

Identities in Treatment Scale

For many people, aspects of identity are directly related to, or play a role in, the things they are coming to treatment to work on. This questionnaire is intended to give us a better sense of aspects of your identity. These questions are all optional. We understand that some may not feel safe to disclose, so please answer whatever and however you feel comfortable.

1a. How do you describe your gender?

(e.g. man, woman, trans, gender queer, non-binary, etc.)

1b. In what way does your **gender contribute to your daily stress or problems you're hoping to address in this program? Additionally, in what way does your **gender** promote your well-being or resilience?**

☐ Gender is not an aspect of my identity that impacts my mental health.

2a. What are your pronouns?

(e.g. she/her/hers, he/him/his, they/them/theirs, ze/zir/zirs, etc.)

2b. In what way do your **pronouns contribute to your daily stress or problems you're hoping to address in this program? Additionally, in what way do your **pronouns** promote your well-being or resilience?**

☐ Pronouns are not an aspect of my identity that impacts my mental health.

3a. What racial group(s) do you belong to?

Racial categories are based on visible traits (often skin or eye color, facial and physical features, etc.) and self-identification (e.g. American Indian/Alaska Native, Asian, Black, Pacific Islander, White, etc.)

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<p>3b. In what way does your race contribute to your daily stress or problems you're hoping to address in this program? Additionally, in what way does your race promote your well-being or resilience?</p>	
	<input type="checkbox"/> Race is not an aspect of my identity that impacts my mental health.
<p>4a. With which ethnic group(s) do you identify?</p> <p>Ethnicity emphasizes the common culture, history, nationality, language, cuisine or dress of groups of people (e.g. Cuban, Haitian, African American, White American, Italian, Hispanic, Latino, Ukrainian, etc.)</p>	
<p>4b. In what way does your ethnicity contribute to your daily stress or problems you're hoping to address in this program? Additionally, in what way does your ethnicity promote your well-being or resilience?</p>	
	<input type="checkbox"/> Ethnicity is not an aspect of my identity that impacts my mental health.
<p>5a. How would you describe your age?</p> <p>(e.g. adult, older adult, elder, young adult, adolescent, etc.) Age is the amount of time a person has lived which may affect a person's life experiences and identity (e.g. Vietnam era, Civil Rights era, etc.)</p>	
<p>5b. In what way does your age contribute to your daily stress or problems you're hoping to address in this program? Additionally, in what way does your age promote your well-being or resilience?</p>	
	<input type="checkbox"/> Age is not an aspect of my identity that impacts my mental health.

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<p>6a. How do you describe your sexual orientation?</p> <p>(e.g. heterosexual, gay/lesbian, bisexual, pansexual, queer, asexual, etc.)</p>	
<p>6b In what way does your sexual orientation contribute to your daily stress or problems you're hoping to address in this program? Additionally, in what way does your sexual orientation promote your well-being or resilience?</p>	
	<input type="checkbox"/> Sexual orientation is not an aspect of my identity that impacts my mental health.
<p>7a. Do you identify as someone with a disability? If so, please describe.</p> <p>(e.g. non-disabled, chronic pain, cognitive, sensory, physical, psychiatric and/or learning disabilities, etc.)</p>	
<p>7b. In what way does your disability contribute to your daily stress or problems you're hoping to address in this program? Additionally, in what way does your disability promote your well-being or resilience?</p>	
	<input type="checkbox"/> Disabilities are not an aspect of my identity that impacts my mental health.
<p>8a. Do you identify with a religion or spiritual tradition? If so, please describe.</p> <p>(e.g. Buddhist, Catholic, Christian, Jewish, Muslim, non-religious, atheist, agnostic, etc.)</p>	

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<p>8b. In what way does your religion contribute to your daily stress or problems you're hoping to address in this program? Additionally, in what way does your religion promote your well-being or resilience?</p>	
	<input type="checkbox"/> Religion is not an aspect of my identity that impacts my mental health.
<p>9a. How would you describe your socioeconomic status (SES) growing up and currently?</p> <p>SES is a measure of social standing that may include a combination of education, income and occupation (e.g. wealthy/upper class, middle class, lower income, inner city, rural habitat, etc.)</p>	
<p>9b. In what way does your socioeconomic status contribute to your daily stress or problems you're hoping to address in this program? Additionally, in what way does your socioeconomic status promote your well-being or resilience?</p>	
	<input type="checkbox"/> Socioeconomic status is not an aspect of my identity that impacts my mental health.
<p>10a. How would you describe your nationality?</p> <p>(e.g. U.S.-born American, immigrant, refugee, international student, etc.)</p>	
<p>10b. In what way does your nationality contribute to your daily stress or problems you're hoping to address in this program? Additionally, in what way does your nationality promote your well-being or resilience?</p>	
	<input type="checkbox"/> Nationality is not an aspect of my identity that impacts my mental health.

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<p>11a. Are there any relationship roles in your life that are a significant part of your identity?</p> <p>(e.g. parent, grandparent, spouse, child, mentor, caregiver, etc.)</p>	
<p>11b. In what way does your relationship contribute to your daily stress or problems you're hoping to address in this program? Additionally, in what way does your relationship promote your well-being or resilience?</p>	
	<input type="checkbox"/> Relationships are not an aspect of my identity that impacts my mental health.
<p>12a. Do you have a job, career, passion, interest that you consider to be a significant part of your identity?</p> <p>(e.g. first responder, nurse, teacher, veteran, student, athlete, artist, etc.)</p>	
<p>12b. In what way does your job, career, passion, interest contribute to your daily stress or problems you're hoping to address in this program? Additionally, in what way does your job, career, passion, interest promote your well-being or resilience?</p>	
	<input type="checkbox"/> Jobs, careers, passions, or interests are not an aspect of my identity that impacts my mental health.
<p>13a. Are there any additional aspects of your identity that may help us better understand you and your experiences?</p>	
<p>13b. In what way do your additional aspects of your identity contribute to your daily stress or problems you're hoping to address in this program? Additionally, in what way do your additional aspects of your identity promote your well-being or resilience?</p>	