**owa-Netherlands Comparison Orientation Measure (Social Comparison Scale)**

**Gibbons, F. X., & Buunk, B. P. (1999). Individual differences in social comparison: Development**

**of a scale of social comparison orientation. *Journal of Personality and Social Psychology, 76 (1),* 129-142.**

**Most people compare themselves from time to time with others. For example, they may compare the way they feel, their opinions, their abilities, and/or their situation with those of other people. There is nothing particularly “good” or “bad” about this type of comparison, and some people do it more than others. We would like to find out how often you compare yourself with other people. To do that we would like you to indicate how much you agree with each statement below, by using the following scale.**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **A** | **B** | **C** | **D** | **E** |
| **I disagree strongly** |  |  |  | **I agree strongly** |

|  |  |
| --- | --- |
| **1. I often compare how my loved ones (boy or girlfriend, family members, etc.) are doing with how others are doing.** | **我经常把自己的爱人和别人的爱人拿来做比较** |
| **2. I always pay a lot of attention to how I do things compared with how others do things.** | **我经常把自己所做的结果和别人所做的拿来比较。** |
| **3. If I want to find out how well I have done something, I compare what I have done with how others have done.** | **我常需要把自己的成果和别人的进行比较才能知道自己做得怎样。** |
| **4. I often compare how I am doing socially (e.g., social skills, popularity) with other people.** | **我经常和别人比较自己的社交能力。** |
| **5. I am not the type of person who compares often with others. (reversed)** | **我不是那种喜欢和别人比较的人。** |
| **6. I often compare myself with others with respect to what I have accomplished in life.** | **我经常和别人比较自己的成就。** |
| **7. I often like to talk with others about mutual opinions and experiences.** | **我常常与别人交流意见和经验** |
| **8. I often try to find out what others think who face similar problems as I face.** | **我常常想了解别人在跟我遇到同样问题时的想法是怎样的。** |
| **9. I always like to know what others in a similar situation would do.** | **我常常想知道别人在同样的情境下会怎样做** |
| **10. If I want to learn more about something, I try to find out what others think about it.** | **如果我想对某件事情了解更多的话，我会去了解别人的看法是怎样的。** |
| **11. I *never* consider my situation in life relative to that of other people. (reversed)** | **我绝不会把自己的生活状况与别人的相比较。** |