



## Self-Stigma of Seeking Help Scale

**Source:** The items are from the 10-item *Self-Stigma of Seeking Help Scale* (SSOSH). Used with Permission

**Reference:** Vogel, D.L., Wade, N.G., Haake, S. Measuring the Self-Stigma Associated with Seeking Psychological Help. (2006). *Journal of Counseling Psychology*, 53, 325-337

**Scale Description:** The SSOSH is a 10-item scale that measures a respondent's level of comfort or concern with regard to seeking psychological help from a therapist.

### Scoring and Algorithm

**Note:** For each assessment, there is a scoring algorithm leading to one of three acuity ranges: Low, Moderate, or High.

The items are scored 1-5 as described below; total score is sum of all 10 items, possible range 10-50.

Strongly Disagree = 1

Disagree = 2

Agree and Disagree Equally = 3

Agree = 4

Strongly Agree = 5

Reverse Score items, 2,4,5,7,9

### Algorithm

Total = 10-22 Low Stigma

Total = 23-32 Medium Stigma

Total = 33-50 High Stigma



## STIGMA ASSESSMENT

**Instructions:** People at times find that they face problems that they consider seeking help for. This can bring up reactions about what seeking help would mean. Please use the 5-point scale to rate the degree to which each item describes how you might react in this situation.

1. I would feel inadequate if I went to a therapist for psychological help.

1	2	3	4	5
Strongly Disagree	Disagree	Agree and Disagree Equally	Agree	Strongly Agree

2. My self-confidence would NOT be threatened if I sought professional help.

1	2	3	4	5
Strongly Disagree	Disagree	Agree and Disagree Equally	Agree	Strongly Agree

3. Seeking psychological help would make me feel less intelligent.

1	2	3	4	5
Strongly Disagree	Disagree	Agree and Disagree Equally	Agree	Strongly Agree

4. My self-esteem would increase if I talked to a therapist.

1	2	3	4	5
Strongly Disagree	Disagree	Agree and Disagree Equally	Agree	Strongly Agree

5. My view of myself would not change just because I made the choice to see a therapist.

1	2	3	4	5
Strongly Disagree	Disagree	Agree and Disagree Equally	Agree	Strongly Agree

6. It would make me feel inferior to ask a therapist for help.

1	2	3	4	5
Strongly Disagree	Disagree	Agree and Disagree Equally	Agree	Strongly Agree

7. I would feel okay about myself if I made the choice to seek professional help.

1	2	3	4	5
Strongly Disagree	Disagree	Agree and Disagree Equally	Agree	Strongly Agree

8. If I went to a therapist, I would be less satisfied with myself.



1	2	3	4	5
Strongly Disagree	Disagree	Agree and Disagree Equally	Agree	Strongly Agree

9. My self-confidence would remain the same if I sought professional help for a problem I could not solve.

1	2	3	4	5
Strongly Disagree	Disagree	Agree and Disagree Equally	Agree	Strongly Agree

10. I would feel worse about myself if I could not solve my own problems.

1	2	3	4	5
Strongly Disagree	Disagree	Agree and Disagree Equally	Agree	Strongly Agree

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