

The Emotional Contagion Scale (EC)

This is a scale that measures a variety of feelings and behaviors in various situations. There are no right or wrong answers, so try very hard to be completely honest in your answers. Results are *completely confidential*. Read each question and indicate the answers which best applies to you. Please answer each question very carefully. Thank you.

Use the following key:

- 4 *Always* = Always true for me.
- 3 *Often* = Often true for me.
- 2 *Rarely* = Rarely true for me.
- 1 *Never* = Never true for me.

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

18. When someone smiles warmly at me, I smile back and feel happy inside. 4 3 2 1

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KEY:

Items 1, 8, 14, 16 are reversed in scoring. The higher the score, the more susceptible to emotional contagion a person would be said to be.