Open Your Class With This Tomorrow
That’s Disgusting

Directions
Have students take the Disgust Inventory. For each of the following statements, students will use the scale below to rate their own personal feelings of disgust.

Disgust Scale
0=strongly disagree
1= mildly disagree
2= neither agree or disagree
3=mildly agree
4=strongly agree

Disgust Inventory
1. ______ I would be willing to eat monkey meat under some circumstances.
2. ______ It would bother me to be in a science class see a human hand preserved in a jar.
3. ______ It bothers me to hear someone clear a throat full of mucus.
4. ______ I never let any part of my body touch the toilet seat in public restrooms.
5. ______ I would go out of my way to avoid walking through a graveyard.
6. ______ Seeing a cockroach in someone else’s house doesn’t bother me.
7. ______ It would bother me tremendously to touch a dead body.
8. ______ If I see someone vomit, it makes me sick to my stomach.
9. ______ I probably would not go to my favorite restaurant if I found out that the cook had a cold.
10. ______ It would not upset me at all to watch a person with a glass eye take the eye out of the socket.
11. ______ It would bother me to see a rat run across my path in a park.
12. ______ I would rather eat a piece of fruit than a piece of paper.
13. ______ Even if I was hungry, I would not drink a bowl of my favorite soup if it had stirred by a used but thoroughly washed flyswatter.
14. ______ It would bother me to sleep in nice hotel room if I knew that a man had died of a heart attack in that room the night before.

Scoring
The higher the score the more easily the individual is disgusted.

Source
This self report inventory is a shortened version of the original Disgust Scale created by Haidt, McCauley, and Rozin (1994) and can be found on pages 32-34 of the book That’s Disgusting. The complete version of the Disgust Scale is available online.

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