

The Minimization and Help-Seeking Scale (MHSS) is a measure originally designed to examine sex differences in perceptions of victimization and willingness to disclose/conceal victimization. Participants complete PART A by placing a checkmark beside any act that, if done to them, would make them feel victimized. Scoring involves a total count of check-marked items, as well as count subscales for psychological (items 2, 5, 8, 9, 11, 12, 13), physical (items 1, 3, 4, 7, 14), and sexual (items 6, 10) victimization. PART B involves participants considering any item that the checked as abusive in PART A, and responding to each item on a 7-point Likert-Type scale (strongly disagree to strongly agree). Concealment/Minimization of victimization = items 2, 4, 5, and Disclosure/Help-Seeking = 1, 3, 8. Convergent validity was established via comparison with the OSLO-3, a three-item measure of social support using a 5-point Likert-type scale (Dowrick et al., 1998). Previous research has shown that, in general, individuals with greater social support are more likely to seek help across various domains (e.g., Roberts, 1988). In the present sample, social support was positively correlated with both the help-seeking subscale ( $r = .17, p < .05$ ) and was negatively correlated with minimization ( $r = .35, p < .001$ ).

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Minimization and Help-Seeking Scale (MHSS).

**PART A:**

Instructions: Please check off (✓) any of the actions that, if your partner did to you, would make you feel like a victim of abuse.

- Slapped me across the face
- Called me hurtful names
- Hit me with an object or weapon
- Kicked me
- Told me I could not go out with family or friends
- Forced me to perform a sexual act
- Pushed or shoved me
- Insulted me on purpose
- Insulted my intelligence
- Talked me into doing something sexual that I initially did not want to do
- Swore at me
- Treated me like I was inferior
- Shamed me in public
- Choked me

**PART B:**

Instructions: Sometimes people have varying responses to conflict within their relationship. Using the scale below, please rate your level of agreement with each statement. Questions refer to your relationship with your current partner, or if you are single, to your most recent romantic relationship.

1	2	3	4	5	6	7
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I strongly disagree			I strongly agree			

1. \_\_\_\_\_ If my partner did something I checked above, I would seek assistance from an organization that helps victims.
2. \_\_\_\_\_ If my partner did something I checked above, I would NOT seek assistance from my family or friends.
3. \_\_\_\_\_ If my partner did something I checked above, I would give them one more chance before leaving them.
4. \_\_\_\_\_ If my partner did something I checked above, I would be reluctant to tell anyone for fear of being blamed.
5. \_\_\_\_\_ If my partner did something I checked above, I would be embarrassed to let anyone know.
6. \_\_\_\_\_ If my partner did something I checked above, I believe there are organizations that could help me.
7. \_\_\_\_\_ If my partner did something I checked above, and the police were called, I would lie about the seriousness of what happened.
8. \_\_\_\_\_ If my partner did something I checked above, I would tell my friends and family about what happened.

**Concealment/Minimization = items 2, 4, 5, 7      Disclosure/Help-Seeking = 1, 3, 8**