Multicultural Counseling Knowledge and Awareness Scale (MCKAS)

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A Revision of the Multicultural Counseling Awareness Scale (MCKAS)

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Using the following scale, rate the truth of each item as it applies to you.

1 2 3 4 5 6 7

Not at Somewhat Totally

All True True True

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1. I believe all clients should maintain direct eye contact during counseling.

1 2 3 4 5 6 7

2. I check up on my minority/cultural counseling skills by monitoring my functioning – via consultation, supervision, and continuing education.

1 2 3 4 5 6 7

3. I am aware some research indicates that minority clients receive “less preferred” forms of counseling treatment than majority clients.

1 2 3 4 5 6 7

4. I think that clients who do not discuss intimate aspects of their lives are being resistant and defensive.

1 2 3 4 5 6 7

5. I am aware of certain counseling skills, techniques, or approaches that are more likely to transcend culture and be effective with any clients.

1 2 3 4 5 6 7

6. I am familiar with the “culturally deficient” and “culturally deprived” depictions of minority mental health and understand how these labels serve to foster and perpetuate discrimination.

1 2 3 4 5 6 7

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1 2 3 4 5 6 7

Not at Somewhat Totally

All True True True

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7. I feel all the recent attention directed toward multicultural issues in counseling is overdone and not really warranted.

1 2 3 4 5 6 7

8. I am aware of individual differences that exist among members within a particular ethnic group based on values, beliefs, and level of acculturation.

1 2 3 4 5 6 7

9. I am aware some research indicates that minority clients are more likely to be diagnosed with mental illnesses than are majority clients.

1 2 3 4 5 6 7

10. I think that clients should perceive the nuclear family as the ideal social unit.

1 2 3 4 5 6 7

11. I think that being highly competitive and achievement oriented are traits that all clients should work towards.

1 2 3 4 5 6 7

12. I am aware of the differential interpretations of nonverbal communication (e.g., personal space, eye contact, handshakes) within various racial/ethnic groups.

1 2 3 4 5 6 7

13. I understand the impact and operations of oppression and the racist concepts that have permeated the mental health professions.

1 2 3 4 5 6 7

14. I realize that counselor-client incongruities in problem conceptualization and counseling goals may reduce counselor credibility.

1 2 3 4 5 6 7

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Using the following scale, rate the truth of each item as it applies to you.

1 2 3 4 5 6 7

Not at Somewhat Totally

All True True True

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15. I am aware that some racial/ethnic minorities see the profession of psychology functioning to maintain and promote the status and power of the White Establishment.

1 2 3 4 5 6 7

16. I am knowledgeable of acculturation models for various ethnic minority groups.

1 2 3 4 5 6 7

17. I have an understanding of the role culture and racism play in the development of identity and worldviews among minority groups.

1 2 3 4 5 6 7

18. I believe that it is important to emphasize objective and rational thinking in minority clients.

1 2 3 4 5 6 7

19. I am aware of culture-specific, that is culturally indigenous, models of counseling for various racial/ethnic groups.

1 2 3 4 5 6 7

20. I believe that my clients should view a patriarchal structure as the ideal.

1 2 3 4 5 6 7

21. I am aware of both the initial barriers and benefits related to the cross-cultural counseling relationship.

1 2 3 4 5 6 7

22. I am comfortable with differences that exist between me and my clients in terms of race and beliefs.

1 2 3 4 5 6 7

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Using the following scale, rate the truth of each item as it applies to you.

1 2 3 4 5 6 7

Not at Somewhat Totally

All True True True

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23. I am aware of institutional barriers which may inhibit minorities from using mental health services.

1 2 3 4 5 6 7

24. I think that my clients should exhibit some degree of psychological mindedness and sophistication.

1 2 3 4 5 6 7

25. I believe that minority clients will benefit most from counseling with a majority who endorses White middle-class values and norms.

1 2 3 4 5 6 7

26. I am aware that being born a White person in this society carries with it certain advantages.

1 2 3 4 5 6 7

27. I am aware of the value assumptions inherent in major schools of counseling and understand how these assumptions may conflict with values of culturally diverse clients.

1 2 3 4 5 6 7

28. I am aware that some minorities see the counseling process as contrary to their own life experiences and inappropriate or insufficient to their needs.

1 2 3 4 5 6 7

29. I am aware that being born a minority in this society brings with it certain challenges that White people do not have to face.

1 2 3 4 5 6 7

30. I believe that all clients must view themselves as their number one responsibility.

1 2 3 4 5 6 7

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Using the following scale, rate the truth of each item as it applies to you.

1 2 3 4 5 6 7

Not at Somewhat Totally

All True True True

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31. I am sensitive to circumstances (personal biases, language dominance, stage of ethnic identity development) which may dictate referral of the minority client to a member of his/her own racial/ethnic group.

1 2 3 4 5 6 7

32. I am aware that some minorities believe counselors lead minority students into non-academic programs regardless of student potential, preferences, or ambitions.

1 2 3 4 5 6 7

Scoring Directions for the 32-item MCKAS

A number of items (n=10) in the Awareness Scale are reverse-worded (i.e., low score indicates high awareness) and need to be reverse-scored prior to any data analysis. These items are #s 1, 4, 7, 10, 11, 18, 20, 24, 25, and 30.

To reverse-score these items use the following conversion table:

1 = 7, 2 = 6, 3 = 5, 4 = 4, 5 = 3, 6 = 2, 7 = 1

The MCKAS yields two scores that are mildly correlated (r =0.36), supporting the independent interpretation of separate subscales (see review in Ponterotto & Potere, in press).

Knowledge Scale (20 items): 2, 3, 5, 6, 8, 9, 12, 13, 14, 15, 16, 17,

19, 21, 22, 23, 27, 28, 31, and 32.

These items are all worded in a positive direction where high scores indicate higher perceived knowledge of multicultural counseling issues. The score range for the Knowledge scale ranges from 20 to 140 using aggregate score, or 1 – 7 using a mean score (the mean subscale score is derived by dividing the total aggregate score by the number of subscale items, n = 20).

Awareness Scale (12 items): (1), (4), (7), (10), (11), (18), (20),

(24), (25), 26, 29, (30).

Ten items in parentheses need to be reversed scored. After reverse-scoring, the total score range for the Awareness Scale ranges from 12 to 84 (or 1 to 7 for mean score; that is the total score divided by number of subscale items, n = 12) with higher scores indicating higher awareness of multicultural counseling issues.

Note: No cutoff scores establishing “satisfactory” knowledge or awareness of multicultural counseling issues exist.