The Emotional Contagion Scale (EC)

This is a scale that measures a variety of feelings and behaviors in various situations. There are no right or wrong answers, so try very hard to be completely honest in your answers. Results are completely confidential. Read each question and indicate the answers which best applies to you. Please answer each question very carefully. Thank you.

Use the following key:

4 Always = Always true for me.
3 Often = Often true for me.
2 Rarely = Rarely true for me.
1 Never = Never true for me.

1. It doesn’t bother me to be around angry people. 4 3 2 1
2. I find myself nodding off when I talk with someone who is depressed. 4 3 2 1
3. I feel tender and gentle when I see a mother and child hugging each other affectionately. 4 3 2 1
4. Being around depressed people makes me feel depressed. 4 3 2 1
5. I pay attention to what other people are feeling. 4 3 2 1
6. I feel alive and vibrant when I am with the one I love. 4 3 2 1
7. When someone laughs hard, I laugh too. 4 3 2 1
8. When people hug me affectionately, I get upset and want to back away. 4 3 2 1
9. I’m very accurate in judging other’s people feelings. 4 3 2 1
10. When I am around people who are angry, I feel angry myself. 4 3 2 1
11. I find myself clenching my fist when overhearing others quarrel. 4 3 2 1
12. I wince while observing someone flinching while getting a shot. 4 3 2 1
13. I’m very sensitive in picking up other’s people feelings. 4 3 2 1
14. I keep a straight face when those around me are laughing hard. 4 3 2 1
15. Listening to the shrill screams of a terrified child in a dentist’s waiting room makes me feel nervous. 4 3 2 1
16. Even if someone I’m talking with begins to cry, I don’t get teary-eyed. 4 3 2 1
17. When someone paces back and forth, I feel nervous and anxious. 4 3 2 1
18. When someone smiles warmly at me, I smile back and feel happy inside.  

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KEY:

Items 1, 8, 14, 16 are reversed in scoring. The higher the score, the more susceptible to emotional contagion a person would be said to be.