

BERKELEY EXPRESSIVITY QUESTIONNAIRE

Reference:

Gross, J.J., & John, O.P. (1997). Revealing feelings: Facets of emotional expressivity in self-reports, peer ratings, and behavior. *Journal of Personality and Social Psychology*, 72, 435-448.

Description of Measure:

A 16-item scale designed to measure an individual's emotional expressivity. The scale is separated into 3 facets: Negative Expressivity, Positive Expressivity, and Impulse Strength. Each item is answered on a 7-point Likert-type ranging from 1 (strongly disagree) to 7 (strongly agree).

Abstracts of Selected Related Articles:

Gross, J.J., & John, O.P. (1998). Mapping the domain of expressivity: Multi-method evidence for a hierarchical model. *Journal of Personality and Social Psychology*, 74, 170-191.

Increased interest in emotional expressivity has led to a proliferation of conceptions and measures. It is unclear, however, whether they all refer to the same construct and whether the domain of emotional expressivity is best conceptualized as unidimensional or multifaceted. Study 1 examined 6 common expressivity questionnaires, yielding 5 factors: Expressive Confidence, Positive Expressivity, Negative Expressivity, Impulse Intensity, and Masking. To develop a nomological network for these factors, the factors were related to broader personality taxonomies and their differential relations to sex and ethnicity were tested. Study 2 provided further evidence of discriminant validity in relation to (a) typical emotion expression in peer relationships, (b) ability to pose emotions in the laboratory, (c) likability, and (d) regulation of emotion and mood. These findings support a hierarchical model of individual differences in emotional expressivity.

Gross, J. J. (1998). The emerging field of emotion regulation: An integrative review. *Review of General Psychology*, 2, 271-299.

The emerging field of emotion regulation studies how individuals influence which emotions they have, when they have them, and how they experience and express them. This review takes an evolutionary perspective and characterizes emotion in terms of response tendencies. Emotion regulation is defined and distinguished from coping, mood regulation, defense, and affect regulation. In the increasingly specialized discipline of psychology, the field of emotion regulation cuts across traditional boundaries and provides common ground. According to a process

model of emotion regulation, emotion may be regulated at five points in the emotion generative process: (a) selection of the situation, (b) modification of the situation, (c) deployment of attention, (d) change of cognitions, and (e) modulation of responses. The field of emotion regulation promises new insights into age-old questions about how people manage their emotions.

Gross, J.J., John, O.P., & Richards, J.M. (2000). The dissociation of emotion expression from emotion experience: A personality perspective. *Personality and Social Psychology Bulletin*, 26, 712-726.

When we want to know what others are feeling, we look to the face for clues. However, individual differences matter: Some faces are more expressive than others. Do both emotion experience and dispositional expressivity predict emotion expression? Based on an analysis of display rules, the authors hypothesized that expressivity would moderate the relation between experience and expression for negative, but not for positive, emotion. Study 1 examined the relation between habitual emotion experience and peer-rated expressive behavior and showed the predicted moderator effect for negative emotion: Experience was related to expression only for dispositionally high-expressivity participants, not for low-expressivity participants. For positive emotion, however, experience was related to expression for both groups. Study 2 replicated these findings using momentary emotion experience and objectively coded expressive behavior during films that elicited amusement and sadness. Results are interpreted in terms of low-expressivity individuals' propensity to dynamically regulate negative emotion-expressive behavior.

Scale (take directly from <http://psychology.stanford.edu/~psyphy/resources.html>):

For each statement below, please indicate your agreement or disagreement. Do so by filling in the blank in front of each item with the appropriate number from the following rating scale:

1	2	3	4	5	6	7
strongly disagree			neutral			strongly agree

___ 1. Whenever I feel positive emotions, people can easily see exactly what I am feeling.

___ 2. I sometimes cry during sad movies.

___ 3. People often do not know what I am feeling.

___ 4. I laugh out loud when someone tells me a joke that I think is funny.

___ 5. It is difficult for me to hide my fear.

___ 6. When I'm happy, my feelings show.

- ____ 7. My body reacts very strongly to emotional situations.
- ____ 8. I've learned it is better to suppress my anger than to show it.
- ____ 9. No matter how nervous or upset I am, I tend to keep a calm exterior.
- ____ 10. I am an emotionally expressive person.
- ____ 11. I have strong emotions.
- ____ 12. I am sometimes unable to hide my feelings, even though I would like to.
- ____ 13. Whenever I feel negative emotions, people can easily see exactly what I am feeling.
- ____ 14. There have been times when I have not been able to stop crying even though I tried to stop.
- ____ 15. I experience my emotions very strongly.
- ____ 16. What I'm feeling is written all over my face.

Scoring(take from <http://psychology.stanford.edu/~psyphy/resources.html>):

Items 3, 8, and 9 are reverse scored.

Items 3, 5, 8, 9, 13, 16 make up the Negative Emotionality facet

Items 1, 4, 6, 10 make up the Positive Emotionality facet

Items 2, 7, 11, 12, 14, 15 make up the Impulse Strength facet.

Scoring is kept continuous. Researchers can either keep the 3 facets as separate scores or can combine them together to form an overall Emotional Expressivity scale.