**Everyday Discrimination Scale (Short Version)**

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

1. You are treated with less courtesy or respect than other people.
2. You receive poorer service than other people at restaurants or stores.
3. People act as if they think you are not smart.
4. People act as if they are afraid of you.
5. You are threatened or harassed.

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
13. Other (specify)

**Heightened Vigilance Scale**

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

* Very often (1)
* Fairly often (2)
* Not too often (3)
* Hardly ever (4)
* Never (5)

1. Think in advance about the kinds of problems you are likely to experience?
2. Try to prepare for possible insults before leaving home?
3. Feel that you always have to be very careful about your appearance to get good service or avoid being harassed?
4. Carefully watch what you say and how you say it?
5. Carefully observe what happens around you?
6. Try to avoid certain social situations and places?