

Personal Loss of Mental Illness Scale (PLMI)

Stein, C. H., Dworsky, D. O., Phillips III, R. E., & Hunt, M. G. (2005). Measuring personal loss among adults coping with serious mental illness. *Community Mental Health Journal*, 41(2), 129-139.

Personal Loss from Mental Illness Scale (PLMI) is a newly developed self-report instrument designed to assess perceptions of personal loss due to serious mental illness. Items were generated to reflect personal, relationship and psychosocial losses articulated in the literature and were reviewed for wording and content by mental health professionals working with people psychiatric disability. The original measure consisted of 25 statements about losses people with serious mental illness sometime experience and participants are asked to rate the degree to which they agree with each statement using a 5-point Likert scale ranging from 1 (strongly disagree) to 5 (strongly agree). Unlike measures of grief reactions resulting from mental illness, the PLMI is designed to assess perceptions of loss due to mental illness and not emotional reactions that may or may not be associated with loss.

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

How much do you agree or disagree with the following statements?

1. Chances are good that I will get married and have a family
2. I will probably never be able to own my own house
3. Hard for me to find a good reason to get out of bed
4. I have things that I like doing everyday
5. Doubt that I will have same future as others my age
6. The plans I make for each day often do not get done
7. Having a mental illness might stop me from getting/keeping a good job
8. I miss the friends that I had before I became ill
9. I have lost a lot of friends because of being mentally ill
10. Having a mental illness has kept me from being an important member of my family
11. I liked myself better before I became ill
12. People who knew me before would hardly recognize me now
13. I don't enjoy being around other people who have a mental illness
14. I haven't really changed very much because of having a mental illness
15. Having a mental illness has really changed who I am
16. Having a mental illness has taken away my normal daily routine
17. I feel that I don't have the kind of friends that other people my age have
18. I don't plan for the future, but I do have hopes for what I would like to happen
19. Other people often tell me not to plan too far into the future
20. My future is as bright now as it was before becoming ill

Subscales

Roles & Routine (items 1, 2, 3, 4, 5, 6, 7)

Former Relationships (items 8, 9, 10, 11, 12, 13)

Former Self (items 14, 15, 16)

Future (items 17, 18, 19, 20)