

SELF-COMFORT WITH SEXUAL IDENTITY QUESTIONNAIRE©

**This questionnaire is designed to explore issues related to the acquisition of self-comfort with sexual identity in gay, lesbian, or bisexual adults.**

6 = Strongly agree

5 = Moderately agree

4 = Mildly agree

3 = Mildly disagree

2 = Moderately disagree

1 = Strongly disagree

1. I am aware of my sexual attraction(s) towards some members of my sex	6	5	4	3	2	1
2. I find members of my sex more physically attractive	6	5	4	3	2	1
3. I use drugs to help me cope with my sexual identity*	6	5	4	3	2	1
4. I use alcohol to help me cope with my sexual identity*	6	5	4	3	2	1
5. I am excluded from events because of my sexual choice(s)*	6	5	4	3	2	1
6. I feel tormented by my sexual attraction to those of my same sex*	6	5	4	3	2	1
7. I have sex with strangers because of my fears*	6	5	4	3	2	1
8. My inclusion in activities is dependent on my sexual identity*	6	5	4	3	2	1
9. No one is aware of my sexual preference(s)*	6	5	4	3	2	1
10. Hurting myself is not the solution to my sexual attraction(s)	6	5	4	3	2	1

11. My choice(s) of sexual partner(s) is completely normal	6	5	4	3	2	1
12. My friends respect my sexual choice(s)	6	5	4	3	2	1
13. I am a responsible sexual partner	6	5	4	3	2	1
14. My family is aware of my sexual identity	6	5	4	3	2	1
15.. I am able to discuss my choice(s) of sexual partner(s) with my family	6	5	4	3	2	1
16. I am able to discuss my choice(s) of sexual partner(s) with my friends	6	5	4	3	2	1
17.I am comfortable sharing personal information with my health provider(s)	6	5	4	3	2	1
18. I can help others who struggle with their sexual identity	6	5	4	3	2	1
19. I am comfortable sharing my thoughts about my sexual identity with others	6	5	4	3	2	1
20. I make good choices about my health	6	5	4	3	2	1
21. I am at peace with my sexual choice(s)	6	5	4	3	2	1
22. I am accepted by my Higher Power	6	5	4	3	2	1
23. I am strengthened by my Higher Power	6	5	4	3	2	1
24. I am different only by someone else's rules	6	5	4	3	2	1

25. I am not defined by my sexual identity	6	5	4	3	2	1
26. I can be anything I want	6	5	4	3	2	1
27. I am uneasy talking about my sexual partner(s) with my family	6	5	4	3	2	1
28. My family rejects me because of my sexual preference(s)*	6	5	4	3	2	1
29. I avoid social events because I feel uneasy*	6	5	4	3	2	1
30. I don't have to be heterosexual to be normal	6	5	4	3	2	1
31. I am OK with being different	6	5	4	3	2	1
32. I like who I have become	6	5	4	3	2	1
33. I practice safe sex	6	5	4	3	2	1

\* Indicates items that were reverse coded



The SSIQ is a 33 item measure comprised of four subscales; the Cronbach's alpha for the total scale is .909. The subscales of the SSIQ represent the identified attributes of the concept self-comfort. Although the Cronbach's alpha for each of the subscales are: .892, .869, .836, and .665, respectively. The subscales are not designed for separate or independent use.