# The Conformity to Masculine Norms Inventory – 22 (CMNI -22)

The CMNI is a widely used measure that has been used to measure changes across 11 domains and aspects of adhering to traditional western masculine norms and values (Mahalik et al, 2003). CMNI-22 is a reliable tool to predict health behaviour and health outcomes. The CMNI-22 is a short form version of the full inventory and the benefits of using a CMNI short form are that it:

* Uses the strongest questions from the full scale
* Measured in a sample of Australian men
* Less demanding (takes approximately 90 seconds to complete according to peer-reviewed reports)

The CMNI-22 measures scores on a continuous variable, with higher scores indicating a higher conformity to masculine norms. It measures a total score over 11 separate dimensions:

1. Winning
2. Emotional control
3. Risk-taking
4. Pursuit of status
5. Primacy of work
6. Violence
7. Power over women
8. Dominance
9. ‘Playboy’
10. Self-reliance
11. Homophobia

The questionnaire is measured on a 4-point Likert scale from “strongly disagree” to “strongly agree”. The CMNI-22 has been used in multiple studies as a continuous variable, with low scores indicating non-conformity and higher scores indicating increasing conformity.

A copy of the questionnaire is available on the next page.

References:

Mahalik, J. R., Locke, B. D., Ludlow, L. H., Diemer, M. A., Scott, R. P. J., Gottfried, M., & Freitas, G. (2003). Development of the Conformity to Masculine Norms Inventory. Psychology of Men & Masculinity, 4(1), 3–25. [https://doi.org/10.1037/1524-9220.4.1.3](https://psycnet.apa.org/doi/10.1037/1524-9220.4.1.3)

Owen, J. (2011). Assessing the Factor Structures of the 55- and 22-item Versions of the Conformity to Masculine Norms Inventory. American Journal of Men’s Health, 5(2):118-28. DOI: [10.1177/1557988310363817](https://www.researchgate.net/deref/http%3A//dx.doi.org/10.1177/1557988310363817)

***Q: Thinking about your own actions, feeling and beliefs, please indicate how much you personally agree or disagree with each statement by circling SD for “Strongly Disagree”, D for “Disagree”, A for “Agree” and SA for “Strongly Agree”. There are no right or wrong answers and it is best if you respond with your first impression when answering.***

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1. My work is the most important part of my life
 | SD | D | A | SA |
| 1. I make sure people do as I say
 | SD | D | A | SA |
| 1. In general, I do not like risky situations\*
 | SD | D | A | SA |
| 1. It would be awful if someone thought I was gay
 | SD | D | A | SA |
| 1. I love it when men are in charge of women
 | SD | D | A | SA |
| 1. I like to talk about my feelings\*
 | SD | D | A | SA |
| 1. I would feel good if I had many sexual partners
 | SD | D | A | SA |
| 1. It is important to me that people think I am heterosexual
 | SD | D | A | SA |
| 1. I believe that violence is never justified\*
 | SD | D | A | SA |
| 1. I tend to share my feelings\*
 | SD | D | A | SA |
| 1. I should be in charge
 | SD | D | A | SA |
| 1. I would hate to be important\*
 | SD | D | A | SA |
| 1. Sometimes violent action is necessary
 | SD | D | A | SA |
| 1. I don’t like giving all my attention to work\*
 | SD | D | A | SA |
| 1. More often than not, losing does not bother me\*
 | SD | D | A | SA |
| 1. If I could, I would frequently change sexual partners
 | SD | D | A | SA |
| 1. I never do things to be an important person\*
 | SD | D | A | SA |
| 1. I never ask for help
 | SD | D | A | SA |
| 1. I enjoy taking risks
 | SD | D | A | SA |
| 1. Men and women should respect each other as equals\*
 | SD | D | A | SA |
| 1. Winning isn’t everything, it’s the only thing
 | SD | D | A | SA |
| 1. It bothers me when I have to ask for help
 | SD | D | A | SA |

Items are coded as SD = 0 to SA = 3.

**Items with an \* are reverse coded (i.e. SD = 3 to SA = 0)**