### URBAN HASSLES SCALE (UHS)

**Directions:** Thinking back over the last 3 months please indicate how often the following events have happened to you.

Check the box to the left that best describes how often an event happened to you. Then in the right hand columns please indicate how much the event was a hassle, bothered you, or stressed you out.

<table>
<thead>
<tr>
<th>How often it happens?</th>
<th>Directions: Thinking back over the last 3 months please indicate how often the following events have happened to you.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Never</td>
<td>Sometimes</td>
</tr>
<tr>
<td>---</td>
<td>---</td>
</tr>
<tr>
<td>Never</td>
<td>Sometimes</td>
</tr>
</tbody>
</table>

- Asked for money by drug addicts
- Taken a longer way to school or work to avoid trouble.
- Pressured to join a gang.
- Made fun of because of getting good grades
- Worried that someone will try to steal your clothes, shoes, or money.
- Pressured for sex by boyfriend/girlfriend.
- Worked to help pay bills at home
- Heard gunshots at night.
- Heard sirens at night.
- Worried about the safety of friends.
- Worried about safety of family members.
- Not told your friends that you worry about being safe.
- Been stopped and questioned by police.
- Asked to sell drugs.
- Asked to hide or carry drugs.
- Been followed in department stores by salespeople.
- Not been able to go into convenience stores (7-11, Dairy Mart) with friends because of rule limiting more than 2 students/teens at a time in the store.
- Been unable to go to parties or games with friends due to transportation problems.
- Teased about the clothes you wear.
- Walked past abandoned buildings and lots.
- Pressured by friends to fight.
- Made fun of because of getting bad grades.
- Pressured to carry a weapon for protection.
- Had something stolen from you or your family or your house or car broken into.
- Been concerned about living in an unsafe area.
- Been afraid or confronted by strangers.
- Been bothered by loud, noisy cars or neighbors at night
- Seen people hanging around on street corners, in front of stores.
- Waited for a bus near dirty, smelly bus stops
- Had problems or conflicts with teachers
- Had parent(s) being "nosy" about what you do.