

# Multidimensional Acculturative Stress Inventory

Do you have a heritage culture (other than mainstream American)?

☐ Yes  
☐ No

Your heritage culture (other than mainstream American) is: \_\_\_\_\_

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

strongly disagree

strongly agree

I don't speak my family's heritage language or don't speak it well.

☐☐☐☐☐

I feel uncomfortable being around people who only speak my family's heritage language.

☐☐☐☐☐

I feel pressure to learn my family's heritage language.

☐☐☐☐☐

I have a hard time understanding others when they speak my family's heritage language.

☐☐☐☐☐

Since I don't speak my family's heritage language well, people have treated me rudely or unfairly.

☐☐☐☐☐

It bothers me when people assume that I speak my family's heritage language.

☐☐☐☐☐

I have been discriminated against because I have difficulty speaking my family's heritage language.

☐☐☐☐☐

I don't speak English or don't speak it well.

☐☐☐☐☐

I have been discriminated against because I have difficulty speaking English.

☐☐☐☐☐

Since I don't speak English well, people have treated me rudely or unfairly.

☐☐☐☐☐

I feel pressure to learn English.

☐☐☐☐☐

It bothers me that I speak English with an accent.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have a hard time understanding others when they speak English.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel uncomfortable being around people who only speak English.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
It bothers me when people pressure me to assimilate to the American way of doing things.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
It bothers me when people don't respect my family's cultural values.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Because of my cultural background, I have a hard time fitting in with White Americans.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel uncomfortable when others expect me to know American ways of doing things.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I don't feel accepted by White Americans.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel uncomfortable when I have to choose between my family's heritage culture and American ways of doing things.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
People look down upon me if I practice customs from my family's heritage culture.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have had conflicts with others because I prefer American customs over those from my family's heritage culture.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
People look down upon me if I practice American customs.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel uncomfortable when others expect me to know the ways of doing things in my family's heritage culture.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel uncomfortable because my family members do not know the ways of doing things from their heritage culture.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>