The Interpersonal Hopelessness Scale

Using the scale below please mark each statement as it applies to you **personally at this time**. Although some statements may seem similar, no two statements are identical. So, please read each statement carefully.

0: Definitely False 1: Slightly True 2: Moderately True 3: Mostly True 4:Completely true

1. There’s no use in really trying to contribute to society because I probably won’t succeed.
2. When I look ahead to the future, I expect to feel like a burden on the people in my life.
3. I will always fail the people in my life.
4. I might as well give up because in the future I will make things worse for others.
5. There’s no use in trying to make people happy because they would be better off if I were gone.
6. There’s no use in really trying to interact with people because I don’t feel like I belong.
7. I will always feel disconnected from other people.
8. I expect that people will never care about me.
9. I might as well give up because I will always be an outsider in social gatherings.
10. My past experiences have made me aware that I will never be able to turn to anyone in times of need.

The total score for this scale is determined by taking the sum of all items.