Lifetime Experiences of Marginalization Scale (LEMS)

**Instructions**

We are interested in the degree to which you consider yourself to be marginalized in the United States. By marginalized, we mean being in a less powerful position in society, being socially excluded, and/or having less access to resources because you are a member of a specific group, have a specific identity, or life history. This often occurs due to one’s gender, race/ethnicity, sexual orientation, disability status, religious beliefs, physical appearance, or being a part of other minority groups/identities. With this definition in mind, please respond to the following items below considering the experiences you have had throughout your entire life *as a result of being* ***(fill in marginalized group status here).***

1 = Strongly Disagree

2 = Moderately Disagree

3 = Slightly Disagree

4 = Neutral

5 = Slightly Agree

6 = Moderately Agree

7 = Strongly Agree

1. Throughout my life, I have had many experiences that have made me feel marginalized.
2. During my lifetime, I have had many interpersonal interactions that have often left me feeling marginalized
3. I have felt marginalized within various community settings for as long as I can remember”

Total score: All items

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