

# Trauma Symptoms of Discrimination Scale (TSDS)

When answering the following questions, keep in mind that discrimination is defined as: Being unfairly treated due to an individual characteristic of yourself (e.g., race/ethnicity, gender, sexual orientation, religion).

## PART 1: Frequency of Experiences

Experiencing discrimination can be very stressful, and sometimes people can feel specific types of stress due to discrimination that impact their daily lives. This can be caused by **one very** stressful experience of discrimination, or **several smaller** experiences of discrimination over the course of one's life. Based on these experiences in your life, answer the following questions. Please keep in mind that ratings should reflect whether the type of stress was **caused** by discrimination.

	Never	Rarely	Sometimes	Often
1. Due to past experiences of discrimination, I often worry too much about different things.	[ 1 ]	[ 2 ]	[ 3 ]	[ 4 ]
2. Due to past experiences of discrimination, I often try hard not to think about it or go out of my way to avoid situations that remind me of it.	[ 1 ]	[ 2 ]	[ 3 ]	[ 4 ]
3. Due to past experiences of discrimination, I often fear embarrassment.	[ 1 ]	[ 2 ]	[ 3 ]	[ 4 ]
4. Due to past experiences of discrimination, I often feel nervous, anxious, or on edge, especially around certain people.	[ 1 ]	[ 2 ]	[ 3 ]	[ 4 ]
5. Due to past experiences of discrimination, I often feel afraid as if something awful might happen.	[ 1 ]	[ 2 ]	[ 3 ]	[ 4 ]
6. Due to past experiences of discrimination, I often have nightmares about the past experience or think about it when I do not want to.	[ 1 ]	[ 2 ]	[ 3 ]	[ 4 ]
7. Due to past experiences of discrimination, I often have trouble relaxing.	[ 1 ]	[ 2 ]	[ 3 ]	[ 4 ]
8. Due to past experiences of discrimination, I often feel numb or detached from others, activities, or my surroundings.	[ 1 ]	[ 2 ]	[ 3 ]	[ 4 ]
9. Due to past experiences of discrimination, I often avoid certain activities in which I am the center of attention (i.e., parties, meetings, answering questions in class).	[ 1 ]	[ 2 ]	[ 3 ]	[ 4 ]
10. Due to past experiences of discrimination, I often cannot stop or control my worrying.	[ 1 ]	[ 2 ]	[ 3 ]	[ 4 ]
11. Due to past experiences of discrimination, I often find that being embarrassed or looking stupid are one of my worst fears.	[ 1 ]	[ 2 ]	[ 3 ]	[ 4 ]
12. Due to past experiences of discrimination, I often become easily annoyed or irritable.	[ 1 ]	[ 2 ]	[ 3 ]	[ 4 ]

13. Due to past experiences of discrimination, I often feel constantly on guard, watchful, or easily startled, especially around certain people or places.	[ 1 ]	[ 2 ]	[ 3 ]	[ 4 ]
14. Due to past experiences of discrimination, I often feel so restless that it is hard to sit still.	[ 1 ]	[ 2 ]	[ 3 ]	[ 4 ]
15. Due to past experiences of discrimination, I feel the world is an unsafe place.	[ 1 ]	[ 2 ]	[ 3 ]	[ 4 ]
16. Due to past experiences of discrimination, in social situations I feel a rush of intense discomfort, and may feel my heart pounding, muscles tense up, or sweat.	[ 1 ]	[ 2 ]	[ 3 ]	[ 4 ]
17. Due to past experiences of discrimination, I feel isolated and set apart from others.	[ 1 ]	[ 2 ]	[ 3 ]	[ 4 ]
18. Due to past experiences of discrimination, I avoid certain situations or speaking to certain people.	[ 1 ]	[ 2 ]	[ 3 ]	[ 4 ]
19. If I think about past experiences of discrimination, I cannot control my emotions.	[ 1 ]	[ 2 ]	[ 3 ]	[ 4 ]
20. Due to past experiences of discrimination, I am nervous in social situations, and am afraid people will notice that I am sweating, blushing, or trembling.	[ 1 ]	[ 2 ]	[ 3 ]	[ 4 ]
21. Due to past experiences of discrimination, fear of social situation causes me a lot of problems in my daily functioning.	[ 1 ]	[ 2 ]	[ 3 ]	[ 4 ]

## PART 2: Types of Discrimination Experienced

Below, please indicate the **types** of discrimination you have experienced in your lifetime. Please note that you must enter a corresponding percentage to the type of discrimination experienced. For example, if you've experienced discrimination due to your racial/ethnic background **and** gender, attach a percentage indicating how much of each you have experienced (i.e., Racial/Ethnic = 70%, Gender = 30%).

- \_\_\_ Racial/Ethnic                      \_\_\_ percent
- \_\_\_ Gender                                \_\_\_ percent
- \_\_\_ Sexual orientation                \_\_\_ percent
- \_\_\_ Social class                         \_\_\_ percent
- \_\_\_ Religion                               \_\_\_ percent
- \_\_\_ Age                                      \_\_\_ percent
- \_\_\_ Disability                             \_\_\_ percent
- \_\_\_ Other (list):                         \_\_\_ percent