Scoring key Profile of Emotional Competence

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**Légend : \* = reversed items 🡪 1=5, 2=4, 3=3, 4=2, 5=1.**

**After reversing the items marked \*, average the following items for each subscale**

- identification of own emotions (6, 16, 20\*, 48, 49\*)

- identification of others’ emotions (7, 29\*, 30, 40\*, 44\*)

- Understanding of own emotions (1\*, 2\*, 10, 26\*, 43\*)

- Understanding of others’ emotions (5\*, 13, 14, 18\*, 34\*)

- expression of own emotions (8, 17, 25\*, 38\*, 42\*)

- Listening to others’ emotions (23, 28\*, 31\*, 45, 46\*)

- regulation of own emotions (12, 15, 37\*, 39, 50)

- regulation of others’ emotions (19, 27\*, 33, 35, 47)

- utilisation of own emotions (9\*, 21, 22, 24, 41)

- utilisation of others’ emotions (3, 4, 11, 32, 36)

3 global scores:

- Global EC score: mean of all items, after reverse-scoring of \*marked items

- Intrapersonal EC: mean of items belonging to « own emotions » subscales, after reverse-scoring of \*marked items

- Interpersonal EC: mean of items belonging to « others’ emotions » subscales, after reverse-scoring of \*marked items