In your day-to-day life, how often do any of the following things happen to you?

1. You are treated with less courtesy than other people are.

\_5. Almost everyday

\_4. At least once a week

\_3. A few times a month

\_2. A few times a year

\_1. Less than once a year

\_0. Never

2. You are treated with less respect than other people are.

\_5. Almost everyday

\_4. At least once a week

\_3. A few times a month

\_2. A few times a year

\_1. Less than once a year

\_0. Never

3. You receive poorer service than other people at restaurants or stores.

\_5. Almost everyday

\_4. At least once a week

\_3. A few times a month

\_2. A few times a year

\_1. Less than once a year

\_0. Never

4. People act as if they think you are not smart.

\_5. Almost everyday

\_4. At least once a week

\_3. A few times a month

\_2. A few times a year

\_1. Less than once a year

\_0. Never

5. People act as if they are afraid of you.

\_5. Almost everyday

\_4. At least once a week

\_3. A few times a month

\_2. A few times a year

\_1. Less than once a year

\_0. Never

6. People act as if they think you are dishonest.

\_5. Almost everyday

\_4. At least once a week

\_3. A few times a month

\_2. A few times a year

\_1. Less than once a year

\_0. Never

7. People act as if they’re better than you are.

\_5. Almost everyday

\_4. At least once a week

\_3. A few times a month

\_2. A few times a year

\_1. Less than once a year

\_0. Never

8. You are called names or insulted.

\_5. Almost everyday

\_4. At least once a week

\_3. A few times a month

\_2. A few times a year

\_1. Less than once a year

\_0. Never

9. You are threatened or harassed.

\_5. Almost everyday

\_4. At least once a week

\_3. A few times a month

\_2. A few times a year

\_1. Less than once a year

\_0. Never

10. You are followed around in stores.

\_5. Almost everyday

\_4. At least once a week

\_3. A few times a month

\_2. A few times a year

\_1. Less than once a year

\_0. Never

Follow-up Questions (Asked only of those answering “A few times a year” or more frequently to at least one question.)

11. What do you think is the main reason for these experiences? (Check more than one if volunteered).

1. Your Ancestry or National Origins \_0. No \_1. Yes
2. Your Gender \_0. No \_1. Yes
3. Your Race \_0. No \_1. Yes
4. Your Age \_0. No \_1. Yes
5. Your Religion \_0. No \_1. Yes
6. Your Height \_0. No \_1. Yes
7. Your Weight \_0. No \_1. Yes
8. Some other Aspect of Your Physical Appearance \_0. No \_1. Yes
9. Your Sexual Orientation \_0. No \_1. Yes
10. Your Education or Income Level \_0. No \_1. Yes

12. OTHER POSSIBLE CATEGORIES TO CONSIDER

1. A physical disability \_0. No \_1. Yes
2. Your shade of skin color (NSAL) \_0. No \_1. Yes
3. Your tribe (SASH) \_0. No \_1. Yes

13. Other (SPECIFY) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Notes:

Original Everyday Discrimination Scale (original, recommended version) is items 1 - 9 plus follow up; Expanded Everyday Discrimination Scale is items 1-10 plus follow up

Scoring

Summary score: Questions 1 – 10, recode responses of “a few times a year” or more frequently (2-5) as 1, responses of “less than once a year” or “never” as 0; then sum the recoded responses. If 1 or more, ask the follow up questions.

Additional summary scores include total/sum of scores for items 1 – 10, with higher total score indicating greater frequency of experiences.

A weighted summary score estimating number of experiences per year may also be calculated.

Reference: Williams, D.R., Yu, Y., Jackson, J.S., and Anderson, N.B. “Racial Differences in Physical and Mental Health: Socioeconomic Status, Stress, and Discrimination.” Journal of Health Psychology. 1997; 2(3):335-351.