sexually attracted to women.					
12. If there were a pill that could change my sexual orientation, I would take it.					
13. I would not give up being gay even if I could.					

Item	Strongly disagree (1)	Disagree (2)	Neither agree nor disagree (3)	Agree (4)	Strongly agree (5)
14. Homosexuality is deviant.					
15. It would not bother me if I had children who were gay.					
16. Being gay is a satisfactory and acceptable way of life for me.					
17. If I were heterosexual, I would probably be happier.					
18. Most gay people end up lonely and isolated.					
19. For the most part, I do not care who knows I am gay.					
20. I have no regrets about being gay.					
Total score:					

Scoring

There are 10 items that are positively keyed and 10 that are negatively keyed. The total score ranges from 20 to 100, with higher scores representing greater internalized homophobia.

Reference

Wagner, G., Brondolo, E., & Rabkin, J.G. (1996). Internalized homophobia in a sample of HIV+ gay men, and its relationship to psychological distress, coping, and illness progression. *Journal of Homosexuality*, 32(2), 91–106.