

## Group Psychological Abuse Scale

This scale is designed to evaluate certain aspects of religious, psychotherapeutic, political, commercial, and other groups. Please rate, as best you can, the degree to which the following statements characterize the group under consideration. Rate each item according to **your** experience and observations (in retrospect) of how the group **ACTUALLY** functioned. If your group had different levels of membership (in which the group's dominant features differed), please apply your ratings to the level with which you have greatest familiarity. Think carefully about each answer so you give the most appropriate response.

**Circle the appropriate number.**

1- Not at all characteristic of the group      2- Not characteristic of the group      3- Don't know/Not sure

4- Characteristic of the group      5- Very Characteristic of the group

1. The group does not tell members how to conduct their sex lives. 1 2 3 4 5
2. Women are directed to use their bodies for the purpose of recruiting or of manipulation. 1 2 3 4 5
3. The group advocates or implies that breaking the law is okay if it serves the interests of the group. 1 2 3 4 5
4. Members are expected to postpone or give up their personal, vocational, and educational goals in order to work for the group. 1 2 3 4 5
5. The group encourages ill members to get medical assistance. 1 2 3 4 5
6. Gaining political power is a major goal of the group. 1 2 3 4 5
7. Members believe that to leave the group would be death or eternal damnation for themselves or their families. 1 2 3 4 5
8. The group discourages members from displaying negative emotions. 1 2 3 4 5
9. Members feel they are part of a special elite. 1 2 3 4 5
10. The group teaches that persons who are critical of the group are in power of evil, satanic forces. 1 2 3 4 5
11. The group uses coercive persuasion and mind control. 1 2 3 4 5
12. The group approves of violence against outsiders (e.g., "satanic communists," etc.). 1 2 3 4 5
13. Members are expected to live with other members. 1 2 3 4 5
14. Members must abide by the group's guidelines regarding dating and intimate relationships. 1 2 3 4 5

- 15 .People who stay in the group do so because they are deceived and manipulated. 1 2 3 4 5
- 16 The group teaches special exercises (e.g., meditation, chanting, speaking in tongues) to push doubts or negative thoughts out of consciousness. 1 2 3 4 5
- 17 Medical attention is discouraged, even though there may be a medical problem. 1 2 3 4 5
18. Members are expected to serve the group's leaders. 1 2 3 4 5
- 19 Raising money is a major goal of the group. 1 2 3 4 5
20. The group does not hesitate to threaten outside critics 1 2 3 4 5
- 21 Members are expected to make decisions without consulting the groups leader(s). 1 2 3 4 5
22. Members are just as capable of independent critical thinking as they were before they joined the group. 1 2 3 4 5
23. The group believes or implies its leader is divine. 1 2 3 4 5
24. Mind control is used without conscious consent of members. 1 2 3 4 5
25. Members feel little psychological pressure from leaders. 1 2 3 4 5
26. The group's leader(s) rarely criticize members. 1 2 3 4 5
27. Recruiting members is a major goal of the group. 1 2 3 4 5
28. Members are expected to consult with leaders about most decisions, including those concerning work, child rearing, whether or not to visit relatives, etc. 1 2 3 4 5

*“The major apprehension surrounding cults is not that they represent new religious creeds, dissenting political views, or alternative therapeutic methods. The driving concern is that these groups tend to abuse their members, and sometimes nonmembers, unlike bona fide new religious (and other) movements, which treat members and outsiders with relative respect.”*

Chambers, W.V., Langone, M.D., Dole, A.A. & Grice, J.W. (1994). The Group Psychological Abuse Scale: A Measure of Varieties of Cultic Abuse. *Cultic Studies Journal*, 11 (1), 88-112.