

Adolescent Discrimination Distress Index
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Fisher, C. B., Wallace, S. A., & Fenton, R. E. (2000). Discrimination distress during adolescence. *Journal of Youth and Adolescence*, 29, 679–695.

Abstract

Amidst changing patterns of accommodation and conflict among American ethnic groups, there remains a paucity of research on the nature and impact of racial and ethnic discrimination on development in multiethnic samples of youth. The Adolescent Discrimination Distress Index along with measures of caregiver racial bias preparation and self-esteem was administered to 177 adolescents drawn from 9th–12th graders self-identified as African American, Hispanic, East Asian, South Asian, and non-Hispanic white. Youth from all ethnic backgrounds reported distress associated with instances of perceived racial prejudice encountered in educational contexts. Instances of institutional discrimination in stores and by police were higher for older youth and particularly for African American and Hispanic teenagers. Encounters with peer discrimination were reported most frequently by Asian youth. Reports of racial bias preparation were associated with distress in response to institutional and educational discrimination and self-esteem scores were negatively correlated with distress caused by educational and peer discrimination. The importance of research on discrimination distress to understanding adolescent development in multiethnic ecologies is discussed here.

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After each statement, tell us how often you have experienced each of the following types of discrimination because of your race or ethnicity. Remember we are only interested in occasions when racial-ethnic discrimination was at least partly responsible for your experience.

	Have you experienced this?		If you had this experience, did it upset you?				
	Yes / No	Yes / No	1	2	3	4	5
			not at all	slightly	moderately	considerably	extremely
1. You were discouraged from joining an advanced level class.	Yes / No	Yes / No	1	2	3	4	5
2. You were wrongly disciplined or given after-school detention.	Yes / No	Yes / No	1	2	3	4	5
3. You were given a lower grade than you deserved.	Yes / No	Yes / No	1	2	3	4	5
4. You were discouraged from joining a club.	Yes / No	Yes / No	1	2	3	4	5
5. Others your age did not include you in their activities.	Yes / No	Yes / No	1	2	3	4	5
6. People expected more of you than they expected of others your age.	Yes / No	Yes / No	1	2	3	4	5
7. People expected less of you than they expected of others your age.	Yes / No	Yes / No	1	2	3	4	5
8. People assumed your English was poor.	Yes / No	Yes / No	1	2	3	4	5
9. You were hassled by police.	Yes / No	Yes / No	1	2	3	4	5
10. You were hassled by a store clerk or store guard.	Yes / No	Yes / No	1	2	3	4	5
11. You were called racially insulting names.	Yes / No	Yes / No	1	2	3	4	5
12. You received poor service at a restaurant or store.	Yes / No	Yes / No	1	2	3	4	5
13. People acted as if they thought you were not smart.	Yes / No	Yes / No	1	2	3	4	5
14. People acted as if they were afraid of you.	Yes / No	Yes / No	1	2	3	4	5
15. You were threatened.	Yes / No	Yes / No	1	2	3	4	5

Scoring: Individuals responding “No” received a score of 0. Individuals responding “Yes” are given a score of 1–5 based on their response to the 5-point scale.

Subscales Calculations Based on Factor Structure

- Educational Discrimination Stress Subscale: Mean score of items 1, 2, 3, and 6
- Institutional Discrimination Distress Subscale: Mean score of items 7, 9, 10, 13, and 14
- Peer Discrimination Distress Subscale: Mean score of items 4, 5, 8, 11, and 15