

## 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.