

# 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.					
<b>Total score:</b>					

### 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.