

Instrument Title: Internalized Homonegativity Inventory (IHNI)  
Instrument Author: Mayfield, W.  
Cite instrument as: Mayfield, W. . (2012) . Internalized Homonegativity Inventory (IHNI) . Measurement Instrument Database for the Social Science. Retrieved from [www.midss.ie](http://www.midss.ie)



## Internalized Homonegativity Inventory (IHNI)

The following statements deal with emotions and thoughts related to being gay. Using the scale below, please give your honest rating about the degree to which you agree or disagree with each statement.

*strongly  
disagree*  
1

*moderately  
disagree*  
2

*slightly  
disagree*  
3

*slightly  
agree*  
4

*moderately  
agree*  
5

*strongly  
agree*  
6

1. I believe being gay is an important part of me.
2. I believe it is OK for men to be attracted to other men in an emotional way, but it's not OK for them to have sex with each other.
3. When I think of my homosexuality, I feel depressed.
4. I believe that it is morally wrong for men to have sex with other men.
5. I feel ashamed of my homosexuality.
6. I am thankful for my sexual orientation.
7. When I think about my attraction towards men, I feel unhappy.
8. I believe that more gay men should be shown in TV shows, movies, and commercials.
9. I see my homosexuality as a gift.
10. When people around me talk about homosexuality, I get nervous.
11. I wish I could control my feelings of attraction toward other men.
12. In general, I believe that homosexuality is as fulfilling as heterosexuality.
13. I am disturbed when people can tell I'm gay.
14. In general, I believe that gay men are more immoral than straight men.
15. Sometimes I get upset when I think about being attracted to men.
16. In my opinion, homosexuality is harmful to the order of society.
17. Sometimes I feel that I might be better off dead than gay.
18. I sometimes resent my sexual orientation.
19. I believe it is morally wrong for men to be attracted to each other.
20. I sometimes feel that my homosexuality is embarrassing.
21. I am proud to be gay.
22. I believe that public schools should teach that homosexuality is normal.
23. I believe it is unfair that I am attracted to men instead of women.