



UNC CFAR Social and Behavioral Science Research Core SABI Database

INSTRUMENT TITLE: *Berger HIV Stigma Scale*

SOURCE ARTICLE: Berger, B. E., Ferrans, C. E., Lashley, F. R. (2001). Measuring Stigma in People with HIV: Psychometric Assessment of the HIV Stigma Scale. *Research in Nursing & Health*, 24: 518-529.

RESPONSE OPTIONS: Strongly disagree, disagree, agree, strongly agree

SURVEY ITEMS:

1. In many areas of my life, no one knows I have HIV²
2. I feel guilty because I have HIV³
3. People's attitudes about HIV make me feel worse about myself³
4. Telling someone I have HIV is risky^{2,4}
5. People with HIV lose jobs when employers find out⁴
6. I work hard to keep my HIV a secret^{2,3}
7. I feel I am not as good a person as others because I have HIV³
8. I never feel ashamed of having HIV³
9. People with HIV are treated like outcasts⁴
10. Most people believe a person who has HIV is dirty⁴
11. It is easier to avoid new friendships than worry about telling someone that I have HIV^{2,3,4}
12. Having HIV makes me feel unclean³

TERMS OF USE:

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13. Since learning I have HIV, I feel set apart and isolated from the rest of the world^{1,3,4}
14. Most people think a person with HIV is disgusting⁴
15. Having HIV makes me feel I'm a bad person³
16. Most people with HIV are rejected when others find out^{1,4}
17. I am very careful who I tell that I have HIV²
18. Some people who know I have HIV have grown more distant¹
19. Since learning I have HIV, I worry about people discriminating against me^{2,4}
20. Most people are uncomfortable around someone with HIV⁴
21. I never feel the need to hide the fact I have HIV²
22. I worry that people may judge me when they learn I have HIV^{2,4}
23. Having HIV in my body is disgusting to me³
24. I have been hurt by how people reacted to learning I have HIV¹
25. I worry people who know I have HIV will tell others²
26. I regret having told some people that I have HIV¹
27. As a rule, telling others that I have HIV has been a mistake^{1,3,4}
28. People avoid touching me once they know I have HIV^{1,4}
29. People I care about stopped calling after learning I have HIV¹
30. People have told me that getting HIV is what I deserve for how I lived my life^{1,4}

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31. Some people close to me are afraid others will reject them if it becomes known I have HIV¹
32. People don't want me around their children once they know I have HIV^{1,4}
33. People have physically backed away from me when they learn I have HIV^{1,4}
34. Some people act as though it is my fault I have HIV^{1,4}
35. I have stopped socializing with some people because of to their reactions to my having HIV¹
36. I have lost friends by telling them I have HIV¹
37. I have told people close to me to keep the fact that I have HIV a secret²
38. People who know I have HIV tend to ignore my good points^{1,3,4}
39. People seem afraid of me once they learn I have HIV^{1,3,4}
40. When people learn you have HIV, they look for flaws in your character^{1,4}

SCORING:

- 1) Items are scored as follows:
 - strongly disagree = 1
 - disagree = 2
 - agree = 3
 - strongly agree = 4.If a subject selects a response in between two options (e.g.: between SD and D), a numerical value midway between the two options would be used (e.g.: 1.5).
- 2) Two items are reverse-scored: items 8 and 21.
- 3) After reversing these two items, each scale or subscale's score is calculated by simply

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adding up the raw values of the items belonging to that scale or subscale. Subscale designations appear in small print in the far right margin of the instrument; it may be desirable to cover or delete those numbers before reproducing the instrument for administration to subjects. Sixteen items belong to more than one subscale, reflecting the intercorrelations of the factors on which the subscales are based.

The range of possible scores depends on the number of items in the scale. For the total HIV Stigma Scale, scores can range from 40 to 160 [1 x 40 items to 4 x 40 items]. For the personalized stigma subscale, scores can range from 18 to 72. For the disclosure subscale, scores can range from 10 to 40. For the negative self-image subscale, scores can range from 13 to 52. For the public attitudes subscale, scores can range from 20 to 80.

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