

## SOCIAL SAFENESS AND PLEASURE SCALE

We are interested in how people experience pleasure, positive feelings and emotions in social situations. Below are a series of statements about how you may feel in various situations. Please read each statement carefully and circle the number that best describes how you feel.

	Almost never	1	2	3	4	5	Almost all the time
1.	I feel content within my relationships	1	2	3	4	5	
2.	I feel easily soothed by those around me	1	2	3	4	5	
3.	I feel connected to others	1	2	3	4	5	
4.	I feel part of something greater than myself	1	2	3	4	5	
5.	I have a sense of being cared about in the world	1	2	3	4	5	
6.	I feel secure and wanted	1	2	3	4	5	
7.	I feel a sense of belonging	1	2	3	4	5	
8.	I feel accepted by people	1	2	3	4	5	
9.	I feel understood by people	1	2	3	4	5	
10.	I feel a sense of warmth in my relationships with people	1	2	3	4	5	
11.	I find it easy to feel calmed by people close to me.	1	2	3	4	5	

## **SCORING**

Simply add the items

## **DESCRIPTION**

### *SOCIAL SAFENESS AND PLEASURE SCALE*

This scale was developed to measure the extent to which people experience their social worlds as safe, warm and soothing. The items relate feelings of belonging, acceptance and feelings of warmth from others (e.g. "I feel content within my relationships", "I feel secure and wanted", "I feel a sense of warmth in my relationships with people"). Respondents rate on a 5-point Likert scale the extent to which they agree with each of the 12 statements ranging from 0 ("almost never") to 4 ("almost all the time"). In developing this scale, a list of 14 adjectives indicative of safeness/soothing such as 'soothed', 'peaceful', 'warm', 'serene', 'safe', 'secure', were first selected by three of the researchers. Each of these were then ranked on a scale of 1-3 by five researchers (1= low soothing; 3= high soothing). The scores on each of the adjectives were then summed and related to everyday situations were devised to capture the sense of safeness such as 'contented', 'soothed', 'secure', 'calm.' Social Safeness and Pleasure Scale has a high Cronbach alpha of .92.

## **REFERENCE**

Gilbert, P., McEwan, K., Mitra, R., Richter, A., Franks, L., Mills, A., ... Gale, C. (2009). An exploration of different types of positive affect in students and patients with a bipolar disorder. *Clinical Neuropsychiatry*, 6(4), 135-143.