1. Background
The MICA scale was developed at the Health Services and Population Research Department, Institute of Psychiatry, King’s College London. The development of the scale was part of Aliya Kassam’s PhD at the Institute of Psychiatry. Psychometric validation of the scale was undertaken as part of the SAPPHIRE National Institute for Health Research (NIHR) Programme on Stigma and Discrimination in Mental Health.

2. How to use
The MICA scale is self-administered and usually requires about 5 minutes to complete it. This scale should be used in accordance with Good Clinical Practice and IRB/ethical committee approval. Under no circumstances should any changes be made without the authors’ permission, nor should this scale be used for profit. Psychometrics for this scale will be posted when they are known. We currently provide two versions of this scale, described below.

3. Versions
MICA v1 is the whole set of items before reduction to produce the first validated scale (v2). A third version (v3) was created for use specifically with student nurses in the Perspectives Exploratory trial. In the Perspectives Main trial, v4 was used which is intended to be suitable for most health and social care professional groups. V4 has been used with a large nursing student sample and a paper on its psychometric properties has been published.

We recommend use of version 2 for medical students, trainee psychiatrists and psychiatrists and version 4 for students and qualified staff across a range of health and social care professions, and these are the versions we currently provide.

4. Scoring the MICA
A person’s MICA score is the sum of the scores for the individual items. For items 3, 9, 10, 11, 12, and 16 items are scored as follows: Strongly agree = 1, Agree = 2, Somewhat agree = 3, Somewhat disagree = 4, Disagree = 5, Strongly disagree = 6. All other items (1, 2, 4, 5, 6, 7, 8, 13, 14, 15) are reverse scored as follows: Strongly agree = 6, Agree = 5, Somewhat agree = 4, Somewhat disagree = 3, Disagree = 2, Strongly disagree = 1. The scores for each item are summed to produce a single overall score. A high overall score indicates a more negative (stigmatising) attitude.

5. Conditions of use
Permission to use the MICA is granted on condition that:
1) No changes are made to the MICA. (Minor word changes are acceptable when the MICA is being used in contexts where these are the equivalent terms). Please inform authors of any such changes.
2) Translations into different languages are done using Back Translation and a copy of the translated version is sent to Sarah Clement (email below) to avoid duplication.

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3) The copyright information in the footer is included
4) The MICA is not passed on to a third party

6. Psychometric properties and references
The main papers describing the development and psychometric properties of the MICA scale are:


7. Contacts
For permission to use the MICA or requests to collaborate, please contact Professor Graham Thornicroft (graham.thornicroft@iop.kcl.ac.uk cc sarah.clement@kcl.ac.uk and jheanell.gabbidon@kcl.ac.uk).

For information and queries about the MICA and to share feedback about any of your experiences using the MICA please contact Sarah Clement (email above) or Jheanell Gabbidon (jheanell.gabbidon@kcl.ac.uk).