

## The Emotional Contagion Scale

Use the following key: **4 = Always true for me**

**3 = Often true for me**

**2 = Rarely True for me**

**1 = Never true for me**

- \_\_\_\_\_ 1. It doesn't bother me to be around angry people.\*
- \_\_\_\_\_ 2. I find myself nodding off when I talk with someone who is depressed.
- \_\_\_\_\_ 3. I feel tender and gentle when I see a mother and child hugging each other affectionately.
- \_\_\_\_\_ 4. Being around depressed people makes me feel depressed.
- \_\_\_\_\_ 5. I pay attention to what other people are feeling.
- \_\_\_\_\_ 6. I feel alive and vibrant when I am with the one I love.
- \_\_\_\_\_ 7. When someone laughs hard, I laugh too.
- \_\_\_\_\_ 8. When people hug me affectionately, I get upset and want to back away.\*
- \_\_\_\_\_ 9. I'm very accurate in judging other people's feelings.
- \_\_\_\_\_ 10. When I am around people who are angry, I feel angry myself.
- \_\_\_\_\_ 11. I find myself clenching my fist when overhearing others quarrel.
- \_\_\_\_\_ 12. I wince while observing someone flinching while getting a shot.
- \_\_\_\_\_ 13. I'm very sensitive in picking up other people's feelings.
- \_\_\_\_\_ 14. I keep a straight face when those around me are laughing hard.\*
- \_\_\_\_\_ 15. Listening to the shrill screams of a terrified child in a dentist's waiting room makes me feel nervous.
- \_\_\_\_\_ 16. Even if someone I'm talking with begins to cry, I don't get teary-eyed.\*
- \_\_\_\_\_ 17. When someone paces back and forth, I feel nervous and anxious.
- \_\_\_\_\_ 18. When someone smiles warmly at me, I smile back and feel happy inside.

***Note: Items marked with an asterisk are reversed in scoring. The higher the score the more susceptible to emotional contagion you are. If your score is 40 or higher you are highly susceptible. This scale was developed by Hatfield and her colleagues. For professional use, please obtain their permission.***