

Ethnic Identity Scale (EIS)

Record ID _____

My feelings about my ethnicity are mostly negative.

- ☐ Does not describe me at all
☐ Describes me a little
☐ Describes me well
☐ Describes me very well
(Affirmation; reverse score)

I have not participated in any activities that would teach me about my ethnicity.

- ☐ Does not describe me at all
☐ Describes me a little
☐ Describes me well
☐ Describes me very well
(Exploration; reverse score)

I am clear about what my ethnicity means to me.

- ☐ Does not describe me at all
☐ Describes me a little
☐ Describes me well
☐ Describes me very well
(Resolution)

I have experienced things that reflect my ethnicity, such as eating food, listening to music, and watching movies.

- ☐ Does not describe me at all
☐ Describes me a little
☐ Describes me well
☐ Describes me very well
(Exploration)

I have attended events that have helped me learn more about my ethnicity.

- ☐ Does not describe me at all
☐ Describes me a little
☐ Describes me well
☐ Describes me very well
(Exploration)

I have read books/magazines/newspapers or other materials that have taught me about my ethnicity.

- ☐ Does not describe me at all
☐ Describes me a little
☐ Describes me well
☐ Describes me very well
(Exploration)

I feel negatively about my ethnicity.

- ☐ Does not describe me at all
☐ Describes me a little
☐ Describes me well
☐ Describes me very well
(Affirmation; reverse score)

I have participated in activities that have exposed me to my ethnicity.

- ☐ Does not describe me at all
☐ Describes me a little
☐ Describes me well
☐ Describes me very well
(Exploration)

I wish I were of a different ethnicity.

- ☐ Does not describe me at all
☐ Describes me a little
☐ Describes me well
☐ Describes me very well
(Affirmation; reverse score)

I am not happy with my ethnicity.

- ☐ Does not describe me at all
☐ Describes me a little
☐ Describes me well
☐ Describes me very well
(Affirmation; reverse score)
-

I have learned about my ethnicity by doing things such as reading (books, magazines, newspapers), searching the internet, or keeping up with current events.

- ☐ Does not describe me at all
☐ Describes me a little
☐ Describes me well
☐ Describes me very well
(Exploration)
-

I understand how I feel about my ethnicity.

- ☐ Does not describe me at all
☐ Describes me a little
☐ Describes me well
☐ Describes me very well
(Resolution)
-

If I could choose, I would prefer to be of a different ethnicity.

- ☐ Does not describe me at all
☐ Describes me a little
☐ Describes me well
☐ Describes me very well
(Affirmation, reverse score)
-

I know what my ethnicity means to me.

- ☐ Does not describe me at all
☐ Describes me a little
☐ Describes me well
☐ Describes me very well
(Resolution)
-

I have participated in activities that have taught me about my ethnicity.

- ☐ Does not describe me at all
☐ Describes me a little
☐ Describes me well
☐ Describes me very well
(Exploration)
-

I dislike my ethnicity.

- ☐ Does not describe me at all
☐ Describes me a little
☐ Describes me well
☐ Describes me very well
(Affirmation, reverse score)
-

I have a clear sense of what my ethnicity means to me.

- ☐ Does not describe me at all
☐ Describes me a little
☐ Describes me well
☐ Describes me very well
(Resolution)