Original Article

Guilt and Shame Proneness Scale Adaptation and Psychometric Properties in Spanish Population

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Abstract. *Aims:* We aim to develop a Spanish version of the Guilt and Shame Proneness Scale (GASP) and evaluate its psychometric properties with a Spanish sample. *Method:* A Spanish version of the GASP was developed by Spanish and English speakers using translation and back-translation. The translated GASP was administered to a sample of 277 Spanish college students (239 females). The validity and reliability of the scale were tested using standard statistical methods. *Results:* The translated version of the GASP scale was found to have outstanding domain coherence and language clarity. The tested scales showed adequate reliability (>.55), which can be considered evidence supporting its reliability, given that the GASP is a scenario-based measure with only four items in each subscale. Confirmatory factor analysis confirmed the four-factor solution. In addition, a nomological network is provided using the Spanish version of the HEXACO questionnaire. *Conclusions:* This study presents the first validation of the GASP questionnaire among the general Spanish population. Furthermore, the GASP instrument was found to have satisfactory psychometric properties, resulting in a new tool for researching the moral and social aspects of human experience.

Keywords: guilt, shame, moral emotions, scale translation, Spanish version

The World Health Organization (WHO, 2019) estimates that around 800,000 people commit suicide every year worldwide. That means three suicides every two minutes. For that reason, the WHO has established suicide as a public health priority that cuts across all cultures, religions, genders, and classes. Each case of suicide leaves tough questions among survivors. Relatives and close friends tend to ask themselves what they could have done to prevent it or why the victim did not seek help. Such questions are intricate and challenging to address from science because reasons differ between contexts and individuals.

Causes of suicide vary. While mental illness is a crucial predictor of suicide in the United States, socioeconomic difficulties are very relevant in India (Parkar et al., 2008). Despite the apparent differences, both examples share the component of possibly experiencing *self-conscious emotions* such as guilt and shame, acting as promoters of suicide behaviors (Crowder & Kemmelmeier, 2018). However, these emotions are not limited to self-murderers. We can also consider the relevance of guilt and shame for family members or close friends who are also vulnerable to experience those emotions in the aftermath of a loved one's suicide.

Empirical research in clinical psychology has linked emotions such as guilt and shame with suicidal symptomology

(Crowder & Kemmelmeier, 2018; Kõlves et al., 2011; Rice et al., 2020). On the other hand, Cohen et al. (2014) have put forward that the expectation of experiencing guilt or shame is a severe threat to our identity. This explanatory mechanism relates these emotions to psychopathology. The experience of anxiety characterizes shame and guilt as a reaction to personal transgressions (Baumeister et al., 1994; Tangney et al., 2007; Wolf et al., 2010). Moreover, both shame and guilt are emotions related to recognizing negligence in preserving one's moral identity. Also, emotions linked to moral identity participate in the self-regulatory processes defining moral behavior characteristics (Tracy & Robins, 2004, 2007). Therefore, this anxiety may hamper searching for help in people showing suicidal thoughts and behaviors due to a moral transgression.

Shame and guilt do neither differ in the content nor structure of the situation producing them, but rather in the way people interpret self-relevant adverse events (Tangney & Dearing, 2002). Shame is associated with negative evaluations of the self (i.e., "Who I am"). Guilt involves a more articulated condemnation of a specific behavior (i.e., "What I did"). This subtle at first glance difference (behavior vs. self) has implications in these emotions' immediate phenomenological experience, subsequent motivations, and ultimately behavior. For instance, while guilt implies accepting the responsibility for moral

transgressions (Gilbert, 2000), shame involves defending oneself as unacceptable. Shame motivates a desire to hide, escape, or strike back, but guilt leads to confessing, apologizing, or repairing (Tangney & Dearing, 2002).

There are two main approaches in the study of guilt and shame. A first approach distinguishes between the private and the public moral conflicts (Combs et al., 2010), and a second school distinguishes between emotional and behavioral responses (Tracy & Robins, 2004). They produced several assessment tools that lack the integration of one of those dimensions. For example, the Test of Self-Conscious Affect-3 (Tangney et al., 2000), the most broadly used guilt and shame proneness evaluation, depends on the self-behavior distinction. On the other hand, the Dimensions of Conscience Questionnaire (Johnson et al., 1987) depends on public–private recognition.

The Guilt and Shame Proneness Scale

We chose to translate to Spanish the Guilt and Shame Proneness Scale (GASP; Cohen et al., 2011) because it is the first measure that incorporates two theoretical frameworks that distinguish shame and guilt: private versus public moral conflicts and self versus behavior distinction. In the GASP, respondents have to imagine themselves in situations that entail moral transgression. Then, the participant is expected to react, rating the likelihood of feeling, behaving, or thinking in a stated way for each scenario.

GASP has been used in very different domains as there are more than 500 references to this questionnaire in Google Scholar. For example, it was used to assess differences in the workplace's moral behavior (Cohen et al., 2014) to the experience of maternal guilt among US women (Collins, 2020). However, this tool is only available in English and Turkish. Also, to the best of our knowledge, psychometric data are limited to a sample from North American and Turkish populations.

The GASP was developed initially (Cohen et al., 2011) to allow analyzing both evaluations (Negative Behavior-Evaluations [NBE]; guilt-NBE and Negative Self-Evaluations [NSE]; shame-NSE) and behaviors (guilt-repair and shame-withdraw) connected with the experience of guilt and shame. The guilt-NBE items described feeling bad about how one acted. The purpose of the shame-NSE was to identify feeling bad about oneself. The guilt-repair items expressed tendencies in action focused on correcting or compensating for the transgression. The shame-withdraw was developed to find action tendencies focused on hiding or withdrawing from public.

The GASP consists of 16 items divided into four subscales with a 7-point rating scale ranging from *very unlikely* to *very likely*. A four-factor oblique model was hypothesized in this questionnaire's development (Cohen et al., 2011). They found that all factor loadings were significant (λs > .51, ps < .05), and the fit indices were acceptable: χ^2 (estimated parameters = 118, df = 55, N = 862) = 257.29, p < .001, RMSEA = .065, comparative fit index (CFI) = .94, Tucker–Lewis index (TLI) = .96. All reliability coefficients exceeded the .60 benchmark, denoting that the original version of the GASP can be considered a reliable measure according to the scores in the original sample for two reasons. First, the GASP is a scenario-based measure in which every single item has a unique variance for the scenario (e.g., transgression) and a common variance for the construct that underlies the response (Tangney & Dearing, 2002). Second, reliability measured with Cronbach's α depends on the number of items (Bland & Altman, 1997), and the GASP has only four items per scale. Moreover, they found a good construct validity with a wide array of criterion variables; for example, results with elevated scores in guilt-NBE and shame-NSE were significantly less probably to lie for a high possibility of economic gain (r = −.22 and −.21, respectively). Also, participants with a higher guilt-NBE committed fewer unethical negotiation behaviors than participants with a low guilt-NBE (r = −.53; Cohen et al., 2011).

Previous studies involving the HEXACO broad dimensions and the GASP subscales found that dimensions such as humility and conscientiousness were positively correlated with guilt proneness and the shame-NSE subscale (r ranged from .23 to .47) but negatively correlated with the shame-withdraw subscale (r ranged from −.20 to −.26; Cohen et al., 2011, 2014).

A previous adaptation of the GASP to the Turkish language (Topçu, 2019) was published as a master's thesis. They adapted the items' content and the scale's structure due to cultural differences between Turkish and US cultures. It is not a direct translation but rather an adaptation in which they reduced the number and reordered the items. These authors reported a confirmatory factor analysis (CFA) model with an acceptable fit: χ^2 (p = .083), RMSEA = .044, CFI = .94, TLI = .91.

Therefore, the present study's goal was to adapt the GASP to the Spanish population. Our purpose was to test the Spanish version of the GASP with a Spanish sample while maintaining a similar structure, validity, and reliability reported in the original study. That Spanish version of the GASP may be used for researching the moral and social aspects of human experience's guilt and shame. We hypothesize that a four-factor model will fit better than other models because of the theoretical and empirical evidence in developing the original version of the GASP.

We also hypothesize that we will replicate the associations between broad personality dimensions that Cohen et al. (2014) found in their studies using the GASP.

The Present Study

Method

Participants and Study Design

This study's participants were 277 college students (239 females) from the Faculty of Psychology at the Universitat de Barcelona, Spain. The average age of participants was 20.85 ± 5.71, and the participants received credit for agreeing to participate in this study. The committee of bioethics of the University of Barcelona (Institutional Review Board IRB00003099) approved this study. First, participants were informed about the main objective of the research and signed the informed consent. Then, they responded to a 45-minute online survey (as part of a more extensive study) using the online platform *Qualtrics*, including the Spanish version of GASP and the HEXACO.

Measures

HEXACO

The HEXACO is a hierarchical descriptive taxonomy that assumes six personality dimensions and four different facets for each dimension (between brackets): Humility (Sincerity, Fairness, Greed-Avoidance, and Modesty), Emotionality (Fearfulness, Anxiety, Dependence, and Sentimentality), eXtraversion (social Self-Esteem, Social Boldness, Sociability, and Liveliness), Agreeableness (Forgiveness, Gentleness, Flexibility, and Patience), Conscientiousness (Organization, Diligence, Perfectionism, and Prudence), and Openness to the Experience (Aesthetic Appreciation, Inquisitiveness, Creativity, and Unconventionality). The responses to the inventory are measured with a 5-point rating scale ranging from *totally disagree* to *totally agree*. This Spanish version of the HEXACO (Roncero et al., 2013, 2014) has an excellent internal consistency for all dimensions ($\alpha > .70$) and facets ($\alpha = .76$–$.84$) and good test–retest reliability ($.87$–$.93$).

GASP

We applied an approach based on the translation and back-translation process (Triandis, 1980). We required two foremost translators who are competent in both Spanish and English languages. Both of them needed to have proved experience in both different cultures. The first translator was a professional translator from the University of Barcelona. The second translator was a professor with extensive knowledge of psychology and experience adapting different English questionnaires to Spanish. In the first place, the questionnaire was translated into Spanish by the professor. Then, it was back-translated to English by the professional translator who never read the wording of the English version of the test. Then, we balanced the back-translated English version with the original version to validate that each item's meaning was maintained. Then, we meet with both translators and other PhD students to study the items' accuracy and check the differences with the original English version again. We repeated the steps previously mentioned until there was no incongruence between the two languages' versions. The Spanish version of the GASP resulting from this translation is available in Electronic Supplementary Material 1 (ESM 1). Then, we conducted a pilot study in which a sample of senior students of the University of Barcelona responded to the questionnaire (see ESM 2).

Analytical Plan

Descriptive statistics are provided, including mean, *SD*, skewness, and quantile scores. To test whether the pattern of intercorrelations between GASP subscales in our sample resembled the ones found in the original study (Cohen et al., 2011), we will conduct Steiger's Z test (Steiger, 1980) on the original correlations versus ours. The significance threshold for *p*-value is set at .008 after Bonferroni's correction for six comparisons.

The four-factor model proposed in the original study (Cohen et al., 2011) and five alternative and plausible models (MacCallum, 2003; Preacher, 2006) were tested. We compared all the alternative models with the four-factor model proposed in the original version of the GASP using a χ^2 difference test extracted from the ANOVA function in the *stats* package from R studio (R Core Team, 2018). The CFA parameters were estimated using Diagonally Weighted Least Squares (DWLS). The CFA fit was evaluated with different indices such as the RMSEA ($<.08$, 90% CI), χ^2 [*p*-value], CFI $> .95$, and TLI $> .90$, as suggested in the literature (Erkut, 2010). Additionally, the Akaike information criterion (AIC) and the Bayesian information criterion (BIC) were used to assess fit. The above indexes were used to assess how the models fit the data (Hu & Bentler, 1999).

Also, we provide different measures of reliability because Cronbach's α is not ideal for scales that relax the assumption that for all items i and j, the variances can be different (Cho, 2016). Cronbach's α is unsuitable when factor loadings are below .7, reflect different amounts of

the true score, and have different error terms. According to the nature of scenario-based items, we do not expect them to be highly intercorrelated and reliability estimates like the total McDonald's ω and Composite Reliability from SEM factor loadings outperform Cronbach's α (Viladrich et al., 2017). Indeed, CR and McDonald's ω are different names for a similar principle, which is the squared sum of lambdas divided by the sum of squared lambdas plus the residual variance of the items. Composite reliability (Raykov, 1997) is formulated through SEM and is equivalent to McDonald's ω, especially for congeneric items.

Cronbach's α and the total McDonald's ω were computed with the *psych* package (Revelle, 2021), while Composite Reliability was estimated using the formula sum(sl)2 / (sum(sl)2 + sum(re)). Slight differences in results are due to differences in the calculation, as there are slight differences in McDonald's ω coefficients as suggested by Raykov, McDonald, or Bentler (Viladrich et al., 2017).

In this formula, λ_i are the completely standardized loadings for each *i*th indicator, V (δ) represents the variance of the error term for each *i*th indicator, and p is the number of items.

To test validity, we decided to use the HEXACO inventory to measure the relation of broad personality dimensions with the GASP narrow dimensions because of the evidence reported in previous studies (Cohen et al., 2011, 2014). We plan to obtain a similar pattern of correlations than in the original article on the GASP (Cohen et al., 2011). We hypothesized that the guilt subscales would significantly and positively correlate with honesty-humility, extraversion, agreeableness, and conscientiousness. Also, shame-NSE will be positively correlated with honesty-humility, emotionality, and conscientiousness. Differently, shame-withdraw will be significantly and negatively correlated with honesty-humility, extraversion, agreeableness, and conscientiousness. To further explore the differential associations of GASP subscales and HEXACO dimensions controlling for all HEXACO variables simultaneously, we regressed GASP subscales on the dimensions of HEXACO's personalities.

Results

Descriptive Statistics

Table 1 shows the descriptive statistics of the Spanish version of the GASP. It includes means, *SD*s, skewness, and quantile scores for the four subscales. Also, histograms

Table 1. *M*, *SD*s, and decile scores for the subscales of the GASP NBE

	NBE	NSE	Guilt-repair	Shame-withdraw
M	22.54	23.22	24.01	12.05
SD	4.35	4.17	3.10	4.38
Skewness	−0.98	−1.11	−0.92	0.57
Quantile				
0th	7	6	14	4
25th	20	21	22	9
50th	23	24	24	11
75th	26	26	26	15
100th	28	28	28	25

Note. Every subscale is composed of four items. Responses to each item ranged from 1 (*very unlikely*) to 7 (*very likely*), with higher scores indicating more endorsement of guilt or shame response. GASP = Guilt and Shame Proneness scale; NBE = negative behavior evaluation; NSE = negative self-evaluation.

representing the distribution of the scores of the subscales are available in ESM 3.

Regarding Steiger's tests, we only found two intercorrelations to be different: the correlation between shame-withdrawal and guilt-NBE ($z = 2.75$; $p = .005$) and the correlation between shame-withdrawal and shame-NSE ($z = 3.29$; $p = .001$).

Factor Structure

A total of six different models were tested to assess the theoretical model's adequacy to the Spanish collected data (see Table 2).

In Figure 1, CFA results for the hypothesized four-factor oblique model can be seen. All factor loadings were significant ($\lambda s > .42$, $ps < .05$), and the fit indices were adequate: $\chi^2_{diff}(4) = 207$, $p < .001$; χ^2(estimated parameters = 117, $df = 98$, $N = 277$) = 207, $p < .001$, RMSEA = .06, CFI = .96, TLI = .95, AIC = 15,192.17, BIC = 15,329.89). In addition, we calculated the χ^2 difference tests and found that none of the five alternative models fit as well as the four-factor model that was hypothesized (Table 2). As can be seen in Figure 1, the interfactor correlations between the factors guilt-NBE and guilt-repair, and shame-NSE were quite strong and statistically significant.

Reliability

As we observe in Figure 1, the mean of factor loadings was .53, making McDonald's ω and Composite Reliability more suitable to assess this single-administration score reliability (i.e., the reliability of persons over the scale's items keeping the occasion fixed). In Table 3, we observe that
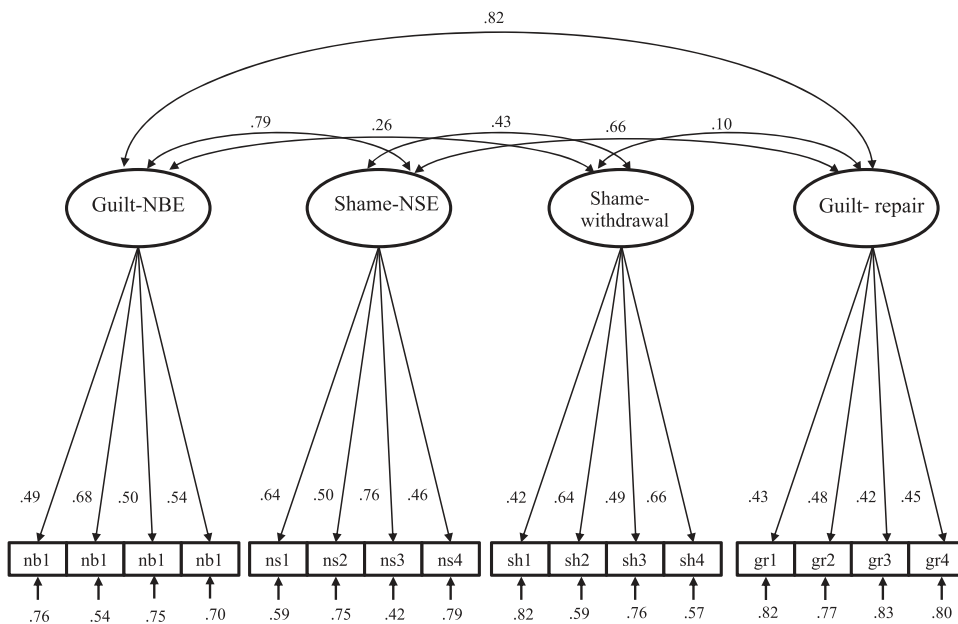
Figure 1. CFA of the Spanish version of the GASP in a sample of 277 adults. *Note.* GASP = Guilt and Shame Proneness scale; NBE = negative behavior evaluation; NSE = negative self-evaluation.

McDonald's ω coefficients are higher than Cronbach's α and Composite Reliabilities for all subscales. The subscale that shows higher reliability is the shame-NSE (.73), and the lower is the guilt-repair (.61).

Relation to External Criteria

Drawing from the correlation matrix (see ESM 3), humility was the dimension of the HEXACO with stronger correlations with the GASP subscales. Specifically, the facet fairness, which belongs to the humility dimension, correlated with guilt-NBE, shame-NSE, and the guilt-repair ranging from .18 to .45. The dimension emotionality was strongly correlated with shame-NSE, guilt-NBE, and guilt-

repair ranging from .26 to .40. Extraversion had a moderately negative correlation of −.28 with shame-withdrawal. The dimension conscientiousness showed moderate to low and positive correlations of .12 with the dimensions of guilt-NBE and a correlation of .18 with guilt-repair. Agreeableness was also moderately correlated with the subscales of guilt-NBE .15 and guilt-repair .22.

Besides correlations, we also explored multivariate associations. We computed multiple regressions using GASP subscales as dependent variables and HEXACO dimensions as predictors (see ESM 3). From these analyses, we obtained evidence that the humility and emotionality dimensions were associated with all the GASP subscales, noticing that the humility association with shame-withdrawal was inverse. Also, extraversion and

Table 2. CFAs of the GASP

Model	Estimated parameters	χ^2	RMSEA	CFI	TLI	AIC	BIC	χ^2_{diff} (df)
1. Four-factor oblique model: guilt-NBE, guilt-repair, shame-NSE, shame-withdraw	117	207	.06	.96	.95	15,192.17	15,329.89	
2. Three-factor oblique model A: guilt, shame-NSE, shame-withdraw	114	216	.06	.85	.82	15,195.27	15,322.12	9.10 (3)
3. Three-factor oblique model B: shame, guilt-NBE, guilt-repair	114	301	.09	.74	.69	15,279.61	15,406.45	93.4 (3)
4. Two-factor oblique model A: guilt, shame	112	310	.09	.73	.69	15,284.42	15,404.01	102.25 (5)
5. Two-factor oblique model B: emotional response, behavioral response	112	327	.09	.71	.66	15,301.44	15,421.03	119.26 (5)
6. One factor model	111	341	.12	.69	.64	15,314.26	15,430.23	134.1 (6)

Note. N = 287. Confirmatory factor analyses calculated with WLSMV estimation. The χ^2 difference tests (χ^2 *diff*) compared each of the alternative models to Model 1. R studio was employed to conduct the χ^2 difference tests. AIC = Akaike information criterion; BIC = Bayesian information criterion; CFA = confirmatory factor analysis; CFI = comparative fit index; GASP = Guilt and Shame Proneness Scale; TLI = Tucker–Lewis index; NBE = negative behavior evaluation; NSE = negative self-evaluation; WLSMV = weighted least squares mean and variance.

Table 3. Correlations and reliabilities for the subscales of the GASP

	Guilt-NBE	Guilt-repair	Shame-NSE	Shame-withdraw
Guilt-NBE	1			
Guilt-repair	.45**	1		
Shame-NSE	−.51	−.39**	1	
Shame-withdraw	.13*	.07	.28**	1
Cronbach's α	.63	.55	.68	.62
ω	.66	.61	.73	.65
Composite reliability	.63	.55	.67	.63

Note. GASP = Guilt and Shame Proneness scale; NBE = negative behavior evaluation; NSE = negative self-evaluation. *$p < .10$, **$p < .05$.

agreeableness were associated with guilt-NSE, being the association with extraversion inverse. Agreeableness, conscientiousness, and openness were positively associated with guilt-repair. Also, extraversion was inversely and strongly associated with shame-withdrawal.

Discussion

This study aimed to provide a Spanish language version of the GASP and psychometric data to support its use. GASP was initially designed to capture both evaluations (guilt-NBE and shame-NSE) and behaviors (guilt-repair and shame-withdraw) associated with the experience involving guilt and shame. Here, we provide evidence of a functional GASP scale for Spanish-speaking people.

Our first evidence that our adaptation could be as functional as the original is that only two out of six intercorrelations between GASP subscales differed. That fact suggests that the pattern of intercorrelations and interrelationships between GASP subscales is roughly similar between both versions of the questionnaire. Those which are different are the correlations between shame-withdrawal and guilt-NBE and the correlation between shame-withdrawal and shame-NSE. An explanation about those differences may be cultural. For example, the Spanish reported being more consistent with the notion of honor-related values shaping the experience of shame (Mosquera et al., 2000), while citizens from the United States have reported more individualistic values necessary for shaping that experience emotion (Young et al., 2021).

Although CFA absolute fit was not reached, relative fit indices showed a level of fit comparable to the original version of the GASP (e.g., RMSEA$_{THIS\ STUDY}$ = .06 vs. RMSEA$_{COHEN}$ = .065; Cohen et al., 2011). We did not find linear effects in these data. These findings suggest that the GASP's translated version has a good performance in four-dimensional models and displays psychometric properties similar to the other populations and languages (GASP;

Cohen et al., 2011). The correlations also showed to be similar among the Spanish and English versions of the GASP. CFA factor loadings ranged from .42 to .83, with 25% of the factor loadings being higher than .80. It is noticeable that compared to the factor loadings of the original version of this article (Cohen et al., 2011), the factor loadings of the Spanish version of the GASP showed an average higher than the original version. Among CFA limitations is the low number of indicators (four) for each factor (Kyriazos, 2018). Another limitation is the sample size because, as mentioned previously, a low number of indicators per factor requires larger samples. Also, invariance analysis was not possible because we had no access to the original version of the GASP. The estimation method that we used is the DWLS because data are not distributed normally and, in this situation, the DWLS provides more accurate estimates (Li, 2016).

Despite the limitation mentioned above of scenario-based measures' α reliability, the Spanish adaptation of the GASP showed acceptable internal reliability and consistency in the present sample. Besides Cronbach's α, multiple coefficients were used since it has been criticized for its delivery of lower values than the CR when items are congeneric (Padilla & Divers, 2015). Thus, less biased measures such as CR and ω coefficients were calculated, too. All values are consistent throughout the analysis (see Table 3), suggesting that the Spanish version of the GASP shows good reliability in this sample and this administration.

Comparing the correlations with the previous studies (see ESM 3), we found that our study reproduces the structure similarly but with some remarkable differences. For example, Cohen et al. (2014) found that the dimension of humility was strong and negatively correlated with shame-withdrawal. Our study found a weak negative correlation −.14, which is not as significant as the previously found. Another point of divergence was the strong relation with the dimension conscientiousness. We could not replicate the results found in the previous studies since we found a moderate to low correlation between the

GASP scale and the dimension of conscientiousness. This result is interesting because it was considered that conscientiousness is a crucial predictor of moral character and significantly related to guilt and shame proneness (Cohen & Morse, 2014). We cannot affirm that the relation among these variables is an artifact. However, we consider that more research with the Spanish population is needed to explain our results due to possible cultural differences. We also regressed GASP subscales on HEXACO scores, and the pattern we found was that humility was associated positively with all the GASP subscales, but with shame-withdrawal. Despite of that result, we cannot conclude that shame-withdrawal is opposite to the other subscales in the GASP because the other HEXACO dimensions are not following the same tendency. We were unable to do an invariance test because we had no access to the data. Also, our sample's means were slightly higher than the reported in the original study of the GASP (Cohen et al., 2011). Furthermore, the high skewness found in this sample may indicate the need to use a more extensive and diverse sample that could provide more variability in response to the items. Nonetheless, it does not affect the factor structure since the estimates we used to evaluate were robust to non-normality.

Also, this study relies on using a convenience sample of psychology students, with a great majority of women. Studies with more gender-balanced and larger samples are required to improve evidence of the reliability of the Spanish version of the GASP. Another limitation is the absence of criterion validity, which would allow calculating sensitivity, specificity, and a cutoff point. This study aimed to provide evidence for GASP's psychometric properties as it has been adapted here for the Spanish population, and therefore, we did not test the criterion validity. We hope this issue and others previously mentioned can be addressed in further studies. For example, further research is needed balancing gender and testing factor invariance across genders.

In a clinical context, the importance of developing an adaptation of a tool like the GASP that helps differentiate between guilt and shame proneness relies on that, for example, a behavioral manifestation of shame (shame-withdraw) includes interpersonal avoidance and disconnectedness (Dorahy, 2010). These behavioral symptoms make it very difficult to initiate and maintain psychological help-seeking. On the other hand, experiencing guilt which could be measured using the guilt-NBE is an emotion that may lead to prosocial behaviors such as apologizing or repairing actions (guilt-repair). Also, diagnosing shame and guilt-proneness means that there are possibilities of starting therapies to intensify social support networks and bolstering effective therapeutic relationships that could prevent suicide attempts and self-harm (Evans et al., 2004, 2005) well as helping in their treatment.

In conclusion, this study presents the very first validation of the Spanish version of the GASP. Our evidence reveals that the items conforming to the Spanish version of GASP are reliable, valid, and valuable tools for researchers to measure guilt and shame proneness. Although this study examined GASP's psychometric properties in a sample of students in one Spanish location, it has not been validated in other areas of Spain or other Spanish-speaking communities in South America. Therefore, we hope to see more research toward validating this valuable tool in these other areas and other languages worldwide.

Electronic Supplementary Material

The electronic supplementary material is available with the online version of the article at https://doi.org/10.1027/2698-1866/a000019
ESM 1. Spanish version of the GASP
ESM 2. Pilot study
ESM 3. Correlogram, histograms, and multiple regressions

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Conflict of Interest

None declared.

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