

Multidimensional Acculturative Stress Inventory

Please rate how strongly you agree/disagree with the following statements.

		1 strongly disagree	2	3	4	5 strongly agree
1	I don't speak my family's heritage language or don't speak it well.	1	2	3	4	5
2	I feel uncomfortable being around people who only speak my family's heritage language.	1	2	3	4	5
3	I feel pressure to learn my family's heritage language.	1	2	3	4	5
4	I have a hard time understanding others when they speak my family's heritage language.	1	2	3	4	5
5	Since I don't speak my family's heritage language well, people have treated me rudely or unfairly.	1	2	3	4	5
6	It bothers me when people assume that I speak my family's heritage language.	1	2	3	4	5
7	I have been discriminated against because I have difficulty speaking my family's heritage language.	1	2	3	4	5
8	I don't speak English or don't speak it well.	1	2	3	4	5
9	I have been discriminated against because I have difficulty speaking English.	1	2	3	4	5
10	Since I don't speak English well, people have treated me rudely or unfairly.	1	2	3	4	5
11	I feel pressure to learn English.	1	2	3	4	5
12	It bothers me that I speak English with an accent.	1	2	3	4	5
13	I have a hard time understanding others when they speak English.	1	2	3	4	5
14	I feel uncomfortable being around people who only speak English.	1	2	3	4	5
15	It bothers me when people pressure me to assimilate to the American way of doing things.	1	2	3	4	5
16	It bothers me when people don't respect my family's cultural values.	1	2	3	4	5
17	Because of my cultural background, I have a hard time fitting in with White Americans.	1	2	3	4	5
18	I feel uncomfortable when others expect me to know American ways of doing things.	1	2	3	4	5

19	I don't feel accepted by White Americans.	1	2	3	4	5
20	I feel uncomfortable when I have to choose between my family's heritage culture and American ways of doing things.	1	2	3	4	5
21	People look down upon me if I practice customs from my family's heritage culture.	1	2	3	4	5
22	I have had conflicts with others because I prefer American customs over those from my family's heritage culture.	1	2	3	4	5
23	People look down upon me if I practice American customs.	1	2	3	4	5
24	I feel uncomfortable when others expect me to know the ways of doing things in my family's heritage culture.	1	2	3	4	5
25	I feel uncomfortable because my family members do not know the ways of doing things from their heritage culture.	1	2	3	4	5