

QUESTIONNAIRE USED IN THE "INTERNATIONAL SURVEY ON EMOTION ANTECEDENTS AND REACTIONS" (ISEAR)

DESCRIPTION OF THE QUESTIONNAIRE, DATA TREATMENT, AND VARIABLE ABBREVIATIONS AS USED IN THE DATA BASE

Background variables

⇒ **SEX** Subject's gender: 1 "MALE" 2 "FEMALE"

⇒ **RELI** Subject's religion: 1 "PROTESTANT" 2 "CATHOLIC" 3 "JEWISH" 4 "HINDU" 5 "BUDDHIST" 6 "NATIVE" 7 "OTHERS" 8 "ARELIGIOUS"

⇒ **PRAC** Subject practising religion: 1 "PRACTISING" 2 "NOT PRACTISING"

⇒ **FOCC MOCC** Father's occupation, Mother's occupation: 1 "HOUSEWIFE" 2 "UNEMPLOYED" 3 "STUDENT" 4 "BLUE COLLAR UNTRAINED" 5 "BLUE COLLAR TRAINED" 6 "WHITE COLLAR NONACADEMIC" 7 "WHITE COLLAR ACADEMIC" 8 "SELF-EMPLOYED NONACADEMIC" 9 "SELF-EMPLOYED ACADEMIC"

⇒ **FIEL** Subject's field of study: 1 "PSYCHOLOGY" 2 "SOCIAL SCIENCES" 3 "LANGUAGES" 4 "FINE ARTS" 5 "LAW" 6 "NATURAL SCIENCE" 7 "ENGINEERING" 8 "MEDICAL" 9 "OTHER"

⇒ **COUN** Country: **1 "SWEDEN" 2 "NORWAY" 3 "F.R.G." 4 "FINLAND" 5 "GREECE" 6 "HONG KONG" 7 "LEBANON" 8 "AUSTRIA" 9 "AUSTRALIA" 10 "BRAZIL" 11 "BOTSWANA" 12 "BULGARIA" 13 "FRANCE" 14 "ITALY" 15 "JAPAN" 16 "NEW ZEALAND" 17 "NETHERLANDS" 18 "PORTUGAL" 19 "SPAIN" 20 "ZAMBIA" 21 "ZIMBABWE" 22 "USA" 23 "POLAND" 24 "NIGERIA" 25 "ISRAEL" 26 "INDIA" 27 "MALAWI" 28 "SWITZERLAND" 29 "CHILE" 30 "CHINA MAINLAND" 31 "YUGOSLAVIA" 32 "COSTA RICA" 33 "HONDURAS" 34 "MEXICO" 35 GUATEMALA" 36 "VENEZUELA" 37 "EL SALVADOR"**

(Bold = country samples in data base)

Instructions to Subjects In this study we are concerned with the different types of emotional experiences that people have in everyday life. We would like you to recall occasions on which you have experienced one of the following emotions: JOY, FEAR, ANGER, SADNESS, DISGUST, SHAME, GUILT. For each of these emotions, please think of a situation which aroused this feeling in you and for which you vividly remember both the circumstances and your reaction. Your responses will of course remain completely anonymous. In this questionnaire there are two pages of questions for each of these emotions. Please answer all the questions for each of the emotions specified on the top of the page. For those questions where there are several answer alternatives, please circle the appropriate alternative as follows:

1. not at all 2. a little 3. very much 0. not applicable

If none of the alternatives applies to the respective situation, or if the question is not appropriate, please circle the answer category "not applicable"

The questionnaire

Emotion: (1 = JOY, 2 = FEAR, 3 = ANGER, 4 = SADNESS, 5 = DISGUST, 6 = SHAME, 7 = GUILT) ⇒ **EMOT**

I . Please describe a situation or event—in as much detail as possible—in which you felt the emotion given above

(free description) ⇒ **SIT**

2. When did this happen?

1. days ago 2. weeks ago 3. months ago 4. years ago ⇒ **WHEN**

3. How long did you feel the emotion?

1. a few minutes 2. an hour 3. several hours 4. a day or more ⇒ **LONG**

4. How intense was this feeling?

1. not very 2. moderately intense 3. intense 4. very intense
⇒ **INTS**

Below you find a list of bodily symptoms and reactions which often occur in such situations. Please make a check next to each one you experienced in the situation.

Bodily symptoms

- | | |
|----------------------------|--------------------------------|
| 0. Do not remember | 6. Feeling hot, cheeks burning |
| 1. Lump in throat | 7. Heart beating faster |
| 2. Change in breathing | 8. Muscles tensing, trembling |
| 3. Stomach troubles | 9. Muscles relaxing, restful |
| 4. Feeling cold, shivering | 10. Perspiring, moist hands |
| 5. Feeling warm pleasant | 11. Other symptoms |

Expressive reactions

- | | |
|---------------------------------------|---|
| 0. Do not remember | 7. Abrupt bodily movements |
| 1. Laughing, smiling | 8. Moving towards people/things |
| 2. Crying, sobbing | 9. Withdrawing from people/things |
| 3. Other changes in facial expression | 10. Moving against people or things, aggression |
| | 11. Other expressive reactions |
| 4. Screaming, yelling | |
| 5. Other changes in voice | |
| 6. Change in gesturing | |

Verbal reactions

- | | |
|-------------------------|---------------------------|
| 1. Silence | 5. Speech melody change |
| 2. Short utterance | 6. Speech disturbances |
| 3. One or two sentences | 7. Speech tempo changes |
| 4. Lengthy utterance | 8. Other verbal reactions |

Bodily symptoms, expressive reactions, and verbal reactions were recoded the following way:

Physiological symptoms

Gellhorn's (1970) distinction between ergotropic and trophotropic systems was used and the symptoms were grouped according to symptom discussions in the relevant psychophysiological literature (Gellhorn, 1970; Grossman, 1967; Schmidt & Thews, 1980):

Ergotropic Arousal (scores **0 to 4**): change in breathing, heart beating faster, muscles tensing/trembling, perspiring/moist hands → **ERGO**

Trophotropic Arousal (scores **0 to 3**): lump in throat, stomach troubles, crying/sobbing → **TROPHO**

Felt temperature (scores **-1 to +2**): feeling cold/shivering, feeling warm/pleasant, feeling hot/cheeks burning (0 being assigned when no temperature symptom was mentioned) → **TEMPER**

Expressive behavior

The following composite variables were computed:

Movement behavior (scores **-1 to +1**): withdrawing (-1) vs moving towards (+1) people and things (0 being assigned when no movement category was mentioned). (The questionnaire item "moving against people and things, aggression" was not included in the scale since it was felt that the addition of "aggression" implies a qualitatively different dimension in comparison to sheer movement.) → **MOVE**

Nonverbal activity (scores **0 to 6**): laughing/smiling, crying/sobbing, other facial expression change, screaming/yelling, other voice changes, changes in gesturing
→ **EXPRES**

Paralinguistic activity (scores **0 to 3**): speech-melody change, speech disturbances, speech tempo change → **PARAL**

For **verbal activity**, for which respondents could check the following categories "silence, short utterance, one or two sentences, lengthy utterance" an interval scale variable with scores from **0** (silence) to **3** (lengthy utterance) was constructed via recoding the category checked into the appropriate value for the variable → **VERBAL**

The following questionnaire items from the expressive reactions list were kept:

Laughing, smiling (0,1) → **EXP1**

Crying, sobbing (0,1) → **EXP2**

Moving against people or things, aggression (0,1) → **EXP10**

6. Did you try to hide or to control your feelings so that nobody would know how you really felt?

1. not at all 2. a little 3. very much 0. not applicable

→ **CON**

7. Now please think back to the situation or event that caused your emotion. Did you expect this situation to occur?)

1. not at all 2. a little 3. very much 0. not applicable

→ **EXPC**

8. Did you find the event itself pleasant or unpleasant?
1. pleasant 2. neutral 3. unpleasant 0. not applicable

⇒ **PLEA**

9. How important was the event for your goals, needs, or desires at the time it happened?
Did it help or hinder you to follow your plans or to achieve your aims?

1. it helped 2. it didn't matter 3. it hindered 0. not applicable

⇒ **PLAN**

10. Would you say that the situation or event that caused your emotion was unjust or unfair?

1. not at all 2. a little 3. very much 0. not applicable

⇒ **FAIR**

11. Who do you think was responsible for the event in the first place? Check one, the most important, of the following:

0. Not applicable

6. Authority figures

1. Yourself

7. Natural forces

2. Close relatives

8. Supernatural forces

3. Close friends

9. Fate

4. Colleagues/acquaintances

10. Chance

5. Strangers

recoded as: 0 = Not applicable, 1 = self, 2 = close persons, 3 = other persons, 4 = impersonal agency) ⇒ **CAUS (= External causation)**

12. How did you evaluate your ability to act on or to cope with the event and its consequences when you were first confronted with this situation? Check one, the most appropriate, of the following:

1. I did not think that any action was necessary.

2. I believed that I could positively influence the event and change the consequences.

3. I believed that I could escape from the situation or avoid negative consequences.

4. I pretended that nothing important had happened and tried to think of something else.

5. I saw myself as powerless and dominated by the event and its consequences.

⇒ **COPING**

13. If the event was caused by your own or someone else's behavior, would this behavior itself be judged as improper or immoral by your acquaintances?

1. not at all 2. a little 3. very much 0. not applicable

⇒ **MORL**

14. How did this event affect your feelings about yourself, such as your self-esteem or your self confidence?

1. negatively 2. not at all 3. positively 0. not applicable

⇒ **SELF**

15. How did this event change your relationships with the people involved?

1. negatively 2. not at all 3. positively 0. not applicable

⇒ **RELA**

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