

Everyday Discrimination Scale and Heightened Vigilance Scales

Read the following questions carefully, and respond with the choice(s) that most accurately represents you. Please answer all the questions.

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

	Almost everyday	At least once a week	A few times a month	A few times a year	Less than once a year	Never
You are treated with less courtesy or respect than other people.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
You receive poorer service than other people at restaurants or stores.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
People act as if they think you are not smart.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
People act as if they are afraid of you.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
You are threatened or harassed.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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)

- ☐ Your ancestry or national origins
- ☐ Your gender
- ☐ Your race
- ☐ Your age
- ☐ Your religion
- ☐ Your height
- ☐ Your weight
- ☐ Some other aspect of your physical appearance
- ☐ Your sexual orientation
- ☐ Your education or income level
- ☐ A physical disability
- ☐ Your shade of skin color
- ☐ Other (SPECIFY)

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

	Very often	Fairly often	Not too often	Hardly ever	Never
Think in advance about the kinds of problems you are likely to experience?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Try to prepare for possible insults before leaving home?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Feel that you always have to be very careful about your appearance to get good service or avoid being harassed?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Carefully watch what you say and how you say it?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Carefully observe what happens around you?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Try to avoid certain social situations and places?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>