

GRATITUDE

The Gratitude Questionnaire-Six Item Form (GQ-6)

Reference

McCullough, M. E., Emmons, R. A., & Tsang, J. A. (2002). The grateful disposition: a conceptual and empirical topography. *Journal of Personality and Social Psychology*, 82, 112-127.

Response scale: 1-7; 1=strongly disagree, 7=strongly agree

Using the scale below as a guide, write a number beside each statement to indicate how much you agree with it.

1. I have so much in life to be thankful for.
2. If I had to list everything that I felt grateful for, it would be a very long list.
3. When I look at the world, I don't see much to be grateful for.
4. I am grateful to a wide variety of people.
5. As I get older I find myself more able to appreciate the people, events, and situations that have been part of my life history.
6. Long amounts of time can go by before I feel grateful to something or someone.

HUMILITY

Relational Humility Scale

Reference

Davis, D. E., Hook, J. N., Worthington Jr, E. L., Van Tongeren, D. R., Gartner, A. L., Jennings, D. J., & Emmons, R. A. (2011). Relational humility: Conceptualizing and measuring humility as a personality judgment. *Journal of Personality Assessment*, 93(3), 225-234.

Please respond to these questions about the target's personality using the following options

Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
1	2	3	4	5

Global Humility

He/she has a humble character.
He or she is truly a humble person.
Most people would consider him/her a humble person.
His or her close friends would consider him/her humble.
Even strangers would consider him/her humble.

Superiority

He/she thinks of him/herself too highly.
He/she has a big ego.
He/she thinks of him/herself as overly important.
Certain tasks are beneath him/her.
I feel inferior when I am with him/her.
He/she strikes me as self-righteous.
He/she does not like doing menial tasks for others.

Accurate View of Self

He/she knows him/herself well.
He/she knows his/her strengths.
He/she knows his/her weaknesses.
He/she is self-aware.

HUMILITY

Reference:

Brown, S. L., Chopra, P. K., & Schiraldi, G. R. (2013). Validation of the humility inventory (HI), a five-factor, self-report measure of humility. *The International Journal of Educational and Psychological Assessment, 12*, 57-77.

3 Factors: Other Esteem (OE), Systemic Perspective (SP), Acceptance of Fallibility(AF)

Scoring: 5-point Likert-type scale from 1 (strongly disagree) to 5 (strongly agree).

Other Esteem

One of my greatest joys is helping others excel.
I enjoy looking outside myself to the emotional needs of others.
I enjoy noticing unique talents in others.
I try to make others feel important.
I believe most people are capable of great things.

Systemic Perspective

I recognize I need help from other people.
I need strength beyond my own.
I find other's opinions are often quite good.
I accept it that things don't always go my way.
My way of doing things isn't always the best.
I wouldn't do as well as I do without help from others.

Acceptance of Fallibility

It's OK if others aren't impressed with me.
I readily admit when I am wrong.
I appreciate learning of my weaknesses.
It's OK when others outperform me.

Actively Open-Minded Thinking Questionnaire (AOMT)

Reference

Adapted from Stanovich, K.E. & West, R.F. (1999). Reasoning independently of prior belief and individual differences in actively open-minded thinking. *Journal of Educational Psychology*, 89, 342-357 and <http://finzi.psych.upenn.edu/~baron/ex/scales/aomt.txt>

Instructions

This questionnaire lists a series of statements about various topics. Read each statement and decide whether you agree or disagree with each statement. There are no right or wrong answers so do not spend too much time deciding on an answer. The first thing that comes to mind is probably the best response. There is no time limit, but work as quickly as possible

Strongly Disagree	Moderately disagree	Slightly disagree	Slightly agree	Moderately agree	Strongly agree
1	2	3	4	5	6

Scoring

Reverse-coded: 4, 5, 6, 7, 10, 14, 15

	ITEM STEM
1	Allowing oneself to be convinced by an opposing argument is a sign of good character.
2	People should take into consideration evidence that goes against their beliefs.
3	People should revise their beliefs in response to new information or evidence.
4	Changing your mind is a sign of weakness. (R)
5	Intuition is the best guide in making decisions. (R)
6	It is important to persevere in your beliefs even when evidence is brought to bear against them. (R)
7	One should disregard evidence that conflicts with one's established beliefs. (R)
8	People should search actively for reasons why their beliefs might be wrong.
9	It is more useful to pay attention to those who disagree with us than to pay attention to those who agree.
10	Good thinkers look hardest for reasons to support their beliefs, not to challenge them. (R)
11	I can recite the arguments for both sides of issues I care about.
12	I find myself thinking about arguments against things I care about.
13	I care more about reaching the right answer eventually than being able to say "I told you so".

14	I don't like to hear things that challenge my beliefs. (R)
15	The information I find tends to support my initial hunches (R)

RELATEDNESS

Multidimensional scale of perceived social support (MPSI)

Reference

Zimet, G. D., Dahlem, N. W., Zimet, S. G., & Farley, G. K. (1988). The multidimensional scale of perceived social support. *Journal of personality assessment*, 52(1), 30-41.

Instructions

We are interested in how you feel about the following statements. Read each statement carefully, and indicate how you feel about each statement using the scale provided.

Very strongly disagree	Strongly disagree	Mildly disagree	Neutral	Mildly agree	Strongly agree	Very strongly agree
1	2	3	4	5	6	7

	ITEM STEM
1	There is a special person who is around when I am in need
2	There is a special person with whom I can share my joys and sorrows
3	My family really tries to help me
4	I get the emotional help and support I need from my family
5	I have a special person who is a real source of comfort to me
6	My friends really try to help me
7	I can count on my friends when things go wrong
8	I can talk about my problems with my family
9	I have friends with whom I can share my joys and sorrows
10	There is a special person in my life who cares about my feelings
11	My family is willing to help me make decisions
12	I can talk about my problems with my friends

Experience Close Relationships Questionnaire

Reference:

Fraley, R. C., Heffernan, M. E., Vicary, A. M., & Brumbaugh, C. C. (2011). The experiences in close relationships – relation structures questionnaire: A method for assessing attachment orientations across relationships. *Psychological Assessment, 23*, 615-625.

Response scale: 1-7, 1=strongly disagree to 7=strongly agree

1. I usually discuss my problems and concerns with this person
2. I talk things over with this person.
3. It helps to turn to this person in times of need.
4. I find it easy to depend on this person.
5. I prefer not to show this person how I feel deep down.
6. I don't feel comfortable opening up to this person.

Compassionate love for close others

Reference:

Sprecher, S., & Fehr, B. (2005). Compassionate love for close others and humanity. *Journal of Social and Personal Relationships*, 22, 629-651.

Response scale 1-7; 1= not at all true of me, 7=very true of me

Instructions: *For these next set of questions, please keep in mind those in your social network who you are closest to, including family members and friends. Please think about your significant others, including family members and friends, as you indicate how true the following statements are about you.*

1. When I see family members or friends feeling sad, I feel a need to reach out to them.
2. I spend a lot of time concerned about the well-being of those people close to 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.
4. It is easy for me to feel the pain (and joy) experienced by my loved ones.
5. If a person close to me needs help, I would do almost anything I could to help him or her.
6. I feel considerable compassionate love for those people important in my life.
7. I would rather suffer myself than see someone close to me suffer.
8. If given the opportunity, I am willing to sacrifice in order to let the people important to me achieve their goals in life.
9. I tend to feel compassion for people who are close to 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.
11. I would rather engage in actions that help my intimate others than engage in actions that would help me.
12. I often have tender feelings toward friends and family members when they seem to be in need.
13. I feel a selfless caring for my friends and family.
14. I accept friends and family members even when they do things I think are wrong.

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

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

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

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

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

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

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

Identification with All Humanity Scale (IWAH)

Reference

McFarland, S., Webb, M., & Brown, D. (2012). All humanity is my ingroup: A measure and studies of identification with all humanity. *Journal of Personality and Social Psychology*, 103, 830–853.

Instructions

ITEM STEM				
1 <i>How close do you feel to each of the following groups?</i>				
People in my community				
Americans				
People all over the world				
Not at all close	Not very close	Just a little or somewhat close	Pretty close	Very close
1	2	3	4	5

2 <i>How often do you use the word “we” to refer to the following groups of people</i>				
People in my community				
Americans				
People all over the world				
Almost never	Rarely	Occasionally	Often	Very often
1	2	3	4	5

3 <i>How much would you say you have in common with the following groups</i>				
People in my community				
Americans				
People all over the world				
Almost nothing in common	Little in common	Some in common	Quite a bit in common	Very much in common
1	2	3	4	5

4	<i>Some people think of those who are not a part of their immediate family as "family." To what degree do you think of the following groups of people as "family?"</i>
	People in my community
	Americans
	People all over the world
5	<i>How much do you identify with (that is, feel a part of, feel love toward, have concern for) each of the following?</i>
	People in my community
	Americans
	People all over the world
6	<i>How much would you say you care (feel upset, want to help) when bad things happen to:</i>
	People in my community
	Americans
	People all over the world
7	<i>How much do you want to be:</i>
	A responsible citizen of your community
	A responsible American citizen
	A responsible citizen of the world
8	<i>How much do you believe in:</i>
	Being loyal to my community
	Being loyal to America
	Being loyal to all mankind
9	<i>When they are in need, how much do you want to help:</i>
	People in my community
	Americans
	People all over the world

Not at all	Just a little	Somewhat	Quite a bit	Very much
1	2	3	4	5

PROSOCIAL BEHAVIOR

Reference:

Caprara, G. V., Steca, P., Zelli, A., & Capanna, C. (2005). A new scale for measuring adults' prosocialness. *European Journal of Psychological Assessment, 21*, 77-89.

Scoring: 5-point Likert scale from *never/almost never true* (coded as 1), *occasionally true* (coded as 2), *sometimes true* (coded as 3), *often true* (coded as 4), and *almost always/always true* (coded as 5).

I am pleased to help my friends/colleagues in their activities

I share the things that I have with my friends

I try to help others

I am available for volunteer activities to help those who are in need

I am emphatic with those who are in need

I help immediately those who are in need

I do what I can to help others avoid getting into trouble

I intensely feel what others feel

I am willing to make my knowledge and abilities available to others

I try to console those who are sad

I easily lend money or other things

I easily put myself in the shoes of those who are in discomfort

I try to be close to and take care of those who are in need

I easily share with friends any good opportunity that comes to me

I spend time with those friends who feel lonely

I immediately sense my friends' discomfort even when it is not directly communicated to me

SPIRITUALITY

Reference:

Worthington, E. L., Jr., Wade, N. G., Hight, T. L., Ripley, J. S., McCullough, M. E., Berry, J. W., ... O'Conner, L. (2003). The religious commitment Inventory-10: Development, refinement, and validation of a brief scale for research and counseling. *Journal of Counseling Psychology, 50*, 84-96.

Scoring: 1= Not at all, 2=Somewhat, 3=Moderately, 4=Mostly, 5=Totally true of me

I often read books and magazines about my faith.

I make financial contributions to my religious organization.

Religion is especially important to me because it answers many questions about the meaning of life.

My religious beliefs lie behind my whole approach to life.

I enjoy spending time with others of my religious affiliation.

Religious beliefs influence all my dealings in life.

It is important to me to spend periods of time in private religious thought and reflection.

I enjoy working in the activities of my religious affiliation.

I keep well informed about my local religious group and have some influence in its decisions.

EMPATHY

Reference:

Davis, M. H. (1980). A multidimensional approach to individual differences in empathy. *JSAS Catalog of Selected Documents in Psychology*, 10, 85.

4 Factors: Perspective-Taking, Personal Distress, Fantasy, Empathetic Concern

Scoring: 5-point scale anchored by 0 (does not describe me well) and 4 (describes me very well).

Perspective-taking

Before criticizing somebody, I try to imagine how I would feel if I were in their place.
If I'm sure I'm right about something, I don't waste much time listening to other people's arguments.
I sometimes try to understand my friends better by imagining how things look from their perspective.
I believe that there are two sides to every question and try to look at them both.
I sometimes find it difficult to see things from the "other guy's" point of view.
I try to look at everybody's side of a disagreement before I make a decision.
When I'm upset at someone, I usually try to "put myself in his shoes" for a while.

Personal Distress

When I see someone who badly needs help in an emergency, I go to pieces.
I sometimes feel helpless when I am in the middle of a very emotional situation.
In emergency situations, I feel apprehensive and ill-at-ease.
I am usually pretty effective in dealing with emergencies.
Being in a tense emotional situation scares me.
When I see someone get hurt, I tend to remain calm.
I tend to lose control during emergencies.

Fantasy

When I am reading an interesting story or novel, I imagine how I would feel if the events in the story were happening to me.
I really get involved with the feelings of the characters in a novel.
I am usually objective when I watch a movie or play, and I don't often get completely caught up in it.
After seeing a play or movie, I have felt as though I were one of the characters.
I daydream and fantasize, with some regularity, about things that might happen to me.
Becoming extremely involved in a good book or movie is somewhat rare for me.
When I watch a good movie, I can very easily put myself in the place of a leading character.

Empathic Concern

When I see someone being taken advantage of, I feel kind of protective toward them.
When I see someone being treated unfairly, I sometimes don't feel very much pity for them.

I often have tender, concerned feelings for people less fortunate than me.
I would describe myself as a pretty soft-hearted person.
Sometimes I don't feel sorry for other people when they are having problems.
Other people's misfortunes do not usually disturb me a great deal.
I am often quite touched by things that I see happen.