

SASSS

For this questionnaire, we use the term "substance problem" or "problem with substances" to refer to any problems that you have experienced as a result of your use of drugs or alcohol.

Section 1

Below is a list of statements describing thoughts or feelings that you may have from time to time or may be familiar to you. Most of these statements describe thoughts and feelings that are generally painful or negative in some way. Try to be as honest as you can in responding.

As you see it now, please rate how often you have the thoughts or experiences listed below. Use the scale below to make your choice. Please circle only one number and not in between numbers.

	Never or almost never	Rarely	Sometimes	Often	Very often
1. <i>I have the thought that a major reason for my problems with substances is my own poor character.</i>	1	2	3	4	5
2. <i>I have the thought that I should be ashamed of myself.</i>	1	2	3	4	5
3. <i>I have the thought that I deserve the bad things that have happened to me.</i>	1	2	3	4	5
4. <i>I have the thought that I can't be trusted.</i>	1	2	3	4	5
5. <i>I feel inferior to people who have never had a problem with substances.</i>	1	2	3	4	5
6. <i>I feel out of place in the world because of my problems with substances.</i>	1	2	3	4	5
7. <i>I have the thought that I've permanently screwed up my life by using drugs.</i>	1	2	3	4	5
8. <i>I feel ashamed of myself.</i>	1	2	3	4	5

Section 2

Please read each statement below and circle the number that indicates how many people you think would react to you as described. Please use the scale below, and please do not omit any item.

	Few People (0-20 percent)	Some people (20-40 percent)	Many people (40-60 percent)	Most People (60-80 percent)	Almost Everyone (80-100 percent)
1. People think I'm worthless if they know about my substance use history.	1	2	3	4	5
2. People around me will always suspect I have returned to using substances.	1	2	3	4	5
3. People without a substance use history could never really understand me.	1	2	3	4	5
4. A job interviewer wouldn't hire me if I mentioned my substance history in a job interview.	1	2	3	4	5
5. If someone were to find out about my history of substance use, they would expect me to be weak-willed.	1	2	3	4	5
6. People would be scared of me if they knew about my substance abuse history.	1	2	3	4	5
7. If someone were to find out about my history of substance use, they would doubt my character.	1	2	3	4	5
8. People will think I have little talent or skill if they know about my substance history.	1	2	3	4	5
9. People think the bad things that have happened to me are my fault.	1	2	3	4	5

Section 3

Below you will find a list of statements. As you see it now, please rate how true each statement is for you by writing a number next to it. Use the scale below to make your choice.

	Never or almost never true	Rarely True	Sometimes true	Often true	Always or almost always true
1. I would choose to avoid someone who seemed interested in my friendship if I knew they had never used substances.	1	2	3	4	5
2. I do things that are good for me, even if I feel like I don't deserve it.	1	2	3	4	5
3. If something is important to me, I keep doing it, even if I feel incompetent.	1	2	3	4	5
4. When I feel incompetent at something I want to do, I stop trying.	1	2	3	4	5
5. I'm willing to be in situations where I might feel different from others.	1	2	3	4	5
6. I am getting on with the business of living, no matter how guilty I feel.	1	2	3	4	5
7. I am open about my substance use history with most people.	1	2	3	4	5
8. I put a lot of effort into hiding my substance use history.	1	2	3	4	5
9. I avoid doing things where I would be blamed if it didn't work out.	1	2	3	4	5
10. I wouldn't try to fill roles that required a person of character.	1	2	3	4	5
11. Shame gets in the way of how I want to live my life.	1	2	3	4	5

		Never or almost never true	Rarely True	Sometimes true	Often true	Always or almost always true
12.	I pursue important goals in life, even when I fear I might not follow through.	1	2	3	4	5
13.	I can set a direction for my life even if I feel hopeless.	1	2	3	4	5
14.	Even if I knew the employer didn't like to hire people in recovery, I would still apply for a job if it interested me.	1	2	3	4	5
15.	I would lie to people in my life about my substance use if I were sure they would never find out.	1	2	3	4	5
16.	I avoid situations where another person might have to depend on me.	1	2	3	4	5
17.	I avoid situations that make me feel different.	1	2	3	4	5
18.	I can't stand feeling like the bad things that happen to me are my fault.	1	2	3	4	5
19.	I would willingly sacrifice important things in my life to feel like I fit in.	1	2	3	4	5
20.	Blaming myself for my substance abuse history gets in the way of my success.	1	2	3	4	5
21.	I can set a course in my life and stick to it, even when I feel like I'm a bad person.	1	2	3	4	5
23.	If I didn't have a job, I would still look for one, even if it felt hopeless.	1	2	3	4	5
23.	I would willingly sacrifice important life goals if that meant I could feel better about myself.	1	2	3	4	5

Paper describing psychometrics of this measure is:

Luoma, J.B., Rye, A., Kohlenberg, B. S., & Hayes, S. C. (in press). A New Measure of Self-Stigma in Addiction: Measure Development and Psychometrics. *Journal of Psychopathology and Behavioral Assessment*.

Substance Abuse Stigma Something Scale (SASSS)

Subscales and Scoring Guide

Items from Section 1 load onto Scale 1 - "self devaluation"

Items from Section 2 load onto Scale 2 - "fear of enacted stigma"

Items from Section 3 load onto Scales 3a "stigma avoidance" and 3b "values disengagement"

1. 3a
2. 3b – reverse item
3. 3b – reverse item
4. 3a
5. 3b – reverse item
6. 3b – reverse item
7. 3b – reverse item
8. 3a
9. 3a
10. 3a
11. 3a
12. 3b – reverse item
13. 3b – reverse item
14. 3b – reverse item
15. 3a
16. 3a
17. 3a
18. 3a
19. 3a
20. 3a
21. 3b – reverse item
22. 3b – reverse item
23. 3a