

Daily Discrimination Scale

In your daily life, how often have any of the following things happened to you?

1. You are treated with less courtesy than other people.
2. You are treated with less respect than other people.
3. You receive worse service than other people in restaurants or stores.
4. People act as though they think you are not intelligent.
5. People act as though they are afraid of you.
6. People act as though they think you are dishonest.
7. People act as though they are better than you.
8. They call you names or insult you.
9. You are threatened or assaulted.

Recommended answer categories for all items:

- Almost every day
- At least once a week
- A couple of times a month
- A couple of times a year
- Less than once a year
- Never

Follow-up Questions (Ask them only if they responded “A couple of times a year” or higher frequency for at least one question): What do you think is the main reason for these experiences?

Recommended options:

1. Ancestry or national origin
2. Gender
3. Race
4. Age
5. Religion
6. Height
7. Weight
8. Other aspect of your physical appearance
9. Your sexual orientation
10. Education level or income level

Other possible categories to consider:

1. A physical disability
2. Skin color
3. Your tribe
4. Other (Specify) _____

Daily Discrimination Scale (Short Version- Alpha 0.77)

Developed for the Study of Adult Health in the Community of Chicago (CCAHS)

In your daily life, how often have any of the following things happened?

1. You are treated with less courtesy or respect than other people.
2. You receive worse service than other people in restaurants or stores.
3. People act as though they think you are not intelligent.
4. People act as though they are afraid of you.
5. You are threatened or assaulted.

Follow-up question at the end of the scale and the answer categories: Same as the original scale.