## Supplementary material A. Final DAP-R measure as it should be presented to participants

This questionnaire is for people with any type of characteristic, group membership or life experience that can result in stigma, prejudice or discrimination from other people. You may feel as if you have more than one of these.

Stigma, prejudice or discrimination experiences may be those you have faced directly, or which you have seen directed towards people with your characteristic(s)/ group membership(s)/life experience(s). The questionnaire refers to ways that some people have reported responding to stigma, prejudice or discrimination.

**1. Firstly, please indicate the main characteristic(s), group membership(s) or life experience(s) you have which you feel can result in stigma, prejudice or discrimination. This could include, *but is not limited to*, age, gender, race, sexual orientation, physical illness/disability or a mental health problem for example. You are welcome to indicate more than one if this is applicable to you:**

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

The term ‘*the* *characteristic(s)’* will be used throughout the questions below to refer to the characteristic(s), group membership(s) or life experience(s) that you listed.

*For some questions below, if you listed more than one characteristic you may find you would give different answers for each one. In these cases, base your answer on the characteristic that results in you doing the response listed in the question most often.*

**2. In response to, or as a result of stigma, prejudice or discrimination, please indicate how often you do the following. I…:**

1. Accept the way I’m treated as a fact of life
2. Act as if I’m not upset
3. Turn to an enjoyable activity to take my mind off the experience
4. Repeatedly go over the event in my mind after experiencing prejudice or discrimination
5. Distance myself from the stereotypes associated with *the characteristic(s)*
6. Explain things about *the characteristic(s)* to people to help them understand what I experience
7. Replay situations where I have experienced prejudice or discrimination in my mind
8. Identify more closely with people with *the characteristic(s)*
9. Put up with the way I’m treated
10. Think that it's 'their problem not mine' if someone has a problem with *the characteristic(s)*
11. Avoid people who I know to be prejudiced
12. Do something positive to improve my mood or self-esteem
13. Change my behaviour to avoid being stereotyped by people
14. Stop needing or relying on other people for support
15. Accept that there is nothing I can do to change people’s prejudiced attitudes or behaviour
16. Do an activity that makes me feel good
17. Educate people about *the characteristic(s)* to increase their understanding
18. Try to appear as if I don’t fit the stereotypes associated with *the characteristic(s)*
19. Get away from people who display prejudiced attitudes or behaviour towards me
20. Rely on myself more than others
21. Become more attached to other people with *the characteristic(s)*
22. Try to fight stigma, prejudice or discrimination both within my community and/or on a wider scale
23. Think that it's not my fault if people treat me in a prejudiced or discriminatory way
24. Think that it says more about the character of the individual(s) involved than it does about me
25. Blame the individual(s) involved for their behaviour rather than myself
26. Seek out relationships with other people with *the characteristic(s)*
27. Try to be prepared for situations where I may encounter prejudice or discrimination
28. Try to anticipate when I am going to encounter prejudice or discrimination
29. Build myself up to be an independent person
30. Live my life in a way that is not dependent on other people
31. Ready myself for encountering prejudice or discrimination
32. Raise awareness about my group or characteristic by talking to people about it
33. Withdraw from situations where people are prejudiced
34. Try to avoid falling into the stereotypes about *the characteristic(s)* (e.g. by changing my mannerisms or appearance).
35. Get closer to others with *the characteristic(s)* as a mark of solidarity
36. Prepare in advance for experiences involving prejudice or discrimination
37. Go and do something to make myself feel better
38. Remove myself from prejudiced people or situations
39. Go over and over what I could have done differently during the event
40. Think about situations that involved prejudice or discrimination for a long time afterwards

*For some questions below, if you listed more than one characteristic you may find you would give different answers for each one. In these cases, base your answer on the characteristic that results in you doing the response listed in the question most often.*

*As before, in response to or as a result of stigma, prejudice or discrimination, please indicate how often you do the following. I…:*

*PLEASE TICK ‘NOT APPLICABLE’ IF YOU FEEL THESE QUESTIONS ARE NOT RELEVANT TO YOUR CHARACTERISTIC, FOR EXAMPLE IF IT IS TYPICALLY OBSERVABLE TO OTHER PEOPLE (E.G. RACE, GENDER, WHEELCHAIR USE).*

1. Hide *the characteristic(s)* from people.
2. Try my best so people don’t find out about *the characteristic(s)*.
3. Keep *the characteristic(s)* a secret from people.
4. Don’t tell others about *the characteristic(s)* unless I trust them

Please state which characteristic you were referring to when answering the above questions:

\_\_\_\_\_\_\_\_\_\_\_\_

Likert scoring system:

1 = never

2 = rarely

3 = sometimes

4 = most of the time

5 = always

N/A = not applicable, for use in Secrecy section only\*

Supplementary material B. Table 1. Frequency of reported stigmatised characteristics for PCA sample

|  |  |  |
| --- | --- | --- |
| **Stigmatised characteristic** | **n** | **%** |
| Gender | 320 | 33.1 |
| Race/ethnicity | 269 | 27.8 |
| Mental health | 235 | 24.3 |
| Sexual orientation | 203 | 21.0 |
| Age (both young and old) | 109 | 11.3 |
| Physical illness | 98 | 10.1 |
| Disability | 86 | 8.9 |
| Appearance | 83 | 8.6 |
| Religion | 81 | 8.4 |
| Weight | 59 | 6.1 |
| Minority gender identity (e.g. transgender or nonbinary) | 40 | 4.1 |
| ADHD/Asperger's | 24 | 2.5 |
| Low education/income | 22 | 2.3 |
| Class/caste | 21 | 2.2 |
| Family related (i.e. a family member had a stigmatised characteristic) | 11 | 1.1 |
| Political beliefs | 9 | 0.9 |
| Substance abuse | 8 | 0.8 |
| Learning disability | 7 | 0.7 |
| Speech/communication difficulty | 7 | 0.7 |
| Relationship status (i.e. being unmarried, divorced, single, polyamorous, promiscuous or a widower) | 8 | 0.8 |
| Parental status (i.e. single parent, had had an abortion, teenage parent, no children, had had child out of wedlock) | 7 | 0.7 |
| Occupation | 5 | 0.5 |
| Sexual abuse/rape | 5 | 0.5 |
| Victim of violence | 3 | 0.3 |
| Prisoner/felon | 2 | 0.2 |
| Childhood (i.e. being fostered, adopted or having no parents) | 2 | 0.2 |
| Accent | 2 | 0.2 |

Supplementary material C. Table 2. Frequency of reported stigmatised characteristics in the CFA sample

|  |  |  |
| --- | --- | --- |
| **Stigmatised characteristic** | **n** | **%** |
| Gender | 200 | 33.8 |
| Race/ethnicity | 158 | 26.7 |
| Mental health | 136 | 23.0 |
| Sexual orientation | 117 | 19.8 |
| Age (both young and old) | 66 | 11.1 |
| Disability | 57 | 9.6 |
| Physical illness | 47 | 7.9 |
| Religion | 47 | 7.9 |
| Weight | 36 | 6.1 |
| Appearance | 29 | 4.9 |
| Minority gender identity (transgender or nonbinary) | 27 | 4.6 |
| ADHD/Asperger's | 15 | 2.5 |
| Low education/income | 15 | 2.5 |
| Class/caste | 9 | 1.5 |
| Political beliefs | 8 | 1.4 |
| Parental status | 8 | 1.4 |
| Marital Relationship status (i.e. being unmarried, divorced single, polyamorous, promiscuous or a widower) | 8 | 1.4 |
| Family related (i.e. a family member had a stigmatised characteristic) | 7 | 1.8 |
| Learning disability | 7 | 1.8 |
| Speech/communication difficulty | 6 | 1.0 |
| Occupation | 6 | 1.0 |
| Sexual abuse/rape | 6 | 1.0 |
| Substance abuse | 5 | 0.8 |
| Victim of violence | 4 | 0.7 |
| Prisoner/felon | 4 | 0.7 |
| Childhood (i.e. being fostered, adopted or having no parents) | 2 | 0.3 |
| Accent | 2 | 0.3 |
| Gender nonconformity | 2 | 0.3 |
| Stay home mum | 1 | 0.2 |

Table 3. Demographic characteristics of the CFA sample

|  |  |
| --- | --- |
| **Characteristic** | **Total sample (N = 592)** |
| **Gender n(%)** |  |  |
| Female | 339 | (57.3) |
| Male | 194 | (32.8) |
| Other | 22 | (3.7) |
| **Age** |  |  |
| Range | 18-74 |  |
| M(SD) | 33.77 | (11.93) |
| **Race/Ethnicity n(%)** |  |  |
| British | 136 | (23) |
| Irish | 14 | (2.4) |
| Other White | 205 | (34.6) |
| White/Black Caribbean | 4 | (0.7) |
| White/Black African | 5 | (0.8) |
| White/Asian | 7 | (1.2) |
| Other mixed background | 20 | (3.4) |
| Indian | 39 | (6.6) |
| Pakistani | 2 | (0.3) |
| Chinese | 16 | (2.7) |
| Other Asian background | 16 | (2.7) |
| Black Caribbean | 5 | (0.8) |
| Black African | 26 | (4.4) |
| Other Black background | 7 | (1.2) |
| Arab | 8 | (1.4) |
| Other | 45 | (7.6) |
| **Employment status n(%)** |  |  |
| Full-time employed | 249 | (42.1) |
| Part-time employed | 86 | (14.5) |
| Student | 136 | (23.0) |
| Unemployed | 44 | (7.4) |
| Temporary sick/disabled | 11 | (1.9) |
| Permanent sick/disabled | 43 | (7.3) |
| Retired | 15 | (2.5) |
| Looking after children | 27 | (4.6) |
| Carer | 4 | (0.7) |
| Other | 28 | (4.7) |
| **Qualification n(%)** |  |  |
| High school | 89 | (15.0) |
| College/A-level equivalent | 99 | (16.7) |
| Diploma/Vocational qualification | 36 | (6.1) |
| Bachelor’s degree | 215 | (36.3) |
| Master’s degree | 97 | (16.4) |
| Doctoral degree | 18 | (3.0) |
| **Marital status n(%)** |  |  |
| Single | 213 | (36.0) |
| Married/civil partnership | 173 | (29.0) |
| Partner, living apart | 44 | (7.4) |
| Partner, living together | 81 | (31.7) |
| Divorced/separated | 37 | (6.3) |
| Widowed | 7 | (1.2) |

Supplementary material D. Table 4. Factor loadings, means and standard deviations for each item in each subscale of the DAP-R

|  |  |  |  |
| --- | --- | --- | --- |
| **Items grouped according to latent factor**  | **Factor loading** | **M** | **SD** |
| **Preparation** |  |  |  |
| Try to be prepared for situations where I may encounter prejudice or discrimination | 0.81 | 3.6 | 1.0 |
| Try to anticipate when I am going to encounter prejudice or discrimination | 0.83 | 3.6 | 1.0 |
| Ready myself for encountering prejudice or discrimination | 0.80 | 3.5 | 1.0 |
| Prepare in advance for experiences involving prejudice or discrimination | 0.82 | 3.4 | 1.0 |
| **Raise awareness** |  |  |  |
| Educate people about the characteristic(s) to increase their understanding | 0.85 | 3.1 | 1.1 |
| Explain things about the characteristic(s) to people to help them understand what I experience | 0.75 | 3.1 | 1.1 |
| Raise awareness about the characteristic(s) by talking to people about it | 0.88 | 3.1 | 1.2 |
| Try to fight stigma, prejudice or discrimination both within my community and/or on a wider scale | 0.75 | 3.1 | 1.2 |
| **Avoidance** |  |  |  |
| Remove myself from prejudiced people or situations | 0.84 | 3.6 | 1.0 |
| Get away from people who display prejudiced attitudes or behaviour towards me | 0.78 | 3.7 | 1.0 |
| Avoid people who I know to be prejudiced | 0.79 | 3.7 | 1.0 |
| Withdraw from situations where people are prejudiced | 0.72 | 3.4 | 1.0 |
| **Enjoyable activity** |  |  |  |
| Do an activity that makes me feel good | 0.78 | 3.4 | 0.9 |
| Go and do something to make myself feel better | 0.80 | 3.4 | 1.0 |
| Turn to an enjoyable activity to take my mind off the experience | 0.69 | 3.4 | 1.0 |
| Do something positive to improve my mood or self-esteem | 0.80 | 3.4 | 1.0 |
| **Group attachment** |  |  |  |
| Become more attached to other people with the characteristic(s) | 0.84 | 3.1 | 1.1 |
| Seek out relationships with other people with the characteristic(s) | 0.85 | 3.1 | 1.1 |
| Identify more closely with other people with the characteristic(s) | 0.77 | 3.5 | 1.1 |
| Get closer to others with this characteristic as a mark of solidarity | 0.83 | 3.0 | 1.1 |
| **Secrecy** |  |  |  |
| Keep the characteristic(s) a secret from people | 0.92 | 2.4 | 1.4 |
| Hide the characteristic(s) from people | 0.92 | 2.4 | 1.4 |
| Don’t tell others about the characteristic(s) unless I trust them | 0.90 | 2.8 | 1.6 |
| Try my best so people don’t find out about the characteristic(s) | 0.88 | 2.4 | 1.4 |
| **Self-reliance** |  |  |  |
| Live my life in a way that is not dependent on other people | 0.81 | 3.7 | 1.0 |
| Rely on myself more than others | 0.65 | 3.8 | 0.9 |
| Build myself up to be an independent person | 0.67 | 3.8 | 1.0 |
| Stop needing or relying on other people for support | 0.53 | 3.1 | 1.1 |
| **Distancing** |  |  |  |
| Try to appear as if I don’t fit the stereotypes associated with the characteristic(s) | 0.72 | 2.9 | 1.1 |
| Try to avoid falling into the stereotypes about the characteristic(s) e.g. by changing my mannerisms or appearance | 0.74 | 2.9 | 1.2 |
| Distance myself from the stereotypes associated with the characteristic(s) | 0.52 | 3.1 | 1.1 |
| Change my behaviour to avoid being stereotyped by people | 0.72 | 2.7 | 1.1 |
| **Rumination** |  |  |  |
| Replay situations where I have experienced prejudice or discrimination in my mind | 0.82 | 3.4 | 1.1 |
| Repeatedly go over the event in my mind after experiencing prejudice or discrimination | 0.83 | 3.5 | 1.1 |
| Think about situations that involved prejudice or discrimination for a long time afterwards | 0.82 | 3.4 | 1.1 |
| Go over and over what I could have done differently during the event | 0.76 | 3.6 | 1.2 |
| **Resignation** |  |  |  |
| Accept the way I’m treated as a fact of life | 0.58 | 3.0 | 1.2 |
| Put up with the way I’m treated | 0.69 | 3.0 | 1.1 |
| Accept that there is nothing I can do to change people’s prejudiced attitudes or behaviour | 0.58 | 2.9 | 1.1 |
| Act as if I'm not upset | 0.45 | 3.4 | 1.1 |
| **Blame** |  |  |  |
| Blame the individual(s) involved for their behaviour rather than myself | 0.66 | 3.6 | 1.1 |
| Think that it's not my fault if people treat me in a prejudiced or discriminatory way | 0.68 | 3.6 | 1.1 |
| Think that it says more about the character of the individual(s) involved than it does about me | 0.79 | 3.8 | 1.1 |
| Think that it's 'their problem not mine' if someone has a problem with the characteristic(s) | 0.59 | 3.4 | 1.1 |
| Supplementary material E. Table 5. Demographic characteristics of the concurrent validity sample |
| **Characteristic** | **Total sample (N = 552)** |
| **Gender n(%)**  |  |  |
| Female | 391 | (71.6) |
| Male | 121 | (22.2) |
| Other | 30 | (5.5) |
| **Age** |  |  |
| Range | 18-74 |  |
| M(SD) | 33.01 | (12.32) |
| **Race/Ethnicity n(%)** |  |  |
| British | 202 | (37.0) |
| Irish | 17 | (3.1) |
| Other White | 152 | (27.8) |
| White/Black Caribbean | 6 | (1.1) |
| White/Black African | 1 | (0.2) |
| White/Asian | 9 | (1.6) |
| Other mixed background | 15 | (2.7) |
| Indian | 27 | (4.9) |
| Pakistani | 5 | (0.9) |
| Bangladeshi  | 2 | (0.4) |
| Chinese | 24 | (4.4) |
| Other Asian background | 18 | (3.3) |
| Black Caribbean | 6 | (1.1) |
| Black African | 7 | (1.3) |
| Other Black background | 1 | (0.2) |
| Arab | 5 | (0.9) |
| Other | 44 | (8.1) |
| **Employment status n(%)** |  |  |
| Full-time employed | 175 | (32.1) |
| Part-time employed | 104 | (19.0) |
| Student | 182 | (33.3) |
| Unemployed | 51 | (9.3) |
| Temporary sick/disabled | 11 | (2.0) |
| Permanent sick/disabled | 66 | (12.1) |
| Retired | 14 | (2.6) |
| Looking after children | 22 | (4.0) |
| Carer | 6 | (1.1) |
| Other | 32 | (5.9) |
| **Qualification n(%)** |  |  |
| High school | 82 | (15.0) |
| College/A-level equivalent | 89 | (16.3) |
| Diploma/Vocational qualification | 49 | (9.0) |
| Bachelor’s degree | 195 | (35.7) |
| Master’s degree | 106 | (19.4) |
| Doctoral degree | 20 | (3.7) |
| **Marital status n(%)** |  |  |
| Single | 229 | (41.9) |
| Married/civil partnership | 131 | (24.0) |
| Partner, living apart | 64 | (11.7) |
| Partner, living together | 85 | (15.4) |
| Divorced/separated | 27 | (4.9) |
| Widowed | 7 | (1.3) |

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| Table 6. Frequency of stigmatised characteristics reported in concurrent validity sample |
| **Stigmatised characteristic** | **n** | **%** |
| Gender | 179 | 32.4 |
| Mental health | 175 | 31.7 |
| Race/ethnicity | 128 | 23.2 |
| Disability | 66 | 12.0 |
| Physical illness | 64 | 11.6 |
| Age (both young and old) | 53 | 9.6 |
| Appearance | 46 | 8.3 |
| Religion | 45 | 8.2 |
| Sexual orientation | 35 | 6.3 |
| Weight | 34 | 6.2 |
| Minority gender identity (e.g. transgender or non-binary) | 33 | 6.0 |
| ADHD/Asperger's | 16 | 2.9 |
| Low education/income | 11 | 2.0 |
| Class/caste | 7 | 1.3 |
| Learning disability | 7 | 1.3 |
| Political beliefs | 6 | 1.1 |
| Speech/communication difficulty | 6 | 1.1 |
| Parental status (i.e. single parent, had had an abortion, teenage parent, no children, had had child out of wedlock) | 5 | 0.9 |
| Substance abuse | 5 | 0.9 |
| Relationship status (i.e. being unmarried, single, polyamorous, promiscuous or a widower) | 4 | 0.7 |
| Family related | 3 | 0.5 |
| Sexual abuse/rape | 3 | 0.5 |
| Accent | 2 | 0.4 |
| Victim of violence | 1 | 0.2 |
| Childhood (i.e. being fostered, adopted or having no parents) | 1 | 0.2 |
| Gender nonconformity | 1 | 0.2 |

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| Supplementary material F. Table 7. Descriptive statistics and alpha coefficients for measures used in assessing concurrent validity |
| **Measure** | **M** | **SD** | **Cronbach’s alpha** |
| **PHQ-9** | 10.4 | 7.6 | 0.92 |
| **Coping with Discrimination Scale (Wei et al., 2010)** |  |  |  |
| Education/Advocacy | 17.4 | 6.4 | 0.89 |
| Internalization | 15.4 | 6.9 | 0.91 |
| Resistance | 15.2 | 6.0 | 0.85 |
| Detachment | 14.9 | 5.6 | 0.77 |
| **BriefCOPE (Carver et al., 1989)** |  |  |  |
| Active Coping | 5.1 | 1.7 | 0.74 |
| Denial | 3.0 | 1.4 | 0.73 |
| Emotional Support | 4.7 | 1.8 | 0.85 |
| Venting | 4.5 | 1.4 | 0.50 |
| Planning | 5.4 | 1.8 | 0.81 |
| Acceptance | 5.6 | 1.6 | 0.61 |
| Self-blame | 4.9 | 2.0 | 0.82 |
| **Educating & Distancing (Link et al., 2002); Secrecy & Avoidance (Thoits & Link, 2016)** |  |  |  |
| Educating Others | 8.9 | 2.1 | 0.77 |
| Distancing | 7.0 | 1.8 | 0.72 |
| Secrecy | 10.3 | 5.6 | 0.96 |
| Avoidance | 8.1 | 4.2 | 0.76 |
| **DAP-R subscales** |  |  |  |
| Prepare | 14.3 | 3.6 | 0.90 |
| Blame | 14.3 | 3.5 | 0.78 |
| Group attachment | 12.6 | 3.8 | 0.88 |
| Self-reliance | 14.6 | 3.1 | 0.75 |
| Rumination | 14.5 | 3.7 | 0.87 |
| Distance | 11.6 | 3.4 | 0.77 |
| Avoidance | 14.4 | 3.2 | 0.86 |
| Raise Awareness | 12.9 | 3.8 | 0.88 |
| Enjoyable activity | 13.1 | 3.2 | 0.86 |
| Secrecy | 10.3 | 5.3 | 0.94 |
| Acceptance | 12.1 | 3. | 0.72 |

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| Supplementary material G. Table 8. Demographic and clinical characteristics of participants in the test-retest reliability sample |
| **Characteristic** | **Total sample (N = 154)** |
| **Gender n(%)**  |  |  |
| Female | 111 | (72.1) |
| Male | 33 | (21.4) |
| Other | 10 | (6.5) |
| **Age** |  |  |
| Range | 18-74 |  |
| M(SD) | 34.1 | (13.65) |
| **Race/Ethnicity n(%)** |  |  |
| British | 67 | (43.5) |
| Irish | 6 | (3.9) |
| Other White | 35 | (22.7) |
| White/Black Caribbean | 3 | (1.9) |
| White/Asian | 4 | (2.6) |
| Other mixed background | 3 | (1.9) |
| Indian | 5 | (3.2) |
| Pakistani | 1 | (0.6) |
| Chinese | 4 | (2.6) |
| Other Asian background | 9 | (5.8) |
| Black Caribbean | 1 | (0.6) |
| Black African | 4 | (2.6) |
| Arab | 1 | (0.6) |
| Other | 11 | (7.1) |
| **Employment status n(%)** |  |  |
| Full-time employed | 44 | (28.6) |
| Part-time employed | 18 | (11.7) |
| Student | 55 | (10.4) |
| Unemployed | 16 | (10.4) |
| Temporary sick/disabled | 5 | (3.2) |
| Permanent sick/disabled | 18 | (11.7) |
| Retired | 6 | (3.9) |
| Looking after children | 4 | (2.6) |
| Carer | 1 | (0.6) |
| Other | 13 | (8.4) |
| **Qualification n(%)** |  |  |
| High school | 17 | (11.0) |
| College/A-level equivalent | 21 | (13.6) |
| Diploma/Vocational qualification | 15 | (9.7) |
| Bachelor’s degree | 55 | (35.7) |
| Master’s degree | 40 | (26.0) |
| Doctoral degree | 6 | (3.9) |
| **Marital status n(%)** |  |  |
| Single | 64 | (41.6) |
| Married/civil partnership | 32 | (20.8) |
| Partner, living apart | 20 | (13.0) |
| Partner, living together | 22 | (14.3) |
| Divorced/separated | 12 | (7.8) |
| Widowed | 4 | (2.6) |

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| --- |
| Table 9. Frequency of stigmatised characteristics reported in the test-retest reliability sample |
| **Stigmatised characteristic** | **n** | **%** |
| Gender | 46 | 29.9 |
| Mental health | 46 | 29.9 |
| Race/ethnicity | 39 | 25.3 |
| Sexual orientation | 28 | 18.2 |
| Disability | 20 | 13.0 |
| Physical illness | 18 | 11.7 |
| Age (both young and old) | 17 | 11.0 |
| Religion | 16 | 10.4 |
| Minority gender identity (e.g. transgender or non-binary) | 14 | 9.1 |
| Appearance | 12 | 7.8 |
| ADHD/Asperger's | 7 | 4.5 |
| Weight | 6 | 3.9 |
| Low education/income | 3 | 1.9 |
| Political beliefs | 1 | 0.6 |
| Speech/communication difficulty | 1 | 0.6 |
| Relationship status (i.e. being unmarried, single, polyamorous, promiscuous or a widower) | 1 | 0.6 |
| Victim of violence | 1 | 0.6 |
| Gender nonconformity | 1 | 0.6 |