**CASES (Cognitive, Affective, and Somatic Empathy Scales)**

The Cognitive, Affective, and Somatic Epathy Scales (CASES) is a self-report instrument that takes about 4 minutes to complete, and comprises three main factors of empathy – cognitive, affective, and somatic. Each of these can be sub-divided into positive empathy and negative empathy. A unique aspect of the test construction for CASES was wording of all items to be appropriate for adults as well as children, so the same instrument can be used with both adults and children. The empathy literature deals overwhelmingly with empathic concern in the context of emotionally negative encounters. In contrast, the relatively more recent concept of positive empathy in contrast has been defined as understanding and vicariously sharing other’s positive emotions.

Cognitive items reflect predominantly theory-of-mind ability (e.g. “I know when someone is unhappy even before they say why”). Affective items reflect experiencing the emotion of another’s emotion (e.g. “Seeing people sad at a funeral would make me feel sad too”). Somatic items reflect motor mimicry of the emotion in question (e.g. “Seeing others laugh makes me laugh too”), or a somatic response to an emotional event (e.g. “I cringe when I see someone cut or bleeding”). Positive affect items reflect empathy in the context of a positive emotional context (e.g. “Seeing people looking cheerful makes me grin” – somatic positive empathy), while negative affect items reflect empathy in the context of a negative emotional context (e.g. “When someone is disappointed, I can tell by how they look” – cognitive negative empathy).

CASES allows for computation of a total of 12 scores: total, cognitive, affective, somatic, positive empathy, negative empathy, cognitive-positive, cognitive-negative, affective-positive, affective-negative, somatic-positive, and somatic-negative. The first six are viewed as primary scales while the second set allow for more fine-grained analyses. For the purposes of further evaluating positive versus negative empathy, four further sub-scale scores were computed to evaluate the relative balance of positive versus negative empathy. These were computed as positive empathy minus negative empathy, with higher scores reflect a bias towards more positive relative to negative empathy.

CASES can be freely used for research purposes, but I would appreciate knowing a little about your study first at [araine@sas.upenn.edu](mailto:araine@sas.upenn.edu)

Citation for the child CASES

Raine, A., & Chen, F. R. (2018, 2018). The Cognitive, Affective, and Somatic Empathy Scales (CASES) for Children. *Journal of Clinical Child and Adolescent Psychology, 47*(1), 24-37.

Citation for the adult version

Raine, A., Chen, F. R., & Waller, R. (2022). The cognitive, affective and somatic empathy scales for adults. *Personality and Individual Differences*, *185*, 111238.

The instrument and scoring instructions are given below.

**CASES** (Cognitive, Affective, and Somatic Empathy Scales)

**Note** CASES title should be omitted from the administration.

**Instructions**. Read the questions below and respond with 0 (rarely), 1 (sometimes), or 2 (often). Make sure you answer all the questions.

Rarely Sometimes Often

1. I know why my friends are cheerful even when they don’t say why. 0 1 2

2. If I saw my friend being made a fool of, I would feel uncomfortable. 0 1 2

3. Seeing others laugh makes me laugh too. 0 1 2

4. I would sweat if I saw someone getting their tooth pulled out. 0 1 2

5. Watching little puppies playing makes me feel happy. 0 1 2

6. I can tell when someone is feeling guilty. 0 1 2

7. I flinch when I see someone hit. 0 1 2

8. Hearing the cheer of a sports crowd gives me a thrill. 0 1 2

9. When someone is in a good mood I can tell by how they look and

behave. 0 1 2

10. I would feel angry if I saw a man hitting a defenseless woman. 0 1 2

11. My heart beats faster watching an action-adventure movie. 0 1 2

12. I can tell from their face and how they behave when someone is 0 1 2

ashamed.

13. When I see people in a movie having an adventure, I get excited. 0 1 2

14. I would get tears in my eyes if I saw my friend cry. 0 1 2

15. Seeing someone enjoying a tasty dessert makes my mouth water. 0 1 2

16. Seeing people sad at a funeral would make me feel sad too. 0 1 2

17. I can understand how characters in an exciting story feel. 0 1 2

18. I know when someone is unhappy even before they say why. 0 1 2

19. Seeing a man pointing a gun at an unarmed person would make

me feel frightened. 0 1 2

20. Seeing people looking cheerful makes me grin. 0 1 2

21. When a friend is teased, I understand why they get upset. 0 1 2

22. I feel pleased when someone tells me some good news they have 0 1 2

just had.

23. I know when my family members are pleased by how they talk. 0 1 2

24. I cringe when I see someone cut or bleeding. 0 1 2

25. It makes me feel cheerful to see children running around having fun. 0 1 2

26. When someone is disappointed, I can tell by how they look. 0 1 2

27. I would feel worried for a small child being chased by a big dog. 0 1 2

28. I can put myself in someone else’s shoes when they describe being 0 1 2

happy.

29. My heart beats faster when I see a scary TV show. 0 1 2

30. When I see children smiling, I smile too. 0 1 2

Scoring Instructions

Empathy scale scores can be computed as follows:

Total Empathy: Sum scores (0, 1 or 2) for all 30 items.

Cognitive 1, 6, 9, 12, 17, 18, 21, 23, 26, 28

Affective 2, 5, 8, 10, 13, 16, 19, 22, 25, 27

Somatic 3, 4, 7, 11, 14, 15, 20, 24, 29, 30

Positive 1, 9, 17, 23, 28, 5, 8, 13, 22, 25, 3, 11, 15, 20, 30

Negative 6, 12, 18, 21, 26, 2, 10, 16, 19, 27, 4, 7, 14, 24, 29

Cognitive-Positive 1, 9, 17, 23, 28

Cognitive-Negative 6, 12, 18, 21, 26

Affective – Positive 5, 8, 13, 22, 25

Affective – Negative 2, 10, 16, 19, 27

Somatic – Positive 3, 11, 15, 20, 30

Somatic – Negative 4, 7, 14, 24, 29

Balance of positive-negative empathy: subtract negative from positive scores