

The Sexual Minority Adolescent Stress Inventory (SMASI)

We'd like to understand more about stress experienced by LGBTQ youth. This survey includes statements that reflect thoughts, feelings and experiences that may be happening to you now or have happened sometime in the past. Some questions and statements have different instructions so please read each of these instructions carefully. There are no right or wrong answers.

Below are statements that reflect different types of stressful thoughts or events that you may have experienced. Please read each statement and answer "Yes" if it has ever happened to you in the past, or "No" if it hasn't. If you said "Yes" to a statement, please also answer the follow-up question about whether it is currently happening. For the follow-up questions, you should answer "Yes" if it happened to you within the past 30 days, or "No" if it happened to you more than 30 days ago.

You should select the one option that best represents your experience for each statement.

	Yes	No
1. I am questioning how to label my sexual orientation.	<input type="radio"/>	<input type="radio"/>
↳ IF YES: was it within the past 30 days?	<input type="radio"/>	<input type="radio"/>
2. I am having trouble accepting that I am LGBTQ.	<input type="radio"/>	<input type="radio"/>
↳ IF YES: was it within the past 30 days?	<input type="radio"/>	<input type="radio"/>
3. I feel pressured to label myself as gay or lesbian.	<input type="radio"/>	<input type="radio"/>
↳ IF YES: was it within the past 30 days?	<input type="radio"/>	<input type="radio"/>
4. I am concerned that if I am LGBTQ, I will have a worse life than if I were straight.	<input type="radio"/>	<input type="radio"/>
↳ IF YES: was it within the past 30 days?	<input type="radio"/>	<input type="radio"/>
5. A family member told other family members that I am LGBTQ without my permission.	<input type="radio"/>	<input type="radio"/>
↳ IF YES: was it within the past 30 days?	<input type="radio"/>	<input type="radio"/>
6. A family member told me not to tell other family members that I am LGBTQ.	<input type="radio"/>	<input type="radio"/>
↳ IF YES: was it within the past 30 days?	<input type="radio"/>	<input type="radio"/>
7. I have to lie to my family about being LGBTQ.	<input type="radio"/>	<input type="radio"/>
↳ IF YES: was it within the past 30 days?	<input type="radio"/>	<input type="radio"/>
8. I think I will lose friends if I come out as LGBTQ.	<input type="radio"/>	<input type="radio"/>
↳ IF YES: was it within the past 30 days?	<input type="radio"/>	<input type="radio"/>
9. I expect people to reject me when they find out that I am LGBTQ.	<input type="radio"/>	<input type="radio"/>
↳ IF YES: was it within the past 30 days?	<input type="radio"/>	<input type="radio"/>
10. If I come out, it will cause problems within my family.	<input type="radio"/>	<input type="radio"/>
↳ IF YES: was it within the past 30 days?	<input type="radio"/>	<input type="radio"/>
11. A family member asked me if I was gay or lesbian before I wanted to talk about it.	<input type="radio"/>	<input type="radio"/>
↳ IF YES: was it within the past 30 days?	<input type="radio"/>	<input type="radio"/>
12. I was forced to come out to someone because I got "caught".	<input type="radio"/>	<input type="radio"/>
↳ IF YES: was it within the past 30 days?	<input type="radio"/>	<input type="radio"/>
13. I was "outed" by someone other than my family without my permission.	<input type="radio"/>	<input type="radio"/>
↳ IF YES: was it within the past 30 days?	<input type="radio"/>	<input type="radio"/>
14. There are times when I do not want to be LGBTQ.	<input type="radio"/>	<input type="radio"/>
↳ IF YES: was it within the past 30 days?	<input type="radio"/>	<input type="radio"/>
15. If I could, I would become straight.	<input type="radio"/>	<input type="radio"/>
↳ IF YES: was it within the past 30 days?	<input type="radio"/>	<input type="radio"/>

	Yes	No
16. I hate being LGBTQ.	<input type="radio"/>	<input type="radio"/>
↳ IF YES: was it within the past 30 days?	<input type="radio"/>	<input type="radio"/>
17. I think it is wrong for me to be LGBTQ.	<input type="radio"/>	<input type="radio"/>
↳ IF YES: was it within the past 30 days?	<input type="radio"/>	<input type="radio"/>
18. I hope that being LGBTQ is just a phase for me.	<input type="radio"/>	<input type="radio"/>
↳ IF YES: was it within the past 30 days?	<input type="radio"/>	<input type="radio"/>
19. I think negatively about other LGBTQ people who act "too gay".	<input type="radio"/>	<input type="radio"/>
↳ IF YES: was it within the past 30 days?	<input type="radio"/>	<input type="radio"/>
20. I am uncomfortable with being LGBTQ.	<input type="radio"/>	<input type="radio"/>
↳ IF YES: was it within the past 30 days?	<input type="radio"/>	<input type="radio"/>
21. I have heard a family member make negative comments about LGBTQ people.	<input type="radio"/>	<input type="radio"/>
↳ IF YES: was it within the past 30 days?	<input type="radio"/>	<input type="radio"/>
22. My family does not want to talk to me about being LGBTQ.	<input type="radio"/>	<input type="radio"/>
↳ IF YES: was it within the past 30 days?	<input type="radio"/>	<input type="radio"/>
23. Someone who lives with me has told me they disapprove of me being LGBTQ.	<input type="radio"/>	<input type="radio"/>
↳ IF YES: was it within the past 30 days?	<input type="radio"/>	<input type="radio"/>
24. I feel as though I am a disappointment to my family because I am LGBTQ.	<input type="radio"/>	<input type="radio"/>
↳ IF YES: was it within the past 30 days?	<input type="radio"/>	<input type="radio"/>
25. My family has told me that being LGBTQ is just a phase.	<input type="radio"/>	<input type="radio"/>
↳ IF YES: was it within the past 30 days?	<input type="radio"/>	<input type="radio"/>
26. My parents are uncomfortable with LGBTQ people.	<input type="radio"/>	<input type="radio"/>
↳ IF YES: was it within the past 30 days?	<input type="radio"/>	<input type="radio"/>
27. My mother (or female caregiver) does not accept me as LGBTQ.	<input type="radio"/>	<input type="radio"/>
↳ IF YES: was it within the past 30 days?	<input type="radio"/>	<input type="radio"/>
28. My father (or male caregiver) does not accept me as LGBTQ.	<input type="radio"/>	<input type="radio"/>
↳ IF YES: was it within the past 30 days?	<input type="radio"/>	<input type="radio"/>
29. My parents are sad that I am LGBTQ.	<input type="radio"/>	<input type="radio"/>
↳ IF YES: was it within the past 30 days?	<input type="radio"/>	<input type="radio"/>
30. My family tries to make me straight.	<input type="radio"/>	<input type="radio"/>
↳ IF YES: was it within the past 30 days?	<input type="radio"/>	<input type="radio"/>
31. I felt unsafe or threatened in school because I am LGBTQ.	<input type="radio"/>	<input type="radio"/>
↳ IF YES: was it within the past 30 days?	<input type="radio"/>	<input type="radio"/>
32. Other youth refuse to do school activities with me because I am LGBTQ.	<input type="radio"/>	<input type="radio"/>
↳ IF YES: was it within the past 30 days?	<input type="radio"/>	<input type="radio"/>
33. I have seen other LGBTQ youth treated badly at my school.	<input type="radio"/>	<input type="radio"/>
↳ IF YES: was it within the past 30 days?	<input type="radio"/>	<input type="radio"/>
34. It's hard to be an LGBTQ person at my school.	<input type="radio"/>	<input type="radio"/>
↳ IF YES: was it within the past 30 days?	<input type="radio"/>	<input type="radio"/>
35. Other students make fun of me for being LGBTQ.	<input type="radio"/>	<input type="radio"/>
↳ IF YES: was it within the past 30 days?	<input type="radio"/>	<input type="radio"/>
36. I have seen other LGBTQ youth treated badly in the neighborhood where I live.	<input type="radio"/>	<input type="radio"/>
↳ IF YES: was it within the past 30 days?	<input type="radio"/>	<input type="radio"/>

	Yes	No
37. I have felt unsafe or threatened in the neighborhood where I live because I am LGBTQ.	<input type="radio"/>	<input type="radio"/>
↳ IF YES: was it within the past 30 days?	<input type="radio"/>	<input type="radio"/>
38. I have had to move or change where I live because I am LGBTQ.	<input type="radio"/>	<input type="radio"/>
↳ IF YES: was it within the past 30 days?	<input type="radio"/>	<input type="radio"/>
39. I have felt isolated or alone in the neighborhood where I live because I am LGBTQ.	<input type="radio"/>	<input type="radio"/>
↳ IF YES: was it within the past 30 days?	<input type="radio"/>	<input type="radio"/>
40. Other people in the neighborhood where I live make fun of me for being LGBTQ.	<input type="radio"/>	<input type="radio"/>
↳ IF YES: was it within the past 30 days?	<input type="radio"/>	<input type="radio"/>
41. I have been physically assaulted in the neighborhood where I live because I am LGBTQ.	<input type="radio"/>	<input type="radio"/>
↳ IF YES: was it within the past 30 days?	<input type="radio"/>	<input type="radio"/>
42. My friends make jokes about LGBTQ people.	<input type="radio"/>	<input type="radio"/>
↳ IF YES: was it within the past 30 days?	<input type="radio"/>	<input type="radio"/>
43. Other youth refuse to hang out with me because I am LGBTQ.	<input type="radio"/>	<input type="radio"/>
↳ IF YES: was it within the past 30 days?	<input type="radio"/>	<input type="radio"/>
44. Other people who are in my racial/ethnic community judge me for being LGBTQ.	<input type="radio"/>	<input type="radio"/>
↳ IF YES: was it within the past 30 days?	<input type="radio"/>	<input type="radio"/>
45. I have heard negative comments from others in my racial/ethnic community about being LGBTQ.	<input type="radio"/>	<input type="radio"/>
↳ IF YES: was it within the past 30 days?	<input type="radio"/>	<input type="radio"/>
46. I feel as though I don't fit in my racial/ethnic community because I am LGBTQ.	<input type="radio"/>	<input type="radio"/>
↳ IF YES: was it within the past 30 days?	<input type="radio"/>	<input type="radio"/>
47. As an LGBTQ person in my racial/ethnic community, I feel like I am a minority within a minority.	<input type="radio"/>	<input type="radio"/>
↳ IF YES: was it within the past 30 days?	<input type="radio"/>	<input type="radio"/>
48. I hear other LGBTQ people use words like "fag" or "dyke."	<input type="radio"/>	<input type="radio"/>
↳ IF YES: was it within the past 30 days?	<input type="radio"/>	<input type="radio"/>
49. My family is part of a religion that has homophobic beliefs.	<input type="radio"/>	<input type="radio"/>
↳ IF YES: was it within the past 30 days?	<input type="radio"/>	<input type="radio"/>
50. I have heard negative messages about being LGBTQ from religious people.	<input type="radio"/>	<input type="radio"/>
↳ IF YES: was it within the past 30 days?	<input type="radio"/>	<input type="radio"/>
51. I would not be accepted as an LGBTQ person in my family's religion.	<input type="radio"/>	<input type="radio"/>
↳ IF YES: was it within the past 30 days?	<input type="radio"/>	<input type="radio"/>
52. I believe it is wrong for me to be LGBTQ because of my religion.	<input type="radio"/>	<input type="radio"/>
↳ IF YES: was it within the past 30 days?	<input type="radio"/>	<input type="radio"/>
53. A religious leader has encouraged me to reconsider my sexual orientation.	<input type="radio"/>	<input type="radio"/>
↳ IF YES: was it within the past 30 days?	<input type="radio"/>	<input type="radio"/>
54. A religious leader tried to change my sexual orientation.	<input type="radio"/>	<input type="radio"/>
↳ IF YES: was it within the past 30 days?	<input type="radio"/>	<input type="radio"/>

Please also answer the following if you are currently, or have previously been, employed.

	Yes	No
55. I have seen other LGBTQ youth treated badly at work.	<input type="radio"/>	<input type="radio"/>
↳ IF YES: was it within the past 30 days?	<input type="radio"/>	<input type="radio"/>
56. I have felt unsafe or threatened at work because I am LGBTQ.	<input type="radio"/>	<input type="radio"/>
↳ IF YES: was it within the past 30 days?	<input type="radio"/>	<input type="radio"/>
57. I have had to leave or change jobs because I am LGBTQ.	<input type="radio"/>	<input type="radio"/>
↳ IF YES: was it within the past 30 days?	<input type="radio"/>	<input type="radio"/>
58. I have felt isolated or alone at work because I am LGBTQ.	<input type="radio"/>	<input type="radio"/>
↳ IF YES: was it within the past 30 days?	<input type="radio"/>	<input type="radio"/>
59. I have lost friendships since coming out as LGBTQ at work.	<input type="radio"/>	<input type="radio"/>
↳ IF YES: was it within the past 30 days?	<input type="radio"/>	<input type="radio"/>
60. It's hard to be LGBTQ at my workplace.	<input type="radio"/>	<input type="radio"/>
↳ IF YES: was it within the past 30 days?	<input type="radio"/>	<input type="radio"/>
61. I have been physically assaulted by people at work because I am LGBTQ.	<input type="radio"/>	<input type="radio"/>
↳ IF YES: was it within the past 30 days?	<input type="radio"/>	<input type="radio"/>
62. My workplace does not protect LGBTQ employees.	<input type="radio"/>	<input type="radio"/>
↳ IF YES: was it within the past 30 days?	<input type="radio"/>	<input type="radio"/>
63. People at work talk about me being LGBTQ behind my back.	<input type="radio"/>	<input type="radio"/>
↳ IF YES: was it within the past 30 days?	<input type="radio"/>	<input type="radio"/>
64. My boss is unsupportive of me because I am LGBTQ.	<input type="radio"/>	<input type="radio"/>
↳ IF YES: was it within the past 30 days?	<input type="radio"/>	<input type="radio"/>

Scoring Instructions for the SMASI

Four types of scores can be created based on a complete SMASI instrument: overall lifetime score (items 1 – 54 only), overall 30-day score (items 1 – 54 only), subscale lifetime scores, and subscale 30-day scores.

Overall

Responses to lifetime (i.e., numbered) items are scored in a binary fashion: “Yes” responses are coded as 1, “No” responses are coded as 0. The coded responses to items 1 – 54 are summed to create the overall lifetime score (theoretical range: 0 to 54). A similar procedure is used for the supplemental 30-day (i.e., “IF YES”) items to create the overall 30-day score (theoretical range: 0 to 54). Idiopathic mean substitution is recommended for participants who skipped or declined to answer individual items

Subscales

Lifetime and 30-day subscale scores are created as percentages of endorsed statements within the given subscale. Correspondence between subscales and item numbers is as follows:

Identity management: Items 1, 2, 3

Negative expectancies: Items 4, 8, 9

Negative disclosure experiences: Items 5, 6, 11, 12, 13

Family rejection: Items 7, 10, 22, 23, 24, 25, 26, 27, 28, 29, 30

Internalized homonegativity: Items 14, 15, 16, 17, 18, 19, 20

Homonegative communication: Items 21, 42, 45, 48, 50

Homonegative climate: Items 31, 33, 34, 35

Social marginalization: Items 32, 36, 37, 38, 39, 40, 41, 43

Intersectionality: Items 44, 46, 47

Religion: Items 49, 51, 52, 53, 54

Work: Items 55, 56, 57, 58, 59, 60, 61, 62, 63, 64

Note: Scores on the work subscale should only be calculated for participants who indicated current or previous employment. Participants who have never been employed should not be given a score on the work subscale, even if they respond to the items.

Suggested Citations

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