

The Everyday Ageism Scale

Sources:

1. Allen, J.O., Solway, E., Kirch, M., Singer, D., Kullgren, J., & Malani, P.N. (2022). The Everyday Ageism Scale: Development and evaluation. *Journal of Aging and Health*, 34(2), 147-157. <https://doi.org/10.1177/08982643211036131>
2. Allen, J.O., Solway, E., Kirch, M., Singer, D., Kullgren, J., *Moïse, V., & Malani, P.N. (2022). Experiences of everyday ageism and the health of older US adults. *JAMA Network Open*, 5(6), e2217240. <http://doi.org/10.1001/jamanetworkopen.2022.17240>.
3. Allen, J.O., Solway, E. Kirch, M., Singer, D., Kullgren, J., & Malani, P. (2020, July). *Everyday Ageism and Health*. University of Michigan National Poll on Healthy Aging: Ann Arbor, MI. Available at: <https://www.healthyagingpoll.org/report/everyday-ageism-and-health>.

Measure

Stem: In your day-to-day life, how often do the following things happen to you?	Often	Sometimes	Rarely	Never
1. I hear, see, and/or read jokes about old age, aging, or older people.	3	2	1	0
2. I hear, see, and/or read things suggesting that older adults and aging are unattractive and undesirable.	3	2	1	0
3. People insist on helping me with things I can do on my own.	3	2	1	0
4. People assume I have difficulty hearing and/or seeing things.	3	2	1	0
5. People assume I have difficulty remembering and/or understanding things.	3	2	1	0
6. People assume that I have difficulty with cell phones and computers.	3	2	1	0
7. People assume I do not do anything important or valuable.	3	2	1	0
Stem: How much do you agree with the following statements?	Strongly agree	Agree	Disagree	Strongly disagree
8. Feeling depressed, sad, or worried is part of getting older.	3	2	1	0
9. Feeling lonely is part of getting older.	3	2	1	0
10. Having health problems is part of getting older.	3	2	1	0

Subscales

Dimension	Definition	Items
Exposure to ageist messages	Exposure to environmental and societal cues reaffirming and reinforcing prejudices and stereotypes related to aging and older adults	1, 2
Ageism in interpersonal interactions	Experiencing interpersonal discrimination resulting from others' assumptions about older adults rooted in ageist stereotypes	3-7
Internalized ageism	Individually held ageist beliefs and stereotypes linking aging and health	8-10

Scoring-Any Experiences with Everyday Ageism

Binary, yes/no

Number of items with responses of often/sometimes or strongly agree/agree

- 1+ Experiences with everyday ageism
- 0 No experiences with everyday ageism

Scoring-Amount of Everyday Ageism

Continuous, with potential score range of 0-30

Add responses to all items, coded such that:

- Often/strongly agree = 3
- Sometimes/agree = 2
- Rarely/disagree = 1
- Never/strongly disagree = 0.