(90) Self-stigmatizing Thinking’s Automaticity Scale

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|  | Occasionally we may think negatively about our identity as a person with mental illness. In this study, we are interested in knowing how you negatively valanced identity-related thoughts unfold in everyday life. Please indicate how much you agree or disagree with the following statements.**Thinking negatively about the identity as a person with mental illness is something……** | Strongly disagree | Disagree | Neither agree nor disagree | Agree | Strongly Agree |
| 1. | I would find hard not to do.  | 1 | 2 | 3 | 4 | 5 |
| 2. | I don’t do on purpose.  | 1 | 2 | 3 | 4 | 5 |
| 3. | I do without further thinking.  | 1 | 2 | 3 | 4 | 5 |
| 4. | that feels sort of natural to me.  | 1 | 2 | 3 | 4 | 5 |
| 5. | I do automatically.  | 1 | 2 | 3 | 4 | 5 |
| 6. | I start doing before I realize I’m doing it.  | 1 | 2 | 3 | 4 | 5 |
| 7. | I do unintentionally.  | 1 | 2 | 3 | 4 | 5 |
| 8. | that would require mental effort to leave.  | 1 | 2 | 3 | 4 | 5 |