

SUBMISSIVE COMPASSION SCALE

Instructions

The statements below relate to ways in which one thinks or feels about being compassionate or caring towards other people. We know that there are many reasons for being caring such as: being moved by others distress, enjoying being helpful, to avoid conflicts or to be liked. We are interested in these different reasons. So read each reason for being caring and consider how important that reason is for you, and **how 'like you' it would be to act for that reason**. Please circle the number which best describes it, using the scale below.

	0	1	2	3	4
	Not at all like me	A little bit like me	Moderately like me	Quite a bit like me	Extremely like me
1. When I am caring for others, I hope they will see me as a nice person.	0	1	2	3	4
1. I worry that if I am not caring enough, people will reject me.	0	1	2	3	4
2. I try to do what others want so I won't be alone.	0	1	2	3	4
3. I try to help people as much as I can so that they appreciate me.	0	1	2	3	4
4. I make an effort to always be there for others so that they think I'm important in their lives.	0	1	2	3	4
5. I agree to help but can regret the demands on me later	0	1	2	3	4
6. I try to be caring and helpful to avoid arguments and conflicts	0	1	2	3	4
7. I pay attention to others so that they see me as caring person.	0	1	2	3	4
8. I try to show that I care for other people's feelings so that they see me as thoughtful and sensitive.	0	1	2	3	4
9. I always put the needs of others on top of mine, because that's what it takes to be loved.	0	1	2	3	4

SCORING

A total score for the submissive compassion scale is calculated by adding all the individual item scores. Total scores can range from 0 to 40.

DESCRIPTION

Submissive Compassion Scale

This scale was developed by Catarino, Gilbert, McEwan, & Baião (2015). This 10-item scale was developed for the purpose of analysing to what extent one's kind and compassionate actions are related to submissive behaviour, i.e. to the desire of appearing likeable and feel appreciated, hence reducing the fear of rejection. The items are rated on a 5-point Likert scale, ranging from 0 ("Not at all like me") to 4 ("Extremely like me"). The scale had good internal consistency with a Cronbach's alpha of .89.

REFERENCE

Catarino, F., Gilbert, P., McEwan, K., & Baião, R. (2014). Compassion motivations: Distinguishing submissive compassion from genuine compassion and its association with depression, anxiety and stress. *Journal of Social and Clinical Psychology*, 33(5), 399-412. doi: 10.1521/jscp.2014.33.5.399