

## Daily Heterosexist Experiences Questionnaire (DHEQ)

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

*How much has this 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 BIT
- 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 a partner because you are LGBT
2. Difficulty finding LGBT friends
3. Having very few people you can talk to about being LGBT
4. Watching what you say and do around heterosexual people
5. Hearing about LGBT people you know being treated unfairly
6. Hearing about LGBT people you don't know being treated unfairly
7. Hearing about hate crimes (e.g., vandalism, physical or sexual assault) that happened to LGBT people you don't know
8. Being called names such as "fag" or "dyke"
9. Hearing other people being called names such as "fag" or "dyke"
10. Hearing someone make jokes about LGBT people
11. Family members not accepting your partner as a part of the family
12. Your family avoiding talking about your LGBT identity
13. Your children being rejected by other children because you are LGBT
14. Your children being verbally harassed because you are LGBT
15. Feeling like you don't fit in with other LGBT people
16. Pretending that you have an opposite-sex partner
17. Pretending that you are heterosexual
18. Hiding your relationship from other people
19. People staring at you when you are out in public because you are LGBT
20. Worry about getting HIV/AIDS
21. Constantly having to think about "safe sex"
22. Feeling invisible in the LGBT community because of your gender expression
23. Being harassed in public because of your gender expression
24. Being harassed in bathrooms because of your gender expression
25. Being rejected by your mother for being LGBT
26. Being rejected by your father for being LGBT
27. Being rejected by a sibling or siblings because you are LGBT
28. Being rejected by other relatives because you are LGBT
29. Being verbally harassed by strangers because you are LGBT
30. Being verbally harassed by people you know because you are LGBT
31. Being treated unfairly in stores or restaurants because you are LGBT

32. People laughing at you or making jokes at your expense because you are LGBT
33. Hearing politicians say negative things about LGBT people
34. Avoiding talking about your current or past relationships when you are at work
35. Hiding part of your life from other people
36. Feeling like you don't fit into the LGBT community because of your gender expression
37. Difficulty finding clothes that you are comfortable wearing because of your gender expression
38. Being misunderstood by people because of your gender expression
39. Being treated unfairly by teachers or administrators at your children's school because you are LGBT
40. People assuming you are heterosexual because you have children
41. Being treated unfairly by parents of other children because you are LGBT
42. Difficulty finding other LGBT families for you and your children to socialize with
43. Being punched, hit, kicked, or beaten because you are LGBT
44. Being assaulted with a weapon because you are LGBT
45. Being raped or sexually assaulted because you are LGBT
46. Having objects thrown at you because you are LGBT
47. Worrying about infecting others with HIV
48. Other people assuming that you are HIV positive because you are LGBT
49. Discussing HIV status with potential partners
50. Worrying about your friends who have HIV

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.

9 Subscales:

Vigilance: Items 4, 16, 17, 18, 34, 35

Harassment and discrimination: Items 8, 19, 29, 30, 31, 32

Gender expression: Items 22, 23, 24, 36, 37, 38

Parenting: Items 13, 14, 39, 40, 41, 42

Victimization: Items 43, 44, 45, 46

Family of origin: Items 11, 12, 25, 26, 27, 28

Vicarious trauma: Items 5, 6, 7, 9, 10, 33

Isolation: 1, 2, 3, 15

HIV/AIDS: 20, 21, 47, 48, 49, 50

If appropriate for the goals of a particular study, select subscales may be used in lieu of administering the entire measure.

Citation:

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