**Instructions:**

Mark the number between 1-5 that best applies for each item.

1. I speak Spanish

\_ 1. Not at all

\_ 2. Very little or not very often

\_ 3. Moderately

\_ 4. Much or very often

\_ 5. Extremely often or almost always

1. I speak English.

\_ 1. Not at all

\_ 2. Very little or not very often

\_ 3. Moderately

\_ 4. Much or very often

\_ 5. Extremely often or almost always

1. I enjoy speaking Spanish

\_ 1. Not at all

\_ 2. Very little or not very often

\_ 3. Moderately

\_ 4. Much or very often

\_ 5. Extremely often or almost always

1. I associate with Anglos.

\_ 1. Not at all

\_ 2. Very little or not very often

\_ 3. Moderately

\_ 4. Much or very often

\_ 5. Extremely often or almost always

1. I associate with Mexicans and/or Mexican Americans.

\_ 1. Not at all

\_ 2. Very little or not very often

\_ 3. Moderately

\_ 4. Much or very often

\_ 5. Extremely often or almost always

1. I enjoy listening to Spanish language music.

\_ 1. Not at all

\_ 2. Very little or not very often

\_ 3. Moderately

\_ 4. Much or very often

\_ 5. Extremely often or almost always

1. I enjoy listening to English language music.

\_ 1. Not at all

\_ 2. Very little or not very often

\_ 3. Moderately

\_ 4. Much or very often

\_ 5. Extremely often or almost always

1. I enjoy Spanish language TV.

\_ 1. Not at all

\_ 2. Very little or not very often

\_ 3. Moderately

\_ 4. Much or very often

\_ 5. Extremely often or almost always

1. I enjoy English language TV.

\_ 1. Not at all

\_ 2. Very little or not very often

\_ 3. Moderately

\_ 4. Much or very often

\_ 5. Extremely often or almost always

1. I enjoy English language movies.

\_ 1. Not at all

\_ 2. Very little or not very often

\_ 3. Moderately

\_ 4. Much or very often

\_ 5. Extremely often or almost always

1. I enjoy Spanish language movies.

\_ 1. Not at all

\_ 2. Very little or not very often

\_ 3. Moderately

\_ 4. Much or very often

\_ 5. Extremely often or almost always

1. I enjoy reading (e.g., books in Spanish).

\_ 1. Not at all

\_ 2. Very little or not very often

\_ 3. Moderately

\_ 4. Much or very often

\_ 5. Extremely often or almost always

1. I enjoy reading (e.g., books in English).

\_ 1. Not at all

\_ 2. Very little or not very often

\_ 3. Moderately

\_ 4. Much or very often

\_ 5. Extremely often or almost always

1. I write (e.g., letters in Spanish).

\_ 1. Not at all

\_ 2. Very little or not very often

\_ 3. Moderately

\_ 4. Much or very often

\_ 5. Extremely often or almost always

1. I write (e.g., letters in English).

\_ 1. Not at all

\_ 2. Very little or not very often

\_ 3. Moderately

\_ 4. Much or very often

\_ 5. Extremely often or almost always

1. My thinking is done in the English language.

\_ 1. Not at all

\_ 2. Very little or not very often

\_ 3. Moderately

\_ 4. Much or very often

\_ 5. Extremely often or almost always

1. My thinking is done in the Spanish language.

\_ 1. Not at all

\_ 2. Very little or not very often

\_ 3. Moderately

\_ 4. Much or very often

\_ 5. Extremely often or almost always

1. My contact with Mexico has been…

\_ 1. Not at all

\_ 2. Very little or not very often

\_ 3. Moderately

\_ 4. Much or very often

\_ 5. Extremely often or almost always

1. My contact with USA has been…

\_ 1. Not at all

\_ 2. Very little or not very often

\_ 3. Moderately

\_ 4. Much or very often

\_ 5. Extremely often or almost always

1. My father identifies or identified himself as “Mexicano”

\_ 1. Not at all

\_ 2. Very little or not very often

\_ 3. Moderately

\_ 4. Much or very often

\_ 5. Extremely often or almost always

1. My mother identifies or identified herself as “Mexicana”

\_ 1. Not at all

\_ 2. Very little or not very often

\_ 3. Moderately

\_ 4. Much or very often

\_ 5. Extremely often or almost always

1. My friends, while I was growing up, were of Mexican origin.

\_ 1. Not at all

\_ 2. Very little or not very often

\_ 3. Moderately

\_ 4. Much or very often

\_ 5. Extremely often or almost always

1. My friends, while I was growing up, were of Anglo origin.

\_ 1. Not at all

\_ 2. Very little or not very often

\_ 3. Moderately

\_ 4. Much or very often

\_ 5. Extremely often or almost always

1. My family cooks Mexican foods.

\_ 1. Not at all

\_ 2. Very little or not very often

\_ 3. Moderately

\_ 4. Much or very often

\_ 5. Extremely often or almost always

1. My friends now are of Anglo origin.

\_ 1. Not at all

\_ 2. Very little or not very often

\_ 3. Moderately

\_ 4. Much or very often

\_ 5. Extremely often or almost always

1. My friends now are of Mexican origin.

\_ 1. Not at all

\_ 2. Very little or not very often

\_ 3. Moderately

\_ 4. Much or very often

\_ 5. Extremely often or almost always

1. I like to identify myself as an Anglo American.

\_ 1. Not at all

\_ 2. Very little or not very often

\_ 3. Moderately

\_ 4. Much or very often

\_ 5. Extremely often or almost always

1. I like to identify myself as a Mexican American.

\_ 1. Not at all

\_ 2. Very little or not very often

\_ 3. Moderately

\_ 4. Much or very often

\_ 5. Extremely often or almost always

1. I like to identify myself as a Mexican.

\_ 1. Not at all

\_ 2. Very little or not very often

\_ 3. Moderately

\_ 4. Much or very often

\_ 5. Extremely often or almost always

1. I like to identify myself as an American.

\_ 1. Not at all

\_ 2. Very little or not very often

\_ 3. Moderately

\_ 4. Much or very often

\_ 5. Extremely often or almost always

Notes

Acculturation Rating Scale for Mexican Americans (ARSMA): An instrument that assesses acculturation of Mexican Americans using two separate subscales, the Anglo Orientation Scale (AOS) and the Mexican Orientation Scale (MOS).   
Acculturation: when two groups of individuals having different cultures come into continuous first-hand contact, with subsequent changes in the original cultural patterns of either or both groups

Scoring Scale 1: 30-item self-rating scale with 2 subscales (MOS and AOS).

MOS Scale: Add items (1, 3, 5, 6, 8, 11, 12, 14, 17, 18, 20, 21, 22, 24, 26, 28, & 29) obtain sum and divide sum by 17. This gives you the MEAN of the MOS scale

AOS Scale: Add items (2, 4, 7, 9, 10, 13, 15, 16, 19, 23, 25, 27, & 30) and obtain the sum. Then divide the sum by 13. This gives you the MEAN of the AOS scale.

Acculturaion Score = Mean of AOS minus the Mean of MOS

Reference

Cuéllar I, Arnold B, Maldonado R. Acculturation Rating Scale for Mexican-Americans-II: A revision of the original ARSMA Scale. *Hispanic Journal of Behavioral Sciences* 1995 17: 275. DOI: 10.1177/07399863950173001