

Appendix: Full set of Measures Used in all 3 Studies

Studies 1 & 2 (note, for Study 2, these items were translated into Korean):

Measure of microaggressions

Please indicate how frequently YOU experience each of the following events.

Using the scales below (1 = Never, 2 = Every year, 3 = Every month, 4 = Every two weeks, 5 = Every week, 6 = Every day), please indicate how frequently each of the following events has happened to you. If no response fits your experience perfectly, please pick the response that most closely matches your experience.

	Never					Every Day
Others expecting your work to be inferior	1	2	3	4	5	6
Your ideas or opinions being minimized, ignored, or devalued	1	2	3	4	5	6
Being treated as if you were stupid, being talked down to	1	2	3	4	5	6
Being avoided, others moving away from you physically	1	2	3	4	5	6
Being observed or followed while in public places	1	2	3	4	5	6
Being mistaken for someone else of the same race	1	2	3	4	5	6
Being stared at by strangers	1	2	3	4	5	6
Being mistaken for someone who serves others (i.e. janitor, maid)	1	2	3	4	5	6
Others reacting to you as if they were afraid or intimidated	1	2	3	4	5	6

Measure of unrelated negativity

Please indicate how frequently YOU experience each of the following events.

Using the scales below (1 = Never, 2 = Every year, 3 = Every month, 4 = Every two weeks, 5 = Every week, 6 = Every day), please indicate how frequently each of the following events has happened to you. If no response fits your experience perfectly, please pick the response that most closely matches your experience.

	Never					Every Day
Suffering an injury that did not require medical services	1	2	3	4	5	6
Falling over in public	1	2	3	4	5	6
Being lied to by a close friend, significant other, or family member	1	2	3	4	5	6
Being broken up with	1	2	3	4	5	6
Suffering an injury that required medical services	1	2	3	4	5	6
Being insulted, called a name, or harassed	1	2	3	4	5	6
Having a close friend, significant other, or family member die unexpectedly	1	2	3	4	5	6

Measure of global life satisfaction

Please indicate your level of agreement with each of the statements below. Remember that there are no right or wrong answers so please feel free to give your honest response.

	Strongly Disagree			Strongly Agree			
In most ways my life is close to ideal	1	2	3	4	5	6	7
The conditions of my life are excellent	1	2	3	4	5	6	7
I am satisfied with my life	1	2	3	4	5	6	7
So far, I have gotten the important things I want in life	1	2	3	4	5	6	7
If I could live my life over, I would change almost nothing	1	2	3	4	5	6	7

Study 3:

Microaggressions Manipulation:

“Please take a minute to think about a time that you went to a restaurant, pub or other service industry and received very bad service. Examples of bad service include being ignored, being treated with suspicion, rudeness or disrespect, or being confused for someone of a lower status than you are.”

Control manipulation:

“Please take a minute to think about a time that you went to a restaurant, pub or other service industry and had a reasonably good time.”

