

LGBT People of Color Microaggressions Scale

The following is a list of experiences that LGBT people of color sometimes have. Please read each one carefully, and then respond to the following question:

How much has each problem distressed or bothered you DURING THE PAST 12 MONTHS?

- 0 = Did not happen/not applicable to me
- 1 = It happened, and it bothered me NOT AT ALL
- 2 = It happened, and it bothered me A LITTLE
- 3 = It happened, and it bothered me MODERATELY
- 4 = It happened, and it bothered me QUITE A BIT
- 5 = It happened, and it bothered me EXTREMELY

1. Difficulty finding friends who are LGBT and from your racial/ethnic background
2. Feeling like white LGBT people are only interested in you for your appearance
3. Being rejected by other LGBT people of your same race/ethnicity
4. Feeling unwelcome at groups or events in your racial/ethnic community
5. Not being accepted by other people of your race/ethnicity because you are LGBT
6. Being rejected by potential dating or sexual partners because of your race/ethnicity
7. Feeling misunderstood by white LGBT people
8. Being discriminated against by other LGBT people of color because of your race
9. Being told that "race isn't important" by white LGBT people
10. Feeling invisible because you are LGBT
11. Not being able to trust white LGBT people
12. Being seen as a sex object by other LGBT people because of your race/ethnicity
13. Being the token LGBT person of color in groups or organizations
14. Not having any LGBT people of color as positive role models
15. Reading personal ads that say "white people only"
16. Having to educate white LGBT people about race issues
17. White LGBT people saying things that are racist
18. Feeling misunderstood by people in your ethnic/racial community

Scoring:

The measure can be scored two ways:

1. Occurrence: Responses are recoded 0 = 0 (did not occur) and 1 through 5 = 1 (did occur). Items are then summed for a total score indicating how many of these experiences participants have had.
2. Distress: Responses are recoded so that 0 and 1 = 1 (did not bother) and the rest of the responses remain the same. A mean is then computed for responses to all items, indicating the mean level of distress participant feels related to these experiences.

Subscales:

Racism in LGBT community: Items 2, 7, 9, 11, 16 and 17

Heterosexism in communities of color: Items 1, 4, 5, 10, 14, 18

LGBT relationship racism: Items 3, 6, 8, 12, 13, 15

Citation:

Balsam, K. F., Molina, Y., Beadnell, B., Simoni, J. M., & Walters, K. (2011). Measuring multiple minority stress: The LGBT People of Color Microaggressions Scale. *Cultural Diversity and Ethnic Minority Psychology, 17*, 163-174.