

AAQ-S

Below you will find a list of statements. Please rate how true each statement is for you by selecting a number next to it. Use the scale below to make your choice.

1	2	3	4	5	6	7
never true	very seldom true	seldom true	sometimes true	frequently true	almost always true	always true

1. My biases and prejudices affect how I interact with people from different backgrounds.	1	2	3	4	5	6	7
2. I feel that I am aware of my own biases.	1	2	3	4	5	6	7
3. My negative thoughts about others are never a problem in my life.	1	2	3	4	5	6	7
4. I need to reduce my negative thoughts about others in order to have good social interactions.	1	2	3	4	5	6	7
5. When I evaluate someone negatively, I am able to recognize that this is just a reaction, not an objective fact.	1	2	3	4	5	6	7
6. I stop doing things that are important to me when it involves someone I don't like.	1	2	3	4	5	6	7
7. I have trouble letting go of my judgments of others.	1	2	3	4	5	6	7
8. I feel that my prejudicial thoughts are a significant barrier to me being culturally sensitive.	1	2	3	4	5	6	7
9. I have trouble not acting on my negative thoughts about others.	1	2	3	4	5	6	7
10. I am aware when judgments about others are passing through my mind.	1	2	3	4	5	6	7
11. It's OK to have friends that I have negative thoughts about from time to time.	1	2	3	4	5	6	7
12. I don't struggle with controlling my evaluations about others.	1	2	3	4	5	6	7
13. When I am having negative thoughts about others, I withdraw from people	1	2	3	4	5	6	7
14. When I'm talking with someone I don't like, I'm aware of my evaluations of them.	1	2	3	4	5	6	7
15. When I have judgments about others, they are very intense.	1	2	3	4	5	6	7
16. When talking with someone I believe I should act according to how I feel about him/her, even if its negative.	1	2	3	4	5	6	7

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17. I'm good at noticing when I have a judgment of another person. 1 2 3 4 5 6 7

18. I rarely worry about getting my evaluations towards others under control. 1 2 3 4 5 6 7

19. I accept that I will sometimes have unpleasant thoughts about other people. 1 2 3 4 5 6 7

20. I often get caught up in my evaluations of what others are doing wrong. 1 2 3 4 5 6 7

21. The bad things I think about others must be true. 1 2 3 4 5 6 7

Scale Scoring

Psychological Inflexibility with Stigmatizing Thoughts:

1, 4, 6, 7, 8, 9, 13, 15, 16, 20, 21

Psychological Flexibility with Stigmatizing Thoughts (reverse scored items):

2, 3, 5, 10, 11, 12, 14, 17, 18, 19

*Note that these subscales can be analyzed separately or combined into a total score.