

## **PANDEMIC ASIAN DISCRIMINATION SCALE**

A measure regarding pandemic-related discrimination against Asians and Asian Americans was developed by the CARES 2020 Project (COVID-19 Adult Resilience Experiences Study) to better understand the prevalence of anti-Asian discrimination during the COVID-19 pandemic. Researchers are welcome to use these measures within their research studies and may disseminate the instruments using a paper or online format. Should researchers choose to use these instruments, please maintain the integrity of instructions and items.

This measure should not be used for clinical purposes nor should it be used to inform clinical decision-making. Future evaluations are necessary to further establish its psychometric properties.

We are eager to learn about your findings and are open to future research collaborations. Should you choose to use the following measures, please contact the developers of these instruments by emailing Dr. Cindy H. Liu ([chliu@bwh.harvard.edu](mailto:chliu@bwh.harvard.edu)) and Dr. Hyeouk “Chris” Hahm ([hahm@bu.edu](mailto:hahm@bu.edu)) with the following information:

- Principal Investigator(s); Purpose of Research Study; Study Population; Study Location

To learn more about the CARES 2020 Project, please visit [www.cares2020.com](http://www.cares2020.com).

**Suggested Citation:** Liu, C.H., Zhang, E. & Hahm, H.C. (2020). *COVID-19-Related Discrimination Scale*.

## PANDEMIC ASIAN DISCRIMINATION SCALE

The Pandemic Asian Discrimination Scale aims to assess the experiences of anti-Asian discrimination among Asian and Asian Americans during the COVID-19 pandemic. Participants are asked to indicate whether they have experienced or a family member has experienced anti-Asian discrimination incidents (yes/no) and the extent to which they felt upset by the incident. Items include incidents such as others making comments about Asians being dirty, avoiding physical contact with Asians, calling Asians the source of the virus, or being verbally or physically assaulted.

A **total experienced discrimination** score may be calculated or separated into three subscales describing types of discrimination: (1) **blame**; (2) **avoidance**; and (3) **assault**. *Of the three subscales, preliminary analyses suggest that the blame subscale is reliable.*

### Reliability

- Total experienced discrimination (8 items): Cronbach's alpha = .725
- Total experienced blame subscale (4 items): Cronbach's alpha = .781

### Preliminary Evidence for Validity (Mental Health and Psychosocial Factors)

The **Total Experienced Discrimination** score and **Blame** subscale have been shown to be related to the following:

- Anxiety (GAD-7)
- Depression (PHQ-8)
- PTSD (PCL-C)
- Stress (Perceived Stress Scale)
- COVID-19-related grief and worry

\*\*\*

Preliminary evidence for reliability and validity is drawn from the following sample of U.S. young adults (ages 18-30) during April to July 2020 of the COVID-19 pandemic:

### Total Experienced Discrimination

	<i>N</i>	Mean	<i>SD</i>
<b>Gender</b>			
Women	196	1.87	1.84
Men	44	1.73	1.90
Self-Identify	3	3.00	1.73
<b>Total</b>	243	1.86	1.85

### Blame Subscale

	<i>N</i>	Mean	<i>SD</i>
<b>Gender</b>			
Women	196	1.40	1.46
Men	44	1.45	1.52
Self-Identify	3	2.00	2.00
<b>Total</b>	243	1.42	1.47

## COVID-19-RELATED DISCRIMINATION SCALE

1) Have you experienced discrimination that was specifically directed at you or your family due to your race because of COVID-19 in the following ways?

	No	Yes
a) Someone has actively avoided physical contact with me because I am Asian (e.g., on the street, inviting me to their home)		
b) Someone has made a comment about Chinese/Asian people being the source of the virus		
c) Someone has made a comment about Chinese/Asian people being dirty		
d) Someone has made a comment that they avoid eating Chinese/Asian food because they are worried about contracting COVID-19		
e) Someone has made a comment about Chinese/Asian eating habits (e.g., eating bat soup)		
f) I have been verbally assaulted because I am Asian due to COVID-19		
g) I have been physically assaulted because I am Asian due to COVID-19		
h) Other (please indicate: _____)		

2) If you experienced the following, how upset were you by these incidents of discrimination?

1	2	3	4	5
Not at all	A little upset	Somewhat upset	Upset	Very upset

	1	2	3	4	5
a) Someone has actively avoided physical contact with me because I am Asian (e.g., on the street, inviting me to their home)					
b) Someone has made a comment about Chinese/Asian people being the source of the virus					
c) Someone has made a comment about Chinese/Asian people being dirty					
d) Someone has made a comment that they avoid eating Chinese/Asian food because they are worried about contracting COVID-19					
e) Someone has made a comment about Chinese/Asian eating habits (e.g., eating bat soup)					
f) I have been verbally assaulted because I am Asian due to COVID-19					
g) I have been physically assaulted because I am Asian due to COVID-19					
h) Other (please indicate: _____)					

## SCORING

### Total Score

To calculate **total experienced discrimination**, score Table 1 as 0 = *No* and 1 = *Yes*. Sum the items for a total score.

### Subscales (Types of Discrimination)

To calculate total experienced **blame** discrimination, sum the following items from Table 1. Total scores will range from 0-4.

- 1B: Someone has made a comment about Chinese/Asian people being the source of the virus
- 1C: Someone has made a comment about Chinese/Asian people being dirty
- 1D: Someone has made a comment that they avoid eating Chinese/Asian food because they are worried about contracting COVID-19
- 1E: Someone has made a comment about Chinese/Asian eating habits (e.g., eating bat soup)

To calculate experienced **assault**, sum items 1F and 1G (physical and verbal assault). Total scores will range from 0-2. **The reliability of this subscale is not established.**

To calculate experienced **avoidance**, see item 1A (*Someone has actively avoided physical contact with me because I am Asian (e.g., on the street, inviting me to their home)*). This is a binary variable, with 0 = *No* and 1 = *Yes*. **The reliability of this subscale is not established.**

### Level of Upset

To calculate **level of upset from experienced discrimination**, all participants who selected “no” for items 1A to 1H are recoded as 0 = *Not Experienced* into variables 2A to 2H, respectively. Calculate a mean score of the 8 items in Table 2 (items 2A to 2H). **Preliminary analyses have not yet established the reliability of this measure.**