



Scan for more tools



LGBTQIA+ Minority Stress Screener

Helps identify stressors related to discrimination, stigma, and identity concealment that may be contributing to mental health symptoms.

Instructions: Rate how often each statement has been true in the past month.

Domains: Interpersonal, Environmental, Internalized Stigma, Access to Care.

Rating Scale:

0 = **Never** 1= **Rarely** 2 = **Sometimes** 3 = **Often** 4 = **Almost Always**

Interpersonal:					
Items	0	1	2	3	4
I have experienced verbal harassment due to my identity.					
I avoid certain public places for fear of discrimination.					
Environmental:					
Items	0	1	2	3	4
I work or study in an environment where I do not feel accepted.					
Media representation of people like me is mostly negative.					
Internalized Stigma:					
Items	0	1	2	3	4
I feel shame or discomfort about part of my identity.					
I try to hide my sexual orientation or gender identity.					
Access to Care:					
Items	0	1	2	3	4
I worry that health providers will treat me differently.					
I have avoided seeking help because of fear of discrimination.					

Scoring Guide:

0–8: Low reported minority stress – continue monitoring.

9–16: Moderate stress – explore coping resources and support networks.

17–24: High stress – consider targeted interventions and advocacy supports.

25–32: Severe stress – prioritize supportive interventions and address safety concerns.

Action Steps:

Three to five strategies I can use to address the concerns identified in this screening:

1. _____

2. _____

3. _____

4. _____

5. _____
