

Everyday Discrimination and Heightened Vigilance Scales

Everyday Discrimination Scale (Short Version)

In your day-to-day life how often have any of the following things happened to you?

1. You are treated with less courtesy or respect than other people.
 - a. Almost everyday
 - b. At least once a week
 - c. A few times a month
 - d. A few times a year
 - e. Less than once a year
 - f. Never
2. You receive poorer service than other people at restaurants or stores.
 - a. Almost everyday
 - b. At least once a week
 - c. A few times a month
 - d. A few times a year
 - e. Less than once a year
 - f. Never
3. People act as if they think you are not smart.
 - a. Almost everyday
 - b. At least once a week
 - c. A few times a month
 - d. A few times a year
 - e. Less than once a year
 - f. Never
4. People act as if they are afraid of you.
 - a. Almost everyday
 - b. At least once a week
 - c. A few times a month
 - d. A few times a year
 - e. Less than once a year
 - f. Never

5. You are threatened or harassed.
- a. Almost everyday
 - b. At least once a week
 - c. A few times a month
 - d. A few times a year
 - e. Less than once a year
 - f. Never

If you answered "A few times a year" or more frequently to at least one question above:

What do you think is the main reason for these experiences?
(Check all that apply)

- 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
- 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?
 - a. Very often.....1
 - b. Fairly often.....2
 - c. Not too often.....3
 - d. Hardly ever.....4
 - e. Never.....5

2. Try to prepare for possible insults before leaving home?
 - a. Very often.....1
 - b. Fairly often.....2
 - c. Not too often.....3
 - d. Hardly ever.....4
 - e. Never.....5

3. Feel that you always have to be very careful about your appearance to get good service or avoid being harassed?
 - a. Very often.....1
 - b. Fairly often.....2
 - c. Not too often.....3
 - d. Hardly ever.....4
 - e. Never.....5

4. Carefully watch what you say and how you say it?
 - a. Very often.....1
 - b. Fairly often.....2
 - c. Not too often.....3
 - d. Hardly ever.....4
 - e. Never.....5

5. Carefully observe what happens around you?

- a. Very often.....1
- b. Fairly often.....2
- c. Not too often.....3
- d. Hardly ever.....4
- e. Never.....5

6. Try to avoid certain social situations and places?

- a. Very often.....1
- b. Fairly often.....2
- c. Not too often.....3
- d. Hardly ever.....4
- e. Never.....5