Everyday Discrimination Scale

In your day-to-day life, how often do any of the following things happen to you?

1. You are treated with less courtesy than other people are.
2. You are treated with less respect than other people are.
3. You receive poorer service than other people at restaurants or stores.
4. People act as if they think you are not smart.
5. People act as if they are afraid of you.
6. People act as if they think you are dishonest.
7. People act as if they’re better than you are.
8. You are called names or insulted.
9. You are threatened or harassed.

Response categories for all items:
   Almost everyday
   At least once a week
   A few times a month
   A few times a year
   Less than once a year
   Never

Follow-up Questions

(Asked only of when answering “A few times a year” or more frequently to at least one question): What do you think is the main reason for these experiences?

(CHECK MORE THAN ONE IF VOLUNTEERED)

1. Your Ancestry or National Origins
2. Your Gender
3. Your Race
4. Your Age
5. Your Religion
6. Your Height
7. Your Weight
8. Some other Aspect of Your Physical Appearance
9. Your Sexual Orientation
10. Your Education or Income Level
11. A physical disability
12. Your shade of skin color
13. Your tribe
Other (SPECIFY) ___________________________________________

**Heightened Vigilance Scale**

In dealing with these day-to-day experiences that you just told me about, how often do you:

1. Think in advance about the kinds of problems you are likely to experience?
2. Try to prepare for possible insults before leaving home?
3. Feel that you always have to be very careful about your appearance to get good service or avoid being harassed?
4. Carefully watch what you say and how you say it?
5. Carefully observe what happens around you?
6. Try to avoid certain social situations and places?

Response scale for all items:
- Very often.........1
- Fairly often.........2
- Not too often.........3
- Hardly ever.........4
- Never .............5

**Coping with Discrimination**

How did you respond to this/these experience(s)? Please tell me if you did each of the following things:

1. Tried to do something about it.
2. Accepted it as a fact of life.
3. Worked harder to prove them wrong.
4. Realized that you brought it on yourself.
5. Talked to someone about how you were feeling.
6. Expressed anger or got mad.
7. Prayed about the situation.