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.
   1. Almost everyday
   2. At least once a week
   3. A few times a month
   4. A few times a year
   5. Less than once a year
   6. Never
2. You receive poorer service than other people at restaurants or stores.
   1. Almost everyday
   2. At least once a week
   3. A few times a month
   4. A few times a year
   5. Less than once a year
   6. Never
3. People act as if they think you are not smart.
   1. Almost everyday
   2. At least once a week
   3. A few times a month
   4. A few times a year
   5. Less than once a year
   6. Never
4. People act as if they are afraid of you.
   1. Almost everyday
   2. At least once a week
   3. A few times a month
   4. A few times a year
   5. Less than once a year
   6. Never
5. You are threatened or harassed.
   1. Almost everyday
   2. At least once a week
   3. A few times a month
   4. A few times a year
   5. Less than once a year
   6. 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?
   1. Very often.........1
   2. Fairly often.........2
   3. Not too often.........3
   4. Hardly ever.........4
   5. Never.........5
2. Try to prepare for possible insults before leaving home?
   1. Very often.........1
   2. Fairly often.........2
   3. Not too often.........3
   4. Hardly ever.........4
   5. Never.........5
3. Feel that you always have to be very careful about your appearance to get good service or avoid being harassed?
   1. Very often.........1
   2. Fairly often.........2
   3. Not too often.........3
   4. Hardly ever.........4
   5. Never.........5
4. Carefully watch what you say and how you say it?
   1. Very often.........1
   2. Fairly often.........2
   3. Not too often.........3
   4. Hardly ever.........4
   5. Never.........5
5. Carefully observe what happens around you?
   1. Very often.........1
   2. Fairly often.........2
   3. Not too often.........3
   4. Hardly ever.........4
   5. Never.........5
6. Try to avoid certain social situations and places?
   1. Very often.........1
   2. Fairly often.........2
   3. Not too often.........3
   4. Hardly ever.........4
   5. Never.........5