

Race-Based Stress and Trauma Screener (RBSTS)

The University Counseling Center recognizes the unique needs and concerns of various groups on campus including racial/ethnic minority students, LGBTQQIA students, international students, first-generation students and students with disabilities. However, this questionnaire will focus on experiences solely related to race.

In an effort to create an atmosphere of openness and trust where all experiences, beliefs, and values can be openly shared and explored we invite you to answer six questions to help us gain a better understanding of how certain experiences could be impacting your wellbeing. Please read the following definitions and examples and answer questions up to your comfort level. The terms may seem overlapping however; we understand that individuals may have many layers of identities based on (race, gender, religion, culture, sexual orientation, gender expression...etc.) that overlap in which we want to provide you an opportunity to voice multiple layers of experiences. For example, an international African female student who identifies as Lesbian and Muslim may experience incidents that include racism because of her race; discrimination because of her sexual orientation, gender, or religion; and micro-aggressions based on her international status.

Participation is voluntary and can be stopped at any moment.

Biased Incident: Any activity that intimidates, demeans, mocks, degrades, marginalizes, or threatens individuals or groups based on that individual's or group actual or perceived ethnicity, race, gender, sexual orientation, gender identity, religion, age, and ability (Wessler & Moss, 2001). Bias incidents include, but are not limited to, name-calling, stereotyping, belittling, or excluding others based on their identity.

Micro-aggression: Everyday verbal, nonverbal, and environmental slights, snubs, or insults, whether intentional or unintentional, which communicate hostile, derogatory, or negative messages to target persons based solely upon their marginalized group membership. Ex. An Asian American, born and raised in the United States, is complimented for speaking "good English." (Hidden message: You are not a true American. You are a perpetual foreigner in your own country.) (Sue, 2007).

Racism: Prejudice towards people based on their race or ethnicity.

Discrimination: Unfavorable or unfair treatment against a person or thing based on group, class, gender, ability or sexual identity.

1. Have you ever experienced or witnessed any of the following: (Please circle all that apply)

- a. Biased incident
- b. Micro-aggression
- c. Racism
- d. Discrimination
- e. NA

2. Please indicate on a scale from 1 to 10 how you believe the following (experienced or witnessed) incidents have negatively impacted your mental health and/or emotional wellbeing (1 being least and 10 being greatest).

- | | | | | | | | | | | |
|---------------------|---|---|---|---|---|---|---|---|---|----|
| a. Biased incident | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| b. Micro-aggression | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| c. Racism | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| d. Discrimination | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| e. NA | | | | | | | | | | |

3. Do you have a supportive person or place to talk about your experiences?

- a. Yes
- b. No
- c. Not sure

4. Would you be open to discussing any biased incidents, micro-aggressions, experienced or witnessed acts of racism or discrimination with a therapist that is of a different race and/or cultural background?

- a. Yes
- b. No
- c. Not sure

5. If you identify as a person of color, would you prefer to work with a therapist of color?

- a. Yes
- b. No
- c. Not sure

6. Up to your comfort level please share any experiences, feelings, thoughts or emotions that you feel is important for the therapist to know.