

Name: \_\_\_\_\_

Date: \_\_\_\_\_

## The General Ethnic Discrimination (GED) Scale

**We are interested in your experiences with racism.** As you answer the questions below, please think about your ENTIRE LIFE, from when you were a child to the present. For each question, please circle the number that best captures the things that have happened to you. Answer each questions 3 times.

1. How often have you been treated unfairly by **teachers and professors** because of your race/ethnic group?

	<i>Never</i>	<i>Once in a while</i>	<i>Sometimes</i>	<i>A lot</i>	<i>Most of the time</i>	<i>Almost all the time</i>
a. How often in the past year?	[1]	[2]	[3]	[4]	[5]	[6]
b. How often in your entire life?	[1]	[2]	[3]	[4]	[5]	[6]
	<i>Not at all stressful</i>					<i>Extremely stressful</i>
c. How stressful was this for you?	[1]	[2]	[3]	[4]	[5]	[6]

2. How often have you been treated unfairly by your **employers, bosses and supervisors** because of your race/ethnic group?

	<i>Never</i>	<i>Once in a while</i>	<i>Sometimes</i>	<i>A lot</i>	<i>Most of the time</i>	<i>Almost all the time</i>
a. How often in the past year?	[1]	[2]	[3]	[4]	[5]	[6]
b. How often in your entire life?	[1]	[2]	[3]	[4]	[5]	[6]
	<i>Not at all stressful</i>					<i>Extremely stressful</i>
c. How stressful was this for you?	[1]	[2]	[3]	[4]	[5]	[6]

3. How often have you been treated unfairly by **your co-workers, fellow students and colleagues** because of your race/ethnic group?

	<i>Never</i>	<i>Once in a while</i>	<i>Sometimes</i>	<i>A lot</i>	<i>Most of the time</i>	<i>Almost all the time</i>
a. How often in the past year?	[1]	[2]	[3]	[4]	[5]	[6]
b. How often in your entire life?	[1]	[2]	[3]	[4]	[5]	[6]
	<i>Not at all stressful</i>					<i>Extremely stressful</i>
c. How stressful was this for you?	[1]	[2]	[3]	[4]	[5]	[6]

4. How often have you been treated unfairly by **people in service jobs** (by **store clerks, waiters, bartenders, bank tellers and others**)

	<i>Never</i>	<i>Once in a while</i>	<i>Sometimes</i>	<i>A lot</i>	<i>Most of the time</i>	<i>Almost all the time</i>
a. How often in the past year?	[1]	[2]	[3]	[4]	[5]	[6]
b. How often in your entire life?	[1]	[2]	[3]	[4]	[5]	[6]
	<i>Not at all stressful</i>					<i>Extremely stressful</i>
c. How stressful was this for you?	[1]	[2]	[3]	[4]	[5]	[6]

5. How often have you been treated unfairly by **strangers** because of your race/ethnic group?

	<i>Never</i>	<i>Once in a while</i>	<i>Sometimes</i>	<i>A lot</i>	<i>Most of the time</i>	<i>Almost all the time</i>
a. How often in the past year?	[1]	[2]	[3]	[4]	[5]	[6]
b. How often in your entire life?	[1]	[2]	[3]	[4]	[5]	[6]
	<i>Not at all stressful</i>					<i>Extremely stressful</i>
c. How stressful was this for you?	[1]	[2]	[3]	[4]	[5]	[6]

6. How often have you been treated unfairly by **people in helping jobs** (by doctors, nurses, psychiatrists, case workers, dentists, school counselors, therapists, social workers and others) because of your race/ethnic group?

	<i>Never</i>	<i>Once in a while</i>	<i>Sometimes</i>	<i>A lot</i>	<i>Most of the time</i>	<i>Almost all the time</i>
a. How often in the past year?	[1]	[2]	[3]	[4]	[5]	[6]
b. How often in your entire life?	[1]	[2]	[3]	[4]	[5]	[6]
	<i>Not at all stressful</i>					<i>Extremely stressful</i>
c. How stressful was this for you?	[1]	[2]	[3]	[4]	[5]	[6]

7. How often have you been treated unfairly by **neighbors** because of your race/ethnic group?

	<i>Never</i>	<i>Once in a while</i>	<i>Sometimes</i>	<i>A lot</i>	<i>Most of the time</i>	<i>Almost all the time</i>
a. How often in the past year?	[1]	[2]	[3]	[4]	[5]	[6]
b. How often in your entire life?	[1]	[2]	[3]	[4]	[5]	[6]
	<i>Not at all stressful</i>					<i>Extremely stressful</i>
c. How stressful was this for you?	[1]	[2]	[3]	[4]	[5]	[6]

8. How often have you been treated unfairly by **institutions (schools, universities, law firms, the police, the courts, the Department of Social Services, the Unemployment Office and others)** because of your race/ethnic group?

	<i>Never</i>	<i>Once in a while</i>	<i>Sometimes</i>	<i>A lot</i>	<i>Most of the time</i>	<i>Almost all the time</i>
a. How often in the past year?	[1]	[2]	[3]	[4]	[5]	[6]
b. How often in your entire life?	[1]	[2]	[3]	[4]	[5]	[6]
	<i>Not at all stressful</i>					<i>Extremely stressful</i>
c. How stressful was this for you?	[1]	[2]	[3]	[4]	[5]	[6]

9. How often have you been treated unfairly by **people that you thought were your friends** because of your race/ethnic group?

	<i>Never</i>	<i>Once in a while</i>	<i>Sometimes</i>	<i>A lot</i>	<i>Most of the time</i>	<i>Almost all the time</i>
a. How often in the past year?	[1]	[2]	[3]	[4]	[5]	[6]
b. How often in your entire life?	[1]	[2]	[3]	[4]	[5]	[6]
	<i>Not at all stressful</i>					<i>Extremely stressful</i>
c. How stressful was this for you?	[1]	[2]	[3]	[4]	[5]	[6]

10. How often have you been **accused or suspected of doing something wrong (such as stealing, cheating, not doing your share of the work, or breaking the law)** because of your race/ethnic group?

	<i>Never</i>	<i>Once in a while</i>	<i>Sometimes</i>	<i>A lot</i>	<i>Most of the time</i>	<i>Almost all the time</i>
a. How often in the past year?	[1]	[2]	[3]	[4]	[5]	[6]
b. How often in your entire life?	[1]	[2]	[3]	[4]	[5]	[6]
	<i>Not at all stressful</i>					<i>Extremely stressful</i>
c. How stressful was this for you?	[1]	[2]	[3]	[4]	[5]	[6]

11. How often have people **misunderstood your intentions and motives** because of your race/ethnic group?

	<i>Never</i>	<i>Once in a while</i>	<i>Sometimes</i>	<i>A lot</i>	<i>Most of the time</i>	<i>Almost all the time</i>
a. How often in the past year?	[1]	[2]	[3]	[4]	[5]	[6]
b. How often in your entire life?	[1]	[2]	[3]	[4]	[5]	[6]
	<i>Not at all stressful</i>					<i>Extremely stressful</i>
c. How stressful was this for you?	[1]	[2]	[3]	[4]	[5]	[6]

12. How often did you **want to tell someone off for being racist towards you but didn't say anything?**

	<i>Never</i>	<i>Once in a while</i>	<i>Sometimes</i>	<i>A lot</i>	<i>Most of the time</i>	<i>Almost all the time</i>
<b>a. How often in the past year?</b>	[1]	[2]	[3]	[4]	[5]	[6]
<b>b. How often in your entire life?</b>	[1]	[2]	[3]	[4]	[5]	[6]
	<i>Not at all stressful</i>					<i>Extremely stressful</i>
<b>c. How stressful was this for you?</b>	[1]	[2]	[3]	[4]	[5]	[6]

13. How often have you been **really angry about something racist that was done to you?**

	<i>Never</i>	<i>Once in a while</i>	<i>Sometimes</i>	<i>A lot</i>	<i>Most of the time</i>	<i>Almost all the time</i>
<b>a. How often in the past year?</b>	[1]	[2]	[3]	[4]	[5]	[6]
<b>b. How often in your entire life?</b>	[1]	[2]	[3]	[4]	[5]	[6]
	<i>Not at all stressful</i>					<i>Extremely stressful</i>
<b>c. How stressful was this for you?</b>	[1]	[2]	[3]	[4]	[5]	[6]

14. How often have you been **forced to take drastic steps** (such as **filing a grievance, filing a lawsuit, quitting your job, moving away, and other actions**) to deal with some racist thing that was done to you?

	<i>Never</i>	<i>Once in a while</i>	<i>Sometimes</i>	<i>A lot</i>	<i>Most of the time</i>	<i>Almost all the time</i>
<b>How often in the past year?</b>	[1]	[2]	[3]	[4]	[5]	[6]
<b>How often in your entire life?</b>	[1]	[2]	[3]	[4]	[5]	[6]
	<i>Not at all stressful</i>					<i>Extremely stressful</i>
<b>How stressful was this for you?</b>	[1]	[2]	[3]	[4]	[5]	[6]

15. How often have you **been called a racist name?**

	<i>Never</i>	<i>Once in a while</i>	<i>Sometimes</i>	<i>A lot</i>	<i>Most of the time</i>	<i>Almost all the time</i>
<b>a. How often in the past year?</b>	[1]	[2]	[3]	[4]	[5]	[6]
<b>b. How often in your entire life?</b>	[1]	[2]	[3]	[4]	[5]	[6]
	<i>Not at all stressful</i>					<i>Extremely stressful</i>
<b>c. How stressful was this for you?</b>	[1]	[2]	[3]	[4]	[5]	[6]

16. How often have you **gotten into an argument or a fight about something racist that was done to you or done to another member of your race/ethnic group?**

	<i>Never</i>	<i>Once in a while</i>	<i>Sometimes</i>	<i>A lot</i>	<i>Most of the time</i>	<i>Almost all the time</i>
<b>a. How often in the past year?</b>	[1]	[2]	[3]	[4]	[5]	[6]
<b>b. How often in your entire life?</b>	[1]	[2]	[3]	[4]	[5]	[6]
	<i>Not at all stressful</i>					<i>Extremely stressful</i>
<b>c. How stressful was this for you?</b>	[1]	[2]	[3]	[4]	[5]	[6]

17. How often have you been **made fun of, picked on, pushed, shoved, hit, or threatened with harm** because of your race/ethnic group?

	<i>Never</i>	<i>Once in a while</i>	<i>Sometimes</i>	<i>A lot</i>	<i>Most of the time</i>	<i>Almost all the time</i>
<b>a. How often in the past year?</b>	[1]	[2]	[3]	[4]	[5]	[6]
<b>b. How often in your entire life?</b>	[1]	[2]	[3]	[4]	[5]	[6]
	<i>Not at all stressful</i>					<i>Extremely stressful</i>
<b>c. How stressful was this for you?</b>	[1]	[2]	[3]	[4]	[5]	[6]

18. How **different** would your life be now if you **HAD NOT BEEN** treated in a racist and unfair way

	<i>The same as it is now</i>	<i>A little different</i>	<i>Different in a few ways</i>	<i>Different in a lot of ways</i>	<i>Different in most ways</i>	<i>Totally different</i>
<b>a. In the past year?</b>	[1]	[2]	[3]	[4]	[5]	[6]
<b>b. In your entire life?</b>	[1]	[2]	[3]	[4]	[5]	[6]

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**SCORING**

	Mean	Std Dev	Range	White Mean	Black Mean	Asian Mean	Latino Mean
a. <i>Recent Discrimination</i>	27.3	11.2	18–108	23.6	34.3	32.9	30.0
b. <i>Lifetime Discrimination</i>	31.8	13.0	18–108	26.5	42.4	37.5	36.6
c. <i>Stress from Discrimination</i>	31.6	16.4	17–102	25.9	43.0	37.7	37.3

*Recent Discrimination:* Sum of all (a) items: \_\_\_\_\_

*Lifetime Discrimination:* Sum of all (b) items: \_\_\_\_\_

*Stress from Discrimination:* Sum of all (c) items: \_\_\_\_\_