

Toxic Masculinity Scale

Please read the following statements and choose the response that most accurately represents your thoughts, feelings, and beliefs. Do not consider how others think and feel; we are only concerned with your thoughts, beliefs, and feelings.

1	2	3	4	5
Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree

1. If I cry, I am weak
2. Crying means I am weak
3. Expressing sadness publicly makes me weak
4. Public displays of sadness mean I am not masculine
5. Men are superior to women
6. Gender and sex are the same thing
7. There are only two genders
8. Gender is not different from sex
9. It is propaganda that there are more than two genders
10. Men cheating on their partner(s) is natural
11. Men should not work for women
12. My opinion as a man is more important than that of a woman's
13. I don't value the opinion of women
14. A woman's ideas are not as important as a man's
15. Men should use only masculine pronouns (e.g., he/him)
16. Lying to my partner is okay, because I am a man
17. If I am in pain, I don't let people know
18. I ignore pain when I feel it
19. If I am sick, I refuse to go to the doctor
20. If I don't feel well, I just ignore it
21. On average, men are smarter than women
22. Men are more capable than women
23. Men talking over women isn't rude
24. I see it as a challenge when someone refuses my sexual advances
25. Sex workers have no self-respect
26. Sex work isn't a career
27. There is no such thing as male privilege
28. Men don't have inherent advantages in life

Scoring Instructions

Calculate subscales by summing scores thusly:

Masculine Superiority: 5 11 10 12 13 14 16 21 22 23 24

Gender Rigidity: 6 7 8 9 15 25 26 27 28

Emotional Restriction: 1 2 3 4

Repressed Suffering: 17 18 19 20

Toxic Masculinity Total: all 28 items

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