

Regulators' Beliefs about Social Regulation Scale

Although many of the following items may seem similar, they differ in important ways. Please rate how applicable each item is to you from a scale of 1 (Strongly disagree) to 7 (Strongly agree).

Answer them with respect to the people in your life. Your answer may differ for each person, but please answer them in general. You don't have to think too hard about each answer.

1. When people are upset, they want to feel heard.
2. People want to feel understood when they are down.
3. When others are troubled, they just want to talk with someone about it.
4. People want advice on how to deal with the situation when they are in distress.
5. When others are feeling down, they want ideas about how to resolve their situation.
6. When people are upset, they want someone to suggest how to handle the problem.
7. When someone is upset, I try to avoid them.
8. When someone is upset, I prefer to leave them alone.
9. I give people space when they are having a bad day.
10. I've helped friends get through tough times.
11. I know I can be there for others when they need it.
12. I know I can be a good listener.

Regulator beliefs about ...

- target's need for connection: Q1, Q2, Q3
- target's need to feel better: Q4, Q5, Q6
- their own tendency to connect: Q7, Q8, Q9
- their own social regulatory efficacy: Q10, Q11, Q12

average each subscale.

Developed by Zhouzhou (Jo) He, Niall Bolger and Kevin Ochsner. Scale is in prep/under review. Last updated 03/17/2025.

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