Ethnic, Culture, Religion/Spirituality Scale (ECRSS)

Record ID _____

How do you feel about your background?	◯ Does not apply to me ◯ 0 (Ashamed) ◯ 1 ◯ 2 ◯ 3 ◯ 4 (Proud)
Does your background work against you?	◯ Does not apply to me ◯ 0 (A bit) ◯ 1 ◯ 2 ◯ 3 ◯ 4 (A lot)
Does your background help you?	◯ Does not apply to me ◯ 0 (A bit) ◯ 1 ◯ 2 ◯ 3 ◯ 4 (A lot)
How do you feel about your spiritual identity or religious identification?	◯ Does not apply to me ◯ 0 (Ashamed) ◯ 1 ◯ 2 ◯ 3 ◯ 4 (Proud)
Does your spiritual identity or religious identification work against you?	◯ Does not apply to me ◯ 0 (A bit) ◯ 1 ◯ 2 ◯ 3 ◯ 4 (A lot)
Does your spiritual identity or religious identification help you?	◯ Does not apply to me ◯ 0 (A bit) ◯ 1 ◯ 2 ◯ 3 ◯ 4 (A lot)
I speak more than one language.	◯ Yes ◯ No
Being bilingual is helpful to me.	◯ Yes ◯ No
Being bilingual works against me.	◯ Yes ◯ No

I participate in cultural activities.	◯ Not applicable/No ◯ 0 (A bit) ◯ 1 ◯ 2 ◯ 3 (A lot)
I make use of natural helpers/healers.	◯ Not applicable/No ◯ 0 (A bit) ◯ 1 ◯ 2 ◯ 3 (A lot)