

IHS Scale

Using the scale below, please mark each statement as it applies to you **personally at this time**. Although some statements may seem similar to others, 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.

Tucker, R. P., Hagan, C. R., Hill, R. M., Slish, M. L., Bagge, C. L., Joiner, T. E., & Wingate, L. R. (2017). Empirical extension of the interpersonal theory of suicide: Investigating the role of interpersonal hopelessness. *Psychiatry Research*, 259, 427-432.