

Disability Identity Development Scale (DIDS)

Instructions: Choose the answer that best reflects your answer to the following statements and mark the box that corresponds to your answer.

Do you have a disability?

- Yes, I have a non/less apparent disability (hidden)
- Yes, I have an apparent disability (visible)
- Yes, I have both non/less apparent **and** apparent disabilities
- No, I do not have a disability. *(If no, stop here.)*

	Not Like Me At All	A Little Bit Like Me	Somewhat Like Me	A Lot Like Me	Very Much Like Me
1. If I witness someone else facing discrimination on the basis of ANY disability, I do something about it.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. I am proud to identify as a person with a disability.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. I serve on disability-related panels, Boards or committees.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. I organize events for the disability community (i.e., support group meetings, sporting events, advocacy events, lectures).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. I have a strong sense of belonging to people with disabilities.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. I learn about disability culture by reading books/articles/blogs/websites.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. I believe there is a disability community.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. I am a mentor to other people with disabilities.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. I identify with disability culture.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. I give advice to other people with disabilities.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11. I am a mentor to other people with MY disability.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12. I advocate for accessibility.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13. I identify as a person with a disability.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
14. I advocate for inclusion.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
15. I wish that I was not disabled.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
16. I like (or would like) attending disability community events.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

	Not Like Me At All	A Little Bit Like Me	Somewhat Like Me	A Lot Like Me	Very Much Like Me
17. I embrace the core values of disability culture as my own.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
18. I view myself as a disability expert.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
19. There are some days that I wish I did not have a disability.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
20. I believe there is a disability culture.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
21. I connect people with disabilities to the disability community.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
22. I fundraise for disability-related causes.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
23. I seek out friends who have disabilities.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
24. I identify with a disability community.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
25. I speak publicly about disability (in person or online).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
26. Being a person with a disability is an important reflection of me.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
27. I am able to contribute to the disability community.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
28. I engage with the disability community.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
29. I think of my disability as a core part of who I am.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
30. I like (or would like) attending disability-related advocacy events (i.e., rallies, protests, policy townhalls).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
31. If there was a "magic pill" that would take away my disability with no side effects, I would take it.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
32. I like (or would like) attending events hosted by disability-related organizations.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
33. I have a strong sense of belonging to the disability community.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
34. If I witness someone else facing an access barrier, I do something about it.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
35. I like (or would like) attending disability-related talks or lectures.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Scoring Directions:

- Not Like Me At All = 0
- A Little Bit Like Me = 1
- Somewhat Like Me = 2
- A Lot Like Me = 3
- Very Much Like Me = 4

***Items #: 15, 19, 31 should be reverse scored (R) prior to computing the sum score: Not Like Me At All = 4, A Little Bit Like Me = 3, Somewhat Like Me = 2, A Lot Like Me = 1, Very Much Like Me = 0 for only these items.**

ITEM #	RESPONSE
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TOTAL:	

Score Interpretation:

*This measure identifies both internal and external dimensions of disability identity. There are items that describe internal processing involve an individual’s private reflection or emotions about their disability as well as items that describe external actions represent visible or identifiable “moves” towards participation in disability community. Both internal and external dimensions are important and together represent disability identity. **Higher** scores indicate greater agreement with the corresponding disability identity status. **Lower** scores indicate less agreement with the corresponding disability identity status. However, these scores are not meant to be static and are expected to change and shift, in either direction, based on life circumstances, time since disability, exposure to the disability community among many other factors. However, this score does provide rehabilitation clinicians, psychologists, counselors and individuals a starting point of where a person is at in terms of having or acknowledging their disability identity.*

- Low: cut score of 57
- Low-Moderate: cut score of 84
- High-Moderate: cut score of 111
- High: cut score of above 111