

Discrimination and Stigma Scale (DISC-12)

Version 22/04/09

Instructions for interviewer to read to participant

(Note to interviewer: Please use the below paragraph to introduce the scale to the participant, with further explanation if necessary)

“Discrimination and stigma occur when people are treated unfairly because they are seen as being different from others. This interview asks about how you’ve been affected by discrimination and stigma **because of mental health problems.**

There are four parts to this interview. Each part asks about how you have been treated or what you have done in different situations:

1. In the first part, I will ask about times when you have been treated **unfairly** because of mental health problems
2. In the second part, I will ask about times when you have **stopped yourself** from doing things because of how others might respond to your mental health problem
3. In the third part, I will ask about how you may have **overcome stigma and discrimination** because of mental health problems
4. In the fourth part, I will ask about any times when you have been treated **more positively** because of mental health problems

In each part of the interview, I will ask you to let me know whether each event has happened **not at all, a little, moderately or a lot.** I will also ask you to give me an example of this.

(Note to interviewer: Choose the timeframe for the study and adapt the below paragraph as appropriate)

For each question, please think about events which have happened **at any stage of your life since you first experienced mental health problems/during the last 12 months/during (specify timeframe).**

Here is a card with the choices for each answer for you to use throughout the interview. (Give participant the response choices card).

(Instructions for interviewer to read to participant)					
<p>“In this section I would like to ask about times when you have been treated unfairly because of mental health problems. There are 22 questions in this section. Please choose one answer for each question”</p>					
1.	Have you been treated unfairly in making or keeping friends?	Not at all	A little	Moderately	A lot
	Not applicable <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Give an example: _____					

2.	Have you been treated unfairly by the people in your neighbourhood?	Not at all	A little	Moderately	A lot
	Not applicable <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Give an example: _____					

3.	Have you been treated unfairly in dating or intimate relationships? <i>(excluding treatment by spouse/co-habiting partner as covered by Q6)</i>	Not at all	A little	Moderately	A lot
	Not applicable <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Give an example: _____					

4.	Have you been treated unfairly in housing? <i>(including becoming homeless)</i>	Not at all	A little	Moderately	A lot
	Not applicable <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Give an example: _____					

5.	Have you been treated unfairly in your education? <i>(ask about school, college, university and on the job training or vocational courses)</i>	Not at all	A little	Moderately	A lot
	Not applicable <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Give an example: _____					

6.	Have you been treated unfairly in marriage or divorce? <i>(including co-habiting or civil partnership, ask about ability to find a partner or spouse, problems during the relationship, divorce settlements)</i>	Not at all	A little	Moderately	A lot
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Not applicable <input type="checkbox"/>					
Give an example: _____ _____					
7.	Have you been treated unfairly by your family? <i>(ask about family of origin i.e. parents, brothers, sisters and other relations as well as any children. Exclude treatment by spouse / co-habiting partner as covered by Q6)</i>	Not at all	A little	Moderately	A lot
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Not applicable <input type="checkbox"/>					
Give an example: _____ _____					
8.	Have you been treated unfairly in finding a job? <i>(this means finding full or part-time, paid work)</i>	Not at all	A little	Moderately	A lot
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Not applicable <input type="checkbox"/>					
Give an example: _____ _____					
9.	Have you been treated unfairly in keeping a job?	Not at all	A little	Moderately	A lot
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Not applicable <input type="checkbox"/>					
Give an example: _____ _____					
10.	Have you been treated unfairly when using public transport? <i>(ask about using free travel pass, passengers, drivers, etc)</i>	Not at all	A little	Moderately	A lot
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Not applicable <input type="checkbox"/>					
Give an example: _____ _____					

11.	Have you been treated unfairly in getting welfare benefits or disability pensions? (<i>ask about applying for benefits (e.g. income support, disability living allowance), level of benefits, support</i>)	Not at all	A little	Moderately	A lot
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Not applicable <input type="checkbox"/>					
Give an example: _____ _____					
12.	Have you been treated unfairly in your religious practices? (<i>ask about attending church, other church members, church leaders</i>)	Not at all	A little	Moderately	A lot
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Not applicable <input type="checkbox"/>					
Give an example: _____ _____					
13.	Have you been treated unfairly in your social life? (<i>ask about socialising, hobbies, attending events, leisure activities</i>)	Not at all	A little	Moderately	A lot
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Not applicable <input type="checkbox"/>					
Give an example: _____ _____					
14.	Have you been treated unfairly by the police? (<i>ask about any contact with police because of mental health problems or any other reasons</i>)	Not at all	A little	Moderately	A lot
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Not applicable <input type="checkbox"/>					
Give an example: _____ _____					

15.	Have you been treated unfairly when getting help for physical health problems? (<i>ask about GP, dentist, nurses, emergency treatment including A&E</i>)	Not at all	A little	Moderately	A lot
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Not applicable <input type="checkbox"/>					
Give an example: _____ _____					
16.	Have you been treated unfairly by mental health staff? (<i>ask about treatment and behaviour of staff, feeling disrespected or humiliated by contact with mental health staff</i>)	Not at all	A little	Moderately	A lot
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Not applicable <input type="checkbox"/>					
Give an example: _____ _____					
17.	Have you been treated unfairly in your levels of privacy? (<i>ask about privacy in hospital and in community settings, e.g. private letters or phone calls, medical records, criminal records bureau check</i>)	Not at all	A little	Moderately	A lot
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Not applicable <input type="checkbox"/>					
Give an example: _____ _____					
18.	Have you been treated unfairly in your personal safety and security? (<i>ask about verbal abuse, physical abuse, assault</i>)	Not at all	A little	Moderately	A lot
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Not applicable <input type="checkbox"/>					
Give an example: _____ _____					

19.	Have you been treated unfairly in starting a family or having children? <i>(ask about behaviour of health professionals, friends and family, as well as how they or their partner were treated during pregnancy or childbirth)</i>	Not at all	A little	Moderately	A lot
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Not applicable <input type="checkbox"/>					
Give an example: _____ _____					
20.	Have you been treated unfairly in your role as a parent to your children? <i>(ask about behaviour of other parents, teachers, family or mental health staff)</i>	Not at all	A little	Moderately	A lot
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Not applicable <input type="checkbox"/>					
Give an example: _____ _____					
21.	Have you been avoided or shunned by people who know that you have a mental health problem?	Not at all	A little	Moderately	A lot
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Not applicable <input type="checkbox"/>					
Give an example: _____ _____					
22.	Have you been treated unfairly in any other areas of life? <i>(e.g. experienced any kind of treatment/behaviour because of your mental health problem)</i>	Not at all	A little	Moderately	A lot
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Not applicable <input type="checkbox"/>					
Give an example: _____ _____					

(Instructions for interviewer to read to participant)					
<p>“In this section I would like to ask about times when you have stopped yourself from doing things that are important to you because of how others might respond to your mental health problem. There are 4 questions in this section. Please choose one answer for each question”</p>					
23.	Have you stopped yourself from applying for work?	Not at all	A little	Moderately	A lot
	Not applicable <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Give an example: _____ _____					
24.	Have you stopped yourself from applying for education or training courses?	Not at all	A little	Moderately	A lot
	Not applicable <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Give an example: _____ _____					
25.	Have you stopped yourself from having a close personal relationship?	Not at all	A little	Moderately	A lot
	Not applicable <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Give an example: _____ _____					
26.	Have you concealed or hidden your mental health problem from others?	Not at all	A little	Moderately	A lot
	Not applicable <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Give an example: _____ _____					

(Instructions for interviewer to read to participant)					
<p>“In this section I would like to ask you about examples of overcoming stigma and discrimination because of mental health problems. There are 2 questions in this section. Please choose one answer for each question”</p>					
27.	Have you made friends with people who don't use mental health services?	Not at all	A little	Moderately	A lot
	Not applicable <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Give an example: _____					

28.	Have you been able to use your personal skills or abilities in coping with stigma and discrimination?	Not at all	A little	Moderately	A lot
	Not applicable <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Give an example: _____					

(Instructions for interviewer to read to participant)					
<p>“In this section I would like to ask about times when you have been treated more positively because of mental health problems. Being treated “more positively” means any times when you have received special treatment. I would like to know if you have experienced any favorable treatment compared with how you were treated before you developed a mental health problem or compared with how people who don't have a mental health problem are treated. There are 7 questions in this section. Please choose one answer for each question”</p>					
29.	Have you been treated more positively by your family? (Includes family of origin, spouse/partner, children, relatives)	Not at all	A little	Moderately	A lot
	Not applicable <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Give an example: _____					

30.	Have you been treated more positively in getting welfare benefits or disability pensions?	Not at all	A little	Moderately	A lot
	Not applicable <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Give an example: _____					

31.	Have you been treated more positively in housing?	Not at all	A little	Moderately	A lot
	Not applicable <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Give an example: _____ _____					
32.	Have you been treated more positively in your religious activities?	Not at all	A little	Moderately	A lot
	Not applicable <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Give an example: _____ _____					
33.	Have you been treated more positively in employment (<i>ask about finding work, keeping work and adjustments in the workplace</i>)?	Not at all	A little	Moderately	A lot
	Not applicable <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Give an example: _____ _____					
34.	Have you been treated more positively in any other areas of life? (<i>e.g. any kind of support that is not available to other people</i>)	Not at all	A little	Moderately	A lot
	Not applicable <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Give an example: _____ _____					

[[**Instruction to Interviewer:** please tear off this sheet at the beginning of the interview give it to the participant to assist their ratings]

Rating Guide Sheet

For all questions please choose **one** of these answers

Not at all	A little	Moderately	A lot
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>