

Substance Use Stigma Mechanism Scale (SU-SMS)

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Intended use: The SU-SMS was developed for use in a diverse range of substance using populations. It can be adapted for persons affected by alcohol use and/or drug use disorders accordingly. The SU-SMS may be administered to substance-using populations more broadly, including those who are out-of-treatment, non-treatment seeking, treatment-seeking, and in-treatment for substance use disorders.

Scoring: All responses are given on a 5-point Likert-type scale, with higher scores indicating greater endorsement of substance use stigma. Enacted (6 items), Anticipated (6 items), and Internalized (6 items) scales can be created by taking the average of the item responses given for each stigma mechanism respectively. Stigma source sub-scales can be created for Enacted and Anticipated stigma by taking the average responses given for the healthcare worker (3 items) and family members (3 items) item responses respectively.

Citation: Smith LR, Earnshaw VA, Copenhaver MM, Cunningham C. Substance use stigma: Reliability and validity of a theory-based scale for substance-using populations. *Drug Alcohol Depend.* In press

Instructions: The following questions ask about your **alcohol and/or drug use history**, this includes any past or current experiences using alcohol and/or drugs. Please think about each question and circle your answer. The first group of questions asks about how people have treated you **in the past** because of alcohol and/or drug use history. The second group of questions asks about how people will treat you **in the future** because of your alcohol and/or drug use history.

ENACTED STIGMA (header can be omitted in survey)

How often have people treated you this way **in the past** because of your alcohol and/or drug use history?
Please circle your response.

| | | Never | Not often | Somewhat often | Often | Very Often |
|----|--|-------|-----------|----------------|-------|------------|
| 1. | Family members have thought that I cannot be trusted. | 1 | 2 | 3 | 4 | 5 |
| 2. | Family members have looked down on me. | 1 | 2 | 3 | 4 | 5 |
| 3. | Family members have treated me differently. | 1 | 2 | 3 | 4 | 5 |
| 4. | Healthcare workers have not listened to my concerns. | 1 | 2 | 3 | 4 | 5 |
| 5. | Healthcare workers have thought that I'm pill shopping, or trying to con them into giving me prescription medications to get high or sell. | 1 | 2 | 3 | 4 | 5 |
| 6. | Healthcare workers have given me poor care. | 1 | 2 | 3 | 4 | 5 |

ANTICIPATED STIGMA (header can be omitted in survey)

How likely is it that people will treat you in the following ways **in the future** because of your alcohol and/or drug use history?

| | | Very unlikely | Unlikely | Neither unlikely nor likely | Likely | Very likely |
|----|--|---------------|----------|-----------------------------|--------|-------------|
| 1. | Family members will think that I cannot be trusted. | 1 | 2 | 3 | 4 | 5 |
| 2. | Family members will look down on me. | 1 | 2 | 3 | 4 | 5 |
| 3. | Family members will treat me differently. | 1 | 2 | 3 | 4 | 5 |
| 4. | Healthcare workers will not listen to my concerns. | 1 | 2 | 3 | 4 | 5 |
| 5. | Healthcare workers will think that I'm pill shopping, or trying to con them into giving me prescription medications to get high or sell. | 1 | 2 | 3 | 4 | 5 |
| 6. | Healthcare workers will give me poor care. | 1 | 2 | 3 | 4 | 5 |

INTERNALIZED STIGMA (header can be omitted in survey)

How do you **feel** about your alcohol and/or drug use history?

| | | Strongly disagree | Disagree | Neither disagree nor agree | Agree | Strongly agree |
|----|---|-------------------|----------|----------------------------|-------|----------------|
| 1. | Having used alcohol and/or drugs makes me feel like I'm a bad person. | 1 | 2 | 3 | 4 | 5 |
| 2. | I feel I'm not as good as others because I used alcohol and/or drugs. | 1 | 2 | 3 | 4 | 5 |
| 3. | I feel ashamed of having used alcohol and/or drugs. | 1 | 2 | 3 | 4 | 5 |
| 4. | I think less of myself because I used alcohol and/or drugs. | 1 | 2 | 3 | 4 | 5 |
| 5. | Having used alcohol and/or drugs makes me feel unclean. | 1 | 2 | 3 | 4 | 5 |
| 6. | Having used alcohol and/or drugs is disgusting to me. | 1 | 2 | 3 | 4 | 5 |