

Situational Avoidance

Le Forestier, Page-Gould, Lai, & Chasteen (2022)

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Scale:

Please indicate the extent to which you agree or disagree with the following statements.

1. Because I am [identity], I sometimes avoid doing things I would otherwise like to do.
2. There are things in my life that I would be more comfortable doing if I were not [identity].
3. There are things in my life that I would spend more time doing if I were not [identity].

-3	-2	-1	0	1	2	3
Strongly disagree	Moderately disagree	Somewhat disagree	Neither agree nor disagree	Somewhat agree	Moderately agree	Strongly agree

Implementation Instructions:

Throughout the scale, the “[identity]” placeholders should be replaced with the identity or group membership of interest. For example, when asking about someone’s identity as a gay person, item 1 would read: “Because I am gay, I sometimes avoid doing things I would otherwise like to do.”

Scoring and Interpretation:

Calculate a mean of all three items. Higher scores indicate greater proclivity to avoid otherwise-desirable activities on account of the focal identity.

Citation:

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