DISPOSITIONAL POSITIVE EMOTIONS SCALE (DPES) –COMPASSION SUBSCALE.

Reference:

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:

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. Medialional 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.


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.

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.

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<th>4</th>
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<tbody>
<tr>
<td>Strongly Disagree</td>
<td>Disagree</td>
<td>Disagree Somewhat</td>
<td>Neither Agree nor Disagree</td>
<td>Agree Somewhat</td>
<td>Agree</td>
<td>Strongly Agree</td>
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2.) When I see someone hurt or in need, I feel a powerful urge to take care of them.

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<td>Neither Agree nor Disagree</td>
<td>Agree Somewhat</td>
<td>Agree</td>
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3.) Taking care of others gives me a warm feeling inside.

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<td>Neither Agree nor Disagree</td>
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4.) I often notice people who need help.

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<td>Neither Agree nor Disagree</td>
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5.) I am a very compassionate person.

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**Scoring:**

An average score is calculated for the combination of all 5 items. Scoring is kept continuous.
COMPASSIONATE LOVE FOR HUMANITY SCALE

Reference:


Description of Measure:

A 21-item measured designed to measure compassionate love for humanity. Compassionate love toward humanity is defined as an attitude toward humanity that involves behavior, feeling, and thinking that focuses on concern, caring, and support for humanity, as well as a motivation to understand and help humanity (strangers) when they are most in need. And, “humanity” is considered anyone who is a stranger (not a close other). Respondents answer each item on a 7-point Likert-type scale ranging from 1 (not at all true of me) to 7 (very true of me).

Abstracts of Selected Related Articles:


Compassionate love may be the type of love that leads to the most social good for those who are its recipients. However, self-benefits may also occur as a result of experiencing compassionate love for others. Three studies were conducted in which people were asked to recall a specific experience of compassionate love and to indicate how they were affected on several dimensions (mood, self-esteem, closeness to others). In Study 1, participants were asked to recall an experience of compassionate love without specification of target. A manipulation of the context of compassionate love (relational vs. non-relational) was included in Studies 2 and 3. A comparison of compassionate love given versus received was also included in Study 3. Overall, the results indicated that people reap many positive benefits of experiencing compassionate love for others. Differences in perceived outcomes to the self based on relational context and role (giver vs. receiver) were also found and discussed.


The relationship between altruism and antisocial behavior has received limited attention because altruism and antisocial behavior tend to be studied and discussed in distinct literatures. Our research bridges these literatures by focusing on three fundamental questions. First, are altruism and antisocial behavior opposite ends of a single dimension, or can they coexist in the same individual? Second, do altruism and antisocial behavior have the same or distinct etiologies? Third, do they stem from the same or from distinct aspects of a person’s personality? Our findings indicate that altruism and antisocial behavior are uncorrelated tendencies stemming from different sources. Whereas altruism was linked primarily to shared (i.e., familial) environments, unique (i.e., nonfamilial) environments, and personality traits reflecting positive emotionality, antisocial behavior was linked primarily to genes, unique environments, and personality traits reflecting negative emotionality and a lack of constraint.

Current research on prosocial behavior covers a broad and diverse range of phenomena. We argue that this large research literature can be best organized and understood from a multilevel perspective. We identify three levels of analysis of prosocial behavior: (a) the “meso” level—the study of helper-recipient dyads in the context of a specific situation; (b) the micro level—the study of the origins of prosocial tendencies and the sources of variation in these tendencies; and (c) the macro level—the study of prosocial actions that occur within the context of groups and large organizations. We present research at each level and discuss similarities and differences across levels. Finally, we consider ways in which theory and research at these three levels of analysis might be combined in future intra- and interdisciplinary research on prosocial behavior.

Scale

1. When I see people I do not know feeling sad, I feel a need to reach out to them.

not at all true of me 1 2 3 4 5 6 7 very true of me

2. I spend a lot of time concerned about the well-being of humankind.

not at all true of me 1 2 3 4 5 6 7 very true of me

3. When I hear about someone (a stranger) going through a difficult time, I feel a great deal of compassion for him or her.

not at all true of me 1 2 3 4 5 6 7 very true of me

4. It is easy for me to feel the pain (and joy) experienced by others, even though I do not know them.

not at all true of me 1 2 3 4 5 6 7 very true of me

5. If I encounter a stranger who needs help, I would do almost anything I could to help him or her.

not at all true of me 1 2 3 4 5 6 7 very true of me

6. I feel considerable compassionate love for people from everywhere.

not at all true of me 1 2 3 4 5 6 7 very true of me

7. I would rather suffer myself than see someone else (a stranger) suffer.

not at all true of me 1 2 3 4 5 6 7 very true of me

8. If given the opportunity, I am willing to sacrifice in order to let the people from other places who are less fortunate achieve their goals.

not at all true of me 1 2 3 4 5 6 7 very true of me

9. I tend to feel compassion for people even though I do not know them.

not at all true of me 1 2 3 4 5 6 7 very true of me

10. One of the activities that provides me with the most meaning to my life is helping others in the world who need help.
11.) I would rather engage in actions that help others, even though they are strangers, than engage in actions that would help me.

12.) I often have tender feelings toward people (strangers) when they seem to be in need.

13.) I feel a selfless caring for most of mankind.

14.) I accept others whom I do not know even when they do things I think are wrong.

15.) If a person (a stranger) is troubled, I usually feel extreme tenderness and caring.

16.) I try to understand rather than judge people who are strangers to me.

17.) I try to put myself in a stranger's shoes when he or she is in trouble.

18.) I feel happy when I see that others (strangers) are happy.

19.) Those whom I encounter through work and public life can assume that I will be there for them if they need me.

20.) I want to spend time with people I don’t know well so that I can help enrich their lives.

21.) I very much wish to be kind and good to fellow human beings.

Scoring

An average score is calculated for all 21 items. Scoring is kept continuous.
COMPASSIONATE LOVE OF CLOSE OTHERS SCALE

Reference:

Description of Measure:
A 21-item scale designed to measure feelings of compassionate love toward close others. Compassionate love toward close others is defined as an attitude toward close others that involves behavior, feeling, and thinking that is all focused on “caring, concern, tenderness, and an orientation toward supporting, helping, and understanding the others, particularly when the others are perceived to be suffering or in need (page 630).” Close others are significant others in one’s life, including friends and family members. (Note: this is not designed to be a scale of romantic love). Respondents answer each item on a 7-point Likert-type scale ranging from 1 (not at all true of me) to 7 (very true of me).

Abstracts of Selected Related Articles:

Compassionate love may be the type of love that leads to the most social good for those who are its recipients. However, self-benefits may also occur as a result of experiencing compassionate love for others. Three studies were conducted in which people were asked to recall a specific experience of compassionate love and to indicate how they were affected on several dimensions (mood, self-esteem, closeness to others). In Study 1, participants were asked to recall an experience of compassionate love without specification of target. A manipulation of the context of compassionate love (relational vs. non-relational) was included in Studies 2 and 3. A comparison of compassionate love given versus received was also included in Study 3. Overall, the results indicated that people reap many positive benefits of experiencing compassionate love for others. Differences in perceived outcomes to the self based on relational context and role (giver vs. receiver) were also found and discussed.


The PSB appears to provide a reliable and valid measure of the prosocial personality / the factor structure of this instrument was essentially invariant across several different samples / the pattern of covariation among the scales and items contained in the PSB did not appear to differ as a function of the respondents’ gender, age, educational background, or geographical/regional location / discuss the results of several studies that have examined how each of the PBS factors are related to prosocial thoughts, feelings, and actions

Emphasizes the subjective experience of the person attempting to express compassionate love through a discussion of empirical research. It is concluded that one goal of research on compassionate love is ultimately to give additional insight into how compassionate love might be fostered in individuals and societies. It is argued that in order to do this well, it is important to understand the key features of compassionate love, the substrate of conditions that influence the expression, and the motives that detract from the quality of loving compassion.

Scale

1.) When I see family members or friends feeling sad, I feel a need to reach out to them.

   not at all true of me  1  2  3  4  5  6  7 very true of me

2.) I spend a lot of time concerned about the well-being of those people close to me.

   not at all true of me  1  2  3  4  5  6  7 very true of me

3.) When I hear about a friend or family member going through a difficult time, I feel a great deal of compassion for him or her.

   not at all true of me  1  2  3  4  5  6  7 very true of me

4.) It is easy for me to feel the pain (and joy) experienced by my loved ones.

   not at all true of me  1  2  3  4  5  6  7 very true of me

5.) If a person close to me needs help, I would do almost anything I could to help him or her.

   not at all true of me  1  2  3  4  5  6  7 very true of me

6.) I feel considerable compassionate love for those people important in my life.

   not at all true of me  1  2  3  4  5  6  7 very true of me

7.) I would rather suffer myself than see someone close to me suffer.

   not at all true of me  1  2  3  4  5  6  7 very true of me

8.) If given the opportunity, I am willing to sacrifice in order to let the people important to me achieve their goals in life.

   not at all true of me  1  2  3  4  5  6  7 very true of me

9.) I tend to feel compassion for people who are close to me.

   not at all true of me  1  2  3  4  5  6  7 very true of me

10.) One of the activities that provides me with the most meaning to my life is helping others with whom I have a close relationship.

   not at all true of me  1  2  3  4  5  6  7 very true of me
11.) I would rather engage in actions that help my intimate others than engage in actions that would help me.

   not at all true of me  1  2  3  4  5  6  7 very true of me

12.) I often have tender feelings toward friends and family members when they seem to be in need.

   not at all true of me  1  2  3  4  5  6  7 very true of me

13.) I feel a selfless caring for my friends and family.

   not at all true of me  1  2  3  4  5  6  7 very true of me

14.) I accept friends and family members even when they do things I think are wrong.

   not at all true of me  1  2  3  4  5  6  7 very true of me

15.) If a family member or close friend is troubled, I usually feel extreme tenderness and caring.

   not at all true of me  1  2  3  4  5  6  7 very true of me

16.) I try to understand rather than judge people who are close to me.

   not at all true of me  1  2  3  4  5  6  7 very true of me

17.) I try to put myself in my friend's shoes when he or she is in trouble.

   not at all true of me  1  2  3  4  5  6  7 very true of me

18.) I feel happy when I see that loved ones are happy.

   not at all true of me  1  2  3  4  5  6  7 very true of me

19.) Those whom I love can trust that I will be there for them if they need me.

   not at all true of me  1  2  3  4  5  6  7 very true of me

20.) I want to spend time with close others so that I can find ways to help enrich their lives.

   not at all true of me  1  2  3  4  5  6  7 very true of me

21.) I very much wish to be kind and good to my friends and family members.

   not at all true of me  1  2  3  4  5  6  7 very true of me

Scoring

An average score is calculated for all 21 items. Scoring is kept continuous.
COMPASSIONATE LOVE FOR SPECIFIC CLOSE OTHER

Reference:


Description of Measure:

A 21-item measure of compassionate love toward a specific close other. Compassionate love toward a specific close others is defined as an attitude toward that close other that involves behavior, feeling, and thinking that is all focused on “caring, concern, tenderness, and an orientation toward supporting, helping, and understanding the other, particularly when the other is perceived to be suffering or in need (page 630).” This specific close other could either be a romantic partner or a close friend. Respondents answer each item on a 7-point Likert-type scale ranging from 1 (not at all true of me) to 7 (very true of me). Within each item, the “other” is left blank so the respondent can fill in the specific close other of their choice.

Abstracts of Selected Related Articles:


Compassionate love may be the type of love that leads to the most social good for those who are its recipients. However, self-benefits may also occur as a result of experiencing compassionate love for others. Three studies were conducted in which people were asked to recall a specific experience of compassionate love and to indicate how they were affected on several dimensions (mood, self-esteem, closeness to others). In Study 1, participants were asked to recall an experience of compassionate love without specification of target. A manipulation of the context of compassionate love (relational vs. non-relational) was included in Studies 2 and 3. A comparison of compassionate love given versus received was also included in Study 3. Overall, the results indicated that people reap many positive benefits of experiencing compassionate love for others. Differences in perceived outcomes to the self based on relational context and role (giver vs. receiver) were also found and discussed.


Data from a longitudinal sample of dating couples (some of whom married) were analyzed to test the aspect of Waller’s (1938) principle of least interest that states that unequal emotional involvement between romantic partners has implications for relationship quality and stability. Both members of the couples were asked multiple times over several years which partner, if either, was more emotionally involved. Perceptions of unequal emotional involvement were common and tended to remain stable over time. Less emotionally involved partners perceived themselves as having more control over the continuation of their relationships. Equal emotional involvement was associated with greater relationship satisfaction and stability. Concurrent and retrospective perceptions of relative emotional involvement were associated with several aspects of relationship breakup within the subsample of those who broke up during the study. Perceptions of emotional involvement have many implications for dating couples, including being linked to relationship satisfaction and other outcomes.
Self-disclosure is an act of intimacy and serves as a maintenance strategy, and yet very little prior research has examined self-disclosure within relationships with data collected multiple times over an extended period of time and from both partners. With longitudinal data collected from both partners in young adult dating couples, we examined how self-disclosure is associated with both individual characteristics (e.g., responsiveness, self-esteem) and relationship characteristics (satisfaction, love, commitment). Overall, men and women indicated a similar high level of self-disclosure. As hypothesized, positive associations were found between self-disclosure and the individual characteristics of self-esteem, relationship esteem (confidence as an intimate partner), and responsiveness (as indicated by data collected at Time 1). Self-disclosure also was positively associated with relationship quality (satisfaction, love, and commitment). Similar positive associations were typically found at the follow-up waves, although in many cases the correlations were not significant and were more modest in magnitude. Level of self-disclosure was generally not predictive of whether the couple stayed together or broke up over time, although the more that women perceived their partner disclosed at Time 1, the less likely the couple was to break up by Time 2. It is speculated that the generally high level of self-disclosure at Time 1 for the entire sample limited the degree to which self-disclosure could predict which relationships stayed together and which broke up over time. In an analysis that involved the subsample of couples who stayed together throughout the study (many of whom married by time 3) no significant change was found in levels of self-disclosure.

Scale

1.) When I see _________ feeling sad, I feel a need to reach out to them.
   not at all true of me 1  2  3  4  5  6  7 very true of me

2.) I spend a lot of time concerned about the well-being of _________.
   not at all true of me 1  2  3  4  5  6  7 very true of me
3.) When I hear about __________ going through a difficult time, I feel a great deal of compassion for him or her.

   not at all true of me 1 2 3 4 5 6 7 very true of me

4.) It is easy for me to feel the pain (and joy) experienced by __________.

   not at all true of me 1 2 3 4 5 6 7 very true of me

5.) If __________ needs help, I would do almost anything I could to help him or her.

   not at all true of me 1 2 3 4 5 6 7 very true of me

6.) I feel considerable compassionate love for those __________.

   not at all true of me 1 2 3 4 5 6 7 very true of me

7.) I would rather suffer myself than see __________ suffer.

   not at all true of me 1 2 3 4 5 6 7 very true of me

8.) If given the opportunity, I am willing to sacrifice in order to let __________ achieve their goals in life.

   not at all true of me 1 2 3 4 5 6 7 very true of me

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16.) I try to understand rather than judge __________.

     not at all true of me  1  2  3  4  5  6  7 very true of me

17.) I try to put myself in __________’s shoes when he or she is in trouble.

     not at all true of me  1  2  3  4  5  6  7 very true of me

18.) I feel happy when I see that __________ is happy.

     not at all true of me  1  2  3  4  5  6  7 very true of me

19.) __________ can assume that I will be there if he/she needs me.

     not at all true of me  1  2  3  4  5  6  7 very true of me

20.) I want to spend time with __________ so that I can find ways to help enrich his/her life.

     not at all true of me  1  2  3  4  5  6  7 very true of me

21.) I very much wish to be kind and good to __________.

     not at all true of me  1  2  3  4  5  6  7 very true of me

**Scoring**

An average score is calculated for all 21 items. Scoring is kept continuous.