

DISPOSITIONAL POSITIVE EMOTIONS SCALE (DPES) –COMPASSION SUBSCALE.

Reference:

Shiota, M. N., Keltner, D., & John O. P. (2006). Positive emotion dispositions differentially associated with Big Five personality and attachment style. *Journal of Positive Psychology, 1*, 61-71.

Description of Measure:

The compassion subscale of the DPES is a 5-item questionnaire that measures a dispositional tendency to feel compassion toward people in general. Respondents report their level of agreement with each item on a 7-point Likert-type scale ranging from 1 (strongly disagree) to 7 (strongly agree).

Abstracts of Selected Related Articles:

Fredrickson, B. L., Tugade, M. M., Waugh, C. E., & Larkin, G. R. (2003). What good are positive emotions in crises? A prospective study of resilience and emotions following the terrorists attacks on the United States on September 11, 2001. *Journal of Personality and Social Psychology, 84*, 365-376.

Extrapolating from B. L. Fredrickson's (1998, 2001) broaden-and-build theory of positive emotions, the authors hypothesized that positive emotions are active ingredients within trait resilience. U.S. college students (18 men and 28 women) were tested in early 2001 and again in the weeks following the September 11th terrorist attacks. Mediation analyses showed that positive emotions experienced in the wake of the attacks—gratitude, interest, love, and so forth—fully accounted for the relations between (a) precrisis resilience and later development of depressive symptoms and (b) precrisis resilience and postcrisis growth in psychological resources. Findings suggest that positive emotions in the aftermath of crises buffer resilient people against depression and fuel thriving, consistent with the broaden-and-build theory. Discussion touches on implications for coping.

Gruber, J., Johnson, S. L., Oveis, C., & Keltner, D. (2008). Risk for mania and positive emotion responding: Too much of a good thing? *Emotion, 8*, 23-33.

Although positive emotion research has begun to flourish, the extremes of positive emotion remain understudied. The present research used a multimethod approach to examine positive emotional disturbance by comparing participants at high and low risk for episodes of mania, which involves elevations in positive emotionality. Ninety participants were recruited into a high or low mania risk group according to responses on the Hypomanic Personality Scale. Participants' subjective, expressive, and physiological emotional responses were gathered while they watched two positive, two negative, and one neutral film clip. Results suggested that participants at high risk for mania reported elevated positive emotion and irritability and also exhibited elevated cardiac vagal tone across positive, negative, and neutral films. Discussion focuses on the implications these findings have for the diagnosis and prevention of bipolar disorder, as well as for the general study of positive emotion.



Gonzaga, G. C., Campos, B., & Bradbury, T. (2007). Similarity, convergence, and relationship satisfaction in dating and married couples. *Journal of Personality and Social Psychology*, 93, 34-48.

The current work investigates how personality and interpersonal processes combine to predict change in relationship quality. Measures of personality and emotion similarity were collected during laboratory interactions from a cross-sectional sample of dating couples (Study 1) and a 1-year longitudinal study of newlywed married couples (Study 2). Results showed that emotion similarity mediated the association between personality similarity and relationship quality (Studies 1 and 2) and that emotion convergence mediated the association between personality convergence and relationship satisfaction (Study 2). These results indicate that similarity and convergence in personality may benefit relationships by promoting similarity and convergence in partners' shared emotional experiences. Findings also lend support to models that integrate partners' enduring traits and couples' adaptive processes as antecedents of relationship outcomes.

Scale

1.) It's important to take care of people who are vulnerable.

1	2	3	4	5	6	7
Strongly Disagree	Disagree	Disagree Somewhat	Neither Agree nor Disagree	Agree Somewhat	Agree	Strongly Agree

2.) When I see someone hurt or in need, I feel a powerful urge to take care of them.

1	2	3	4	5	6	7
Strongly Disagree	Disagree	Disagree Somewhat	Neither Agree nor Disagree	Agree Somewhat	Agree	Strongly Agree

3.) Taking care of others gives me a warm feeling inside.

1	2	3	4	5	6	7
Strongly Disagree	Disagree	Disagree Somewhat	Neither Agree nor Disagree	Agree Somewhat	Agree	Strongly Agree

4.) I often notice people who need help.

1	2	3	4	5	6	7
Strongly Disagree	Disagree	Disagree Somewhat	Neither Agree nor Disagree	Agree Somewhat	Agree	Strongly Agree

5.) I am a very compassionate person.

1	2	3	4	5	6	7
Strongly Disagree	Disagree	Disagree Somewhat	Neither Agree nor Disagree	Agree Somewhat	Agree	Strongly Agree

Scoring:

An average score is calculated for the combination of all 5 items. Scoring is kept continuous.

