



Endorsed and Anticipated Stigma Inventory (EASI)

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Reference: Vogt, D., Di Leone, B. A. L., Wang, J. M., Sayer, N. A., Pineles, S. L. & Litz, B. T. (2014). *The Endorsed and Anticipated Stigma Inventory (EASI)* [Measurement instrument]. Available from <https://www.ptsd.va.gov>.

URL: <https://www.ptsd.va.gov/professional/assessment/functional-other/EASI.asp>

Note: This is a fillable form. You may complete it electronically.

Endorsed and Anticipated Stigma Inventory (EASI)

Description

The Endorsed and Anticipated Stigma Inventory is a self-report inventory that consists of 5 stand-alone scales assessing mental health beliefs that may impact willingness to seek mental health treatment.

Scoring and Administration

Each of the 5 scales use a 5-point Likert-type response format: 1 (*strongly disagree*), 2 (*somewhat disagree*), 3 (*neither agree nor disagree*), 4 (*somewhat agree*), 5 (*strongly agree*).

Items within each of the 5 scales can be summed to create 5 scale scores. The items should **not** be combined to create a total score, as the scales are stand-alone measures.

Users may elect to administer a subset of these scales rather than all 5 scales (e.g., the 3 endorsed stigma scales or the 2 anticipated stigma scales).

EASI

Instructions: Please indicate your agreement with the following set of statements about mental health and mental health treatment. Choose whether you *Strongly disagree*, *Somewhat disagree*, *Neither agree nor disagree*, *Somewhat agree*, or *Strongly agree*, and click on the corresponding button to select it. **Please note that you do not have to be currently experiencing, or ever have experienced, a mental health problem to answer these questions.**

Beliefs About Mental Illness

	Strongly disagree	Somewhat disagree	Neither agree nor disagree	Somewhat agree	Strongly agree
1. People with mental health problems cannot be counted on.	1	2	3	4	5
2. People with mental health problems often use their health problems as an excuse.	1	2	3	4	5
3. Most people with mental health problems are just faking their symptoms.	1	2	3	4	5
4. I don't feel comfortable around people with mental health problems.	1	2	3	4	5
5. It would be difficult to have a normal relationship with someone with mental health problems.	1	2	3	4	5
6. Most people with mental health problems are violent or dangerous.	1	2	3	4	5
7. People with mental health problems require too much attention.	1	2	3	4	5
8. People with mental health problems can't take care of themselves.	1	2	3	4	5

Beliefs About Mental Health Treatment

	Strongly disagree	Somewhat disagree	Neither agree nor disagree	Somewhat agree	Strongly agree
1. Medications for mental health problems are ineffective.	1	2	3	4	5
2. Mental health treatment just makes things worse.	1	2	3	4	5
3. Mental health providers don't really care about their patients.	1	2	3	4	5
4. Mental health treatment generally does not work.	1	2	3	4	5
5. Therapy/counseling does not really help for mental health problems.	1	2	3	4	5
6. People who seek mental health treatment are often required to undergo treatments they don't want.	1	2	3	4	5
7. Medications for mental health problems have too many negative side effects.	1	2	3	4	5
8. Mental health providers often make inaccurate assumptions about patients based on their group membership (e.g., race, sex, etc.).	1	2	3	4	5

Beliefs About Treatment Seeking

	Strongly disagree	Somewhat disagree	Neither agree nor disagree	Somewhat agree	Strongly agree
1. A problem would have to be really bad for me to be willing to seek mental health care.	1	2	3	4	5
2. I would feel uncomfortable talking about my problems with a mental health provider.	1	2	3	4	5
3. If I had a mental health problem, I would prefer to deal with it myself rather than to seek treatment.	1	2	3	4	5
4. Most mental health problems can be dealt with without seeking professional help.	1	2	3	4	5
5. Seeing a mental health provider would make me feel weak.	1	2	3	4	5
6. I would think less of myself if I were to seek mental health treatment.	1	2	3	4	5
7. If I were to seek mental health treatment, I would feel stupid for not being able to fix the problem on my own.	1	2	3	4	5
8. I wouldn't want to share personal information with a mental health provider.	1	2	3	4	5

Concerns About Stigma From Loved Ones

If I had a mental health problem and friends and family knew about it, they would ...

	Strongly disagree	Somewhat disagree	Neither agree nor disagree	Somewhat agree	Strongly agree
1. ...think less of me.	1	2	3	4	5
2. ...see me as weak.	1	2	3	4	5
3. ...feel uncomfortable around me.	1	2	3	4	5
4. ...not want to be around me.	1	2	3	4	5
5. ...think I was faking.	1	2	3	4	5
6. ...be afraid that I might be violent or dangerous.	1	2	3	4	5
7. ...think that I could not be trusted.	1	2	3	4	5
8. ...avoid talking to me.	1	2	3	4	5

Concerns About Stigma in the Workplace

If I had a mental health problem and people at work knew about it . . .

	Strongly disagree	Somewhat disagree	Neither agree nor disagree	Somewhat agree	Strongly agree
1. My coworkers would think I am not capable of doing my job.	1	2	3	4	5
2. People at work would not want to be around me.	1	2	3	4	5
3. My career/job options would be limited.	1	2	3	4	5
4. Coworkers would feel uncomfortable around me.	1	2	3	4	5
5. A Supervisor might give me less desirable work.	1	2	3	4	5
6. A Supervisor might treat me unfairly.	1	2	3	4	5
7. People at work would think I was faking.	1	2	3	4	5
8. Co-workers would avoid talking to me.	1	2	3	4	5