

in: [Warframe Abilities](#), [Helminth](#), [Update 30](#)


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Hideous Resistance


11

EDIT






N/A


 50


Hideous Resistance

Grant yourself immunity to Status effects.

Introduced in [Update 30.5](#)
(2021-07-06)



 **Strength:** 4 / 6 / 8 / 10 Charges

 **Duration:** N/A

 **Range:** N/A

Subsumable to
[Helminth](#)

Info

- Expend  50 [Energy](#) to cleanse active [Status Effects](#) and become immune to the next  10 status effects.
- Does **not** remove status effects that were obtained during the casting animation.
- There is no grace period or delay between charge use, making them deplete rapidly sometimes.
- Cannot be recast while active.

^

See Also

- [Helminth](#)

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11 comments



[A Fandom user](#) • 12/23/2022

Anyone found a way to make this worth using yet?



[A Fandom user](#) • 8/14/2023

Idk, maybe to counter fire eximus



Write a reply



[Echo751](#) • 7/19/2022

Why would you ever use this, Titania skill is better, and everybody just got a free Prime one, thus meaning the regular Helminth fodder for most players right now.

Ike just look at Spellbind, 16 second duration and only 25 energy. It also cleanses statuses, so as long as you don't have stupid low duration, I see no reason to really ever use this.





[A Fandom user](#) • 8/14/2023

It also can generate energy with its augment if you have grouping capabilities.



[A Lone Gyver](#) • 11/17/2023

It also act as **primed sure footed** for ability duration.



Write a reply



[A Fandom user](#) • 1/28/2022

Self stagger will also consume charges, even if Prime Sure Footed is equipped. Therefore you can cause yourself to lose all of your own stacks by accident if you use a weapon like the Kuva Zarr and fire at an enemy too close to you.



Write a reply



[SapphGems](#) • 10/4/2021

I just had a chance to throw Hideous Resistance onto an unranked frame, at rank 0 the ability has 4 charges. I'll edit this as I rank it up

Edit 1: at rank 1 the base number of charges is at 6. I'm going to assume rank 2 will be 8 charges

Edit 2: yep, rank 2 is base of 8 charges

(Edited by SapphGems)



[A Fandom user](#) • 1/28/2022

Self stagger will also consume charges, even if Prime Sure Footed is equipped. Therefore you can cause yourself to lose all of your own stacks by accident if you use a weapon like the Kuva Zarr and fire at an enemy too close to you.





Write a reply



Darthmufin • 10/2/2021

Several things makes this ability useless even for low duration frames. One, status effects you obtain during the casting animation stay on, so DoT effects still tick over (but do not consume charges) after casting. Second, there is no grace or cooldown period where charges are used similar to Magus Firewall, meaning sometimes if you get unlucky you will be drained of all 10 charges within a second.

They would have to make give you a grace period of at least 1 second per particle, and remove status effects when you use the ability right off the bat. Would be nice also if you could refresh while active as it has a similar problem with iron skin where you can't recast it so you're stuck with a few charges that could deplete any second.



A Fandom user • 11/15/2021

I noticed when using this that it prevents knockback/knockdown from various sources. The most beneficial being self inflicted when using any blast weapons such as Kuva Ogris. The Grineer bomber/napalm ability that does the aoe fire will bounce you but it does not knock you down. Once I noticed this and began firing rockets from Envoy into the floor and wall and I never budged. I cannot think of any mod or ability that would prevent these knockdowns as I messed around with it over several missions. Even with spellbind active I will be knocked back/down so I never considered knockdown as a status effect but perhaps I am mistaken. The Charges are also affected by one of the stats but I cannot remember which one (possibly strength). I was holding 22 charges on Nekros and with the exception of acolytes who strip your buffs, those charges lasted quite a long time. I found it to be much more beneficial than Spellbind unless you are using spellbind to buff your group.



Ladyvan • 11/15/2021

"I cannot think of any mod or ability that would prevent these knockdowns"

-Inaros' augmented Scarab Armor

-Atlas just standing there

-Gauss' Kinetic Plating

-Nezha's Fire Walker (Subsumable, but only the lingering flames provide immunity = only useful when you stay in one area for some time)



- Rhino's Iron Skin
- Frost's augmented 4
- Revenant's Mesmer Skin
- Oberon's Hallowed Ground
- Titania's Spellbind (Subsumable) (yes, it provides knockback/down immunity. Did you make sure to hold the cast?)
- Trinity's Link
- Yareli's Merulina
- Ember's augmented 3
- Nekros's augmented 4
- Ivara's augmented Quiver thing
- Hydroid's Tidal Impunity
- Valkyr's Hysteria (if the melee is out, so not very useful)
- Nyx's Assimilate

And for everyone else:

- Primed Sure Footed (Exilus)
- various other knockdown protection mods with less percentage)

(Edited by Ladyvan)



Write a reply



A Fandom user • 9/2/2021

Makes Profit-Taker fight slightly less of hassle, replaced Effigy with it on Chroma



A Fandom user • 9/17/2021

Effigy can double credits, so it is not wise to replace that ability. His first ability, on the other hand, is something that you can happily remove.



Write a reply



A Fandom user • 7/27/2021

How is this any better then spellbind?





[A Fandom user](#) • 7/28/2021

It doesn't need ability duration.



Write a reply



[Cynical Millennial](#) • 7/11/2021

Also the charges are based on power strength
On a build with 333ps i have 33 charges



Write a reply



[Cynical Millennial](#) • 7/11/2021

On lavos the abiltiy cool down only activates after the charges run out
That might be something someone would want to add in the notes somewhere



Write a reply



[A Fandom user](#) • 7/11/2021

This doesn't protect against status procs from Tenet Envoy if you're caught in the explosion. IDK if other explosives do it too... everytime i fire i lose 3 stacks



[A Fandom user](#) • 7/11/2021

I've got primed sure footed BTW



[A Fandom user](#) • 7/17/2021

Likely each rocket from multishot doing a separate stagger, each using up a charge





A Fandom user • 1/13/2022

I'm using a ogris and same result, at least 2 charges are consumed each time I shoot at my feet



Write a reply



A Fandom user • 7/7/2021

If we've already got a Spellbind subsume from Titania, then why this?

They've just made her 1 completely useless... Good work for a so-called "Design Council"

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Cynical Millennial • 7/24/2021

Not only does it feel worse. since at 300+ u only have 30 ish stacks and all the AoE weapons will take off 3-10 stacks depending on the multishot of the weapon.

Which just feels much worse in the long run.

Not having it completely rely on duration is of some benefit but over the stack cost is too high for most warframes to use in a normal build scenario



A Fandom user • 7/26/2021

As @Cynical Millennial pointed out, this ability functions on low duration frames where Spellbind would not. Baruuk comes to mind, since he's commonly run at low duration and high strength. EV Trinity could also benefit, as low duration pretty much craters Link's effectiveness to negate statuses. A low duration Silence Banshee could feasibly use this if they wanted. None of those would work well with Spellbind.

So the core mechanic I think is sound, and it gives us another option besides Primed Sure Footed, which is expensive in more way than one.

Now, as to the actual stack numbers, I think there's a pretty good argument that the base stacks should be increased to make this really stand on par with the other options. The idea is there, but the balance needs some adjustment.





A Fandom user • 3/17/2022

^ Which means this ability is garbage, so use something else.



A Fandom user • 10/24/2022

What Hideous Resistance truly lacks is, as mentionned above, a grace period between stack losses, like Mesmer Skin.

Add a 1 or 2s status immunity upon loosing a stack, and it would already work much better.

That would also make the base number of stack much less of an issue, since you are probably modding for strength and efficiency while tanking your duration (remember, Mesmer Skin has only 6 stacks at max rank and is still quite OP)

Still, ~30 stacks on high strength builds is workable (tho it can be a *bit* short with the lack of grace period) as long as you don't spend your days shooting at your own feet with AoE weapons like a [monkey](#). Nothing OP, but if you do your job you should not keep the mobs hitting you alive for long anyway. Still better than having one unusable ability because the stat it needs conflicts with the rest of the build.



Write a reply