# Humor Styles Questionnaire (HSQ)

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|  |  | **1**  **Totally disagree** | **2**  **Moderately disagree** | **3**  **Slightly disagree** | **4**  **Neither agree nor disagree** | **5**  **Slightly agree** | **6**  **Moderately agree** | **7**  **Totally agree** |
| 1 | I usually don’t laugh or joke around much with other people. |  |  |  |  |  |  |  |
| 2 | If I am feeling depressed, I can usually cheer myself up with humour. |  |  |  |  |  |  |  |
| 3 | If someone makes a mistake, I will often tease them about it. |  |  |  |  |  |  |  |
| 4 | I let people laugh at me or make fun at my expense more than I should. |  |  |  |  |  |  |  |
| 5 | I don't have to work very hard at making other people laugh -- I seem to be a naturally humorous person. |  |  |  |  |  |  |  |
| 6 | Even when I’m by myself, I’m often amused by the absurdities of life. |  |  |  |  |  |  |  |
| 7 | People are never offended or hurt by my sense of humour. |  |  |  |  |  |  |  |
| 8 | I will often get carried away in putting myself down if it makes my family or friends laugh |  |  |  |  |  |  |  |
| 9 | I rarely make other people laugh by telling funny stories about myself. |  |  |  |  |  |  |  |
| 10 | If I am feeling upset or unhappy I usually try to think of something funny about the situation to make myself feel better. |  |  |  |  |  |  |  |
| 11 | When telling jokes or saying funny things, I am usually not very concerned about how other people are taking it. |  |  |  |  |  |  |  |
| 12 | I often try to make people like or accept me more by saying something funny about my own weaknesses, blunders, or faults. |  |  |  |  |  |  |  |
| 13 | I laugh and joke a lot with my friends. |  |  |  |  |  |  |  |
| 14 | My humorous outlook on life keeps me from getting overly upset or depressed about things. |  |  |  |  |  |  |  |
| 15 | I do not like it when people use humour as a way of criticizing or putting someone down. |  |  |  |  |  |  |  |
| 16 | I don’t often say funny things to put myself down. |  |  |  |  |  |  |  |
| 17 | I usually don’t like to tell jokes or amuse people. |  |  |  |  |  |  |  |
| 18 | If I’m by myself and I’m feeling unhappy, I make an effort to think of something funny to cheer myself up. |  |  |  |  |  |  |  |
| 19 | Sometimes I think of something that is so funny that I can’t stop myself from saying it, even if it is not appropriate for the situation. |  |  |  |  |  |  |  |
| 20 | I often go overboard in putting myself down when I am making jokes or trying to be funny. |  |  |  |  |  |  |  |

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|  |  | **1**  **Totally disagree** | **2**  **Moderately disagree** | **3**  **Slightly disagree** | **4**  **Neither agree nor disagree** | **5**  **Slightly agree** | **6**  **Moderately agree** | **7**  **Totally agree** |
| 21 | I enjoy making people laugh. |  |  |  |  |  |  |  |
| 22 | If I am feeling sad or upset, I usually lose my sense of humour. |  |  |  |  |  |  |  |
| 23 | I never participate in laughing at others even if all my friends are doing it. |  |  |  |  |  |  |  |
| 24 | When I am with friends or family, I often seem to be the one that other people make fun of or joke about. |  |  |  |  |  |  |  |
| 25 | I don’t often joke around with my friends. |  |  |  |  |  |  |  |
| 26 | It is my experience that thinking about some amusing aspect of a situation is often a very effective way of coping with problems. |  |  |  |  |  |  |  |
| 27 | If I don't like someone, I often use humour or teasing to put them down. |  |  |  |  |  |  |  |
| 28 | If I am having problems or feeling unhappy, I often cover it up by joking around, so that even my closest friends don’t know how I really feel. |  |  |  |  |  |  |  |
| 29 | I usually can’t think of witty things to say when I’m with other people. |  |  |  |  |  |  |  |
| 30 | I don’t need to be with other people to feel amused -- I can usually find things to laugh about even when I’m by myself. |  |  |  |  |  |  |  |
| 31 | Even if something is really funny to me, I will not laugh or joke about it if someone will be offended. |  |  |  |  |  |  |  |
| 32 | Letting others laugh at me is my way of keeping my friends and family in good spirits. |  |  |  |  |  |  |  |

The Humor Styles Questionnaire (HSQ) was developed by Marting et al. (2003).

Martin, R.A., Puhlik-Doris, P., Larsen, G., Gray, J., & Weir, K. (2003). [Individual differences in uses of humor and their relation to psychological well-being: Development of the Humor Styles Questionnaire.](https://d1wqtxts1xzle7.cloudfront.net/56892479/HSQ_article.pdf?1530281324=&response-content-disposition=inline%3B+filename%3DIndividual_differences_in_uses_of_humor.pdf&Expires=1598969255&Signature=c2oQ1bWDYeWlwZslWOqrGvNdgjeYek-qW6UbPTZVWozQfdWJ8HAKPZHZRSACz1mNY6TYSVsbQgCYsC~1vG7IWPHEnUyQtT2cWsljBOMDj-m6KECtv9OSsQqBWQqTbOQbaGbyRGaCJbbdYEPr4uNZM8zVWZWB0cQU105xtYzzrqyrEQvnR-8x7Y2-7pCwPBMptT8CLRgiv4~WEz1auOoHClqgZ0pAg6Qe8oTVIYFaX40f0gT2At1JKH-xmb1-IHX7wWz9zux-3WMYZ0~jNi4kruIbEHnSS6HrAmF-sin3lWpItwnvWRJ2XbJEFvaU3HqsWTdmsM2WpnIwBQ8I5mCKpw__&Key-Pair-Id=APKAJLOHF5GGSLRBV4ZA)Journal of Research in Personality, 37, 48-75.

# Scoring:

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| **#** | **Question** | **Scoring** | **Dimension** |
| 1 | I usually don’t laugh or joke around much with other people. | Reverse | Affiliative Humour |
| 2 | If I am feeling depressed, I can usually cheer myself up with humour. | Normal | Self-Enhancing Humour |
| 3 | If someone makes a mistake, I will often tease them about it. | Normal | Aggressive Humour |
| 4 | I let people laugh at me or make fun at my expense more than I should. | Normal | Self-Defeating Humour |
| 5 | I don't have to work very hard at making other people laugh -- I seem to be a naturally humorous person. | Normal | Affiliative Humour |
| 6 | Even when I’m by myself, I’m often amused by the absurdities of life. | Normal | Self-Enhancing Humour |
| 7 | People are never offended or hurt by my sense of humour. | Reverse | Aggressive Humour |
| 8 | I will often get carried away in putting myself down if it makes my family or friends laugh | Normal | Self-Defeating Humour |
| 9 | I rarely make other people laugh by telling funny stories about myself. | Reverse | Affiliative Humour |
| 10 | If I am feeling upset or unhappy I usually try to think of something funny about the situation to make myself feel better. | Normal | Self-Enhancing Humour |
| 11 | When telling jokes or saying funny things, I am usually not very concerned about how other people are taking it. | Normal | Aggressive Humour |
| 12 | I often try to make people like or accept me more by saying something funny about my own weaknesses, blunders, or faults. | Normal | Self-Defeating Humour |
| 13 | I laugh and joke a lot with my friends. | Normal | Affiliative Humour |
| 14 | My humorous outlook on life keeps me from getting overly upset or depressed about things. | Normal | Self-Enhancing Humour |
| 15 | I do not like it when people use humor as a way of criticizing or putting someone down. | Reverse | Aggressive Humour |
| 16 | I don’t often say funny things to put myself down. | Reverse | Self-Defeating Humour |
| 17 | I usually don’t like to tell jokes or amuse people. | Reverse | Affiliative Humour |
| 18 | If I’m by myself and I’m feeling unhappy, I make an effort to think of something funny to cheer myself up. | Normal | Self-Enhancing Humour |
| 19 | Sometimes I think of something that is so funny that I can’t stop myself from saying it, even if it is not appropriate for the situation. | Normal | Aggressive Humour |
| 20 | I often go overboard in putting myself down when I am making jokes or trying to be funny. | Normal | Self-Defeating Humour |
| 21 | I enjoy making people laugh. | Normal | Affiliative Humour |
| 22 | If I am feeling sad or upset, I usually lose my sense of humor. | Reverse | Self-Enhancing Humour |
| 23 | I never participate in laughing at others even if all my friends are doing it. | Reverse | Aggressive Humour |
| 24 | When I am with friends or family, I often seem to be the one that other people make fun of or joke about. | Normal | Self-Defeating Humour |
| 25 | I don’t often joke around with my friends. | Reverse | Affiliative Humour |
| 26 | It is my experience that thinking about some amusing aspect of a situation is often a very effective way of coping with problems. | Normal | Self-Enhancing Humour |
| 27 | If I don't like someone, I often use humor or teasing to put them down. | Normal | Aggressive Humour |
| 28 | If I am having problems or feeling unhappy, I often cover it up by joking around, so that even my closest friends don’t know how I really feel. | Normal | Self-Defeating Humour |
| 29 | I usually can’t think of witty things to say when I’m with other people. | Reverse | Affiliative Humour |
| 30 | I don’t need to be with other people to feel amused -- I can usually find things to laugh about even when I’m by myself. | Normal | Self-Enhancing Humour |
| 31 | Even if something is really funny to me, I will not laugh or joke about it if someone will be offended. | Reverse | Aggressive Humour |
| 32 | Letting others laugh at me is my way of keeping my friends and family in good spirits. | Normal | Self-Defeating Humour |