

Supplementary Materials

The Historical Oppression Scale

Instructions. Please indicate the extent to which you think the following behaviors have occurred in your community (1=*not at all*; 2=*a little*; 3=*a moderate amount*; 4=*a lot*; 5=*a great deal*)

As a result of historical events (experiencing discrimination, oppression, and mistreatment by outsiders), how much do you think members of your community (e.g., tribe, racial group, class, color, culture, disability and ability, ethnicity, gender, gender identity and expression, immigration status, sex, sexual orientation) have:

1. Have taken out frustrations on each other and hurt each other (through family and community violence)
2. Kept each other down
3. Been jealous of others' successes
4. Have allowed outsiders to take advantage of us
5. Used alcohol and drugs to much
6. Been sad or depressed
7. Not received adequate education or resources
8. Had lower standards and expectations for each other
9. Treated each other unfairly
10. Not spoken up when we experience injustice

Scoring: Add responses for each item. Total scores range from 10-50, with higher scores indicating a higher degree of reported historical oppression.

Note to those administering the survey: In the instructions to participants when administering the survey, be sure to identify and define what “community” is being assessed (i.e., tribe, racial group, class, color, culture, disability and ability, ethnicity, gender, gender identity and expression, immigration status, sex, sexual orientation). This measure offers breadth to assess a number of constructs, but only one community should be assessed at any given time.

Reprinted with permission from “The Historical Oppression Scale: Preliminary Conceptualization and Measurement of Historical Oppression Among Indigenous Peoples of the United States,” by C. E. McKinley, S. Boel-Studt, L. M. Renner, C. R. Figley, S. Billiot, and K. Theall, 2020, *Transcultural Psychiatry*, 57(2), 288–303.