ISS

Internalized Shame Scale (ISS)

The Internalized Shame Scale (ISS) assesses an individual's level of internalized shame, with an emphasis on chronic personal feelings of shame and inadequacy. It is mainly used in clinical settings to detect issues related to self-esteem, social anxiety and attachment disorders.

Number of questions	30 questions
Estimated duration	10 minutes
Language	English
Original name	Internalized Shame Scale
Target audience	Adults
Authors	Dan W. Cook (1987)
Category	General

Preview of the 30 questions

I feel like I am never quite good enough.

Never | Seldom | Sometimes | Often | Almost always

I feel somehow left out.

Never | Seldom | Sometimes | Often | Almost always

I think that people look down on me.

Never | Seldom | Sometimes | Often | Almost always

All in all, I am inclined to feel that I am a success.

Never | Seldom | Sometimes | Often | Almost always

I scold myself and put myself down.

Never | Seldom | Sometimes | Often | Almost always

Scoring & interpretation

Items are rated on a 5-point Likert-type scale (ranging from "never" to "almost always"). Scores are summed; a high score indicates significant internalized shame. Some items are reverse-scored.