Mental Illness Microaggressions Scale – Perpetrator Version (MIMS-P)

Gonzales, Davidoff, DeLuca, & Yanos 2015

Items scored on 1-4 Likert scale: 1 = strongly disagree; 2 = disagree; 3 = agree; 4 = strongly agree. Higher scores demonstrate higher amounts of microaggression behavior.

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| If someone I’m close to told me that they had a mental illness diagnosis, I would expect them to have trouble understanding some things. | 1 | 2 | 3 | 4 |
| If someone I’m close to told me that they had a mental illness diagnosis, I would try to talk more slowly so that they wouldn’t get confused. | 1 | 2 | 3 | 4 |
| If someone I’m close to told me that they had a mental illness diagnosis, I would avoid asking them for favors because it would be hard for them to help someone else. | 1 | 2 | 3 | 4 |
| If someone I’m close to told me that they had a mental illness diagnosis, I would be careful in case they “snap.” | 1 | 2 | 3 | 4 |
| If someone I’m close to told me that they had a mental illness diagnosis, I would tell them they should go to the hospital, even if they told me they were fine. | 1 | 2 | 3 | 4 |
| If someone I’m close to who I thought was normal told me that they had a mental illness diagnosis, I’d tell them they were probably exaggerating. | 1 | 2 | 3 | 4 |
| If someone I’m close to told me that they had a mental illness diagnosis, I would be confused if I saw them behaving normally. | 1 | 2 | 3 | 4 |
| If someone I’m close to told me that they had a mental illness diagnosis, I would keep my distance from them. |  |  |  |  |
| If someone I’m close to told me that they had a mental illness diagnosis, I would encourage them to keep it a secret. |  |  |  |  |
| If someone I’m close to told me that they had a mental illness diagnosis, I would give them advice on how to deal with their illness. | 1 | 2 | 3 | 4 |
| If someone I’m close to told me that they had a mental illness diagnosis, I would tell them when I thought their behavior was caused by symptoms. | 1 | 2 | 3 | 4 |
| If someone I’m close to told me that they had a mental illness diagnosis, I would frequently remind them that they need to take their medication. | 1 | 2 | 3 | 4 |
| If someone I’m close to told me that they had a mental illness diagnosis, I would give them advice on how to remain stable. | 1 | 2 | 3 | 4 |
| If someone I’m close to told me that they had a mental illness diagnosis, I would help by telling them when they’re showing signs of their illness. | 1 | 2 | 3 | 4 |
| If someone I’m close to told me that they had a mental illness diagnosis, I would look out for specific symptoms and behaviors. | 1 | 2 | 3 | 4 |
| If I saw a person who I thought had a mental illness in public, I would keep my distance from them. | 1 | 2 | 3 | 4 |
| If I saw a person who I thought had a mental illness in public, I would be careful in case they “snap.” | 1 | 2 | 3 | 4 |