Healthy Identity Scale

Rate the extent to which you agree with the following statements about yourself.	Disagree completely	Disagree somewhat	Agree somewhat	Agree completely
1. I feel bad about myself when I don't do things perfectly .	0	1	2	3
2. I like who I am.	0	1	2	3
3. I appreciate my strengths.	0	1	2	3
4. I need to look differently to be a worthwhile person.	0	1	2	3
5. I am satisfied with who I am.	0	1	2	3
6. I don't cope well with failure or mistakes.	0	1	2	3
7. My limitations affect how I think about myself.	0	1	2	3
8. I learn from my failures.	0	1	2	3
9. I need to do things better to be a worthwhile person.	0	1	2	3
10. I am lovable.	0	1	2	3

Instrument reference

Stallman, H. M. (2020). Healthy Identity Scale. Birtinya: University of the Sunshine Coast

Purpose

Healthy identity is one of the four life developmental competencies, which forms the seven modifiable domains of health and wellbeing.[1]

Scoring

Score	Items	Minimum	Maximum
Healthy sense of self	2, 3, 5, 8, 10	0	15
Perfectionism	1, 4, 6, 7, 9	0	15
Total HIS (sense of self − perfectionism)	All 10	**−15**	**+15**

References

1. .Stallman HM. Suicide following hospitalisation: systemic treatment failure needs to be the focus rather than risk factors. *The Lancet Psychiatry.* 2020;7(4):303.

2. Stallman HM, Dodd N, Warren-James M, Chiera B. Workplace sense of belonging and paramedic wellbeing using network analysis: A cross-sectional study. *Australasian Emergency Care.* 2023.