

## Multidimensional Compassion Scale (MCS; Jazaieri et al., in prep.)

Please read each statement carefully before answering. The statements refer to how you generally see yourself.

This questionnaire uses the words "pain" and "suffering". These words refer to a wide variety of situations such as physical events (e.g., pain, injury, illness), psychological events (e.g., negative emotions, unpleasant thoughts), relational or interpersonal events (e.g., a friend rejecting you, losing your job, receiving an angry email from someone), or external events (e.g., seeing a homeless person on the street, listening to a news report on violence), and so forth.

Please indicate how much you agree or disagree with each statement using the following scale:

Strongly <b>Disagree</b> 1	<b>Disagree</b> 2	Somewhat <b>Disagree</b> 3	Neither Agree nor Disagree 4	Somewhat <b>Agree</b> 5	<b>Agree</b> 6	Strongly <b>Agree</b> 7
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- \_\_\_\_\_ 1. I experience strong emotions when I encounter suffering.
- \_\_\_\_\_ 2. I realize that pain is part of being human.
- \_\_\_\_\_ 3. I am likely to respond in order to relieve suffering.
- \_\_\_\_\_ 4. I hope for there to be alleviation from pain.
- \_\_\_\_\_ 5. Everyone experiences some sort of pain in their lives.
- \_\_\_\_\_ 6. I tend to have an emotional response when I see, hear, or experience suffering.
- \_\_\_\_\_ 7. I am inclined to take action to relieve suffering in the world.
- \_\_\_\_\_ 8. I feel emotionally moved by suffering.
- \_\_\_\_\_ 9. Suffering is everywhere.
- \_\_\_\_\_ 10. I wish for there to be relief during times of pain.
- \_\_\_\_\_ 11. I have an intense emotional response to suffering.
- \_\_\_\_\_ 12. I am hopeful that there will be relief to suffering.
- \_\_\_\_\_ 13. Pain is a part of life.
- \_\_\_\_\_ 14. I am ready to assist in some way to relieve pain.
- \_\_\_\_\_ 15. I am wishful that there will be less suffering.
- \_\_\_\_\_ 16. I am inclined to help address suffering.

## Information for researchers

Coding Key -

Cognitive Items: 2, 5, 9, 13

Affective Items: 1, 6, 8, 11

Intentional Items: 4, 10, 12, 15

Motivational Items: 3, 7, 14, 16

MCS Total: 1-16

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SPSS Scoring Syntax-

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COMPUTE MCS_cognitive_mean = (MCS2 + MCS5 + MCS9 + MCS13) / 4 .  
EXECUTE .
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COMPUTE MCS_affective_mean = (MCS1 + MCS6 + MCS8 + MCS11) / 4 .  
EXECUTE .
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COMPUTE MCS_intentional_mean = (MCS4 + MCS10 + MCS12 + MCS15) / 4 .  
EXECUTE .
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COMPUTE MCS_motivational_mean = (MCS3 + MCS7 + MCS14 + MCS16) / 4 .  
EXECUTE .
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COMPUTE MCS_TOTAL_MEAN = (MCS1 + MCS2 + MCS3 + MCS4 + MCS5 + MCS6 +  
MCS7 + MCS8 + MCS9 + MCS10 + MCS11 + MCS12 + MCS13 + MCS14 + MCS15 + MCS16)  
/16 .  
EXECUTE .
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Compassion is considered to be a multidimensional state with four key components: 1) an awareness of suffering (cognitive/empathetic); 2) sympathetic concern related to being emotionally moved by suffering (affective); 3) a wish to see the relief of that suffering (intentional), and 4) a responsiveness or readiness to help relieve that suffering (motivational). From this perspective, compassion is considered a complex combination of a cognitive perspective, an affective state, an intention, and motivation that may eventually give rise to cooperative and altruistic behavior (Jinpa, 2010; Jinpa & Weiss, 2013).

The objective of the present research was to construct and validate the Multidimensional Compassion Scale (MCS), a general measure of compassion (cognitive, affective, intentional, and motivational components).

In our research with over 1,300 individuals (adult and college samples), we conducted both exploratory (EFA) and confirmatory factor analysis (CFA) of the MCS. The CFA produced a final model demonstrating good fit across all indices (Chi squared = 335.78,  $p < .001$ ; RMSEA = .046; GFI = .962; CFI = .972). The final 16-item version of the MCS has been administered to over 10,000 adults (age range: 18-90) around the world (144 different countries), where we have found evidence for the validity and reliability of the MCS. The MCS has demonstrated excellent internal consistency (Cronbach's alpha  $\geq .88$ ) in all samples. Test re-test reliability over a 6 week period with college students has been shown to be excellent (.93).

In terms of convergent validity, across samples, our results have demonstrated that the MCS is related to positive outcomes such as empathy (Spreng, McKinnon, Mar, & Levine, 2009), common humanity (McFarland, Brown, & Webb, 2013), happiness (Lyubomirsky & Lepper, 1999), psychological well-being (Ryff & Keyes, 1995), and positive affect (Watson, Clark, & Tellegen, 1988). When examining discriminate validity of the MCS, we have found inverse relationships with fear of compassion (Gilbert, McEwan, Matos, & Ravis, 2010), loneliness (Russell, Peplau, & Ferguson, 1978), and negative affect (Watson, Clark, & Tellegen, 1988). We have also examined the MCS's relationship to the Big Five (John, Donahue, & Kentle, 1991) personality factors (openness, conscientiousness, extraversion, agreeableness, neuroticism).

The measure is available in English as well as translations into Spanish, Korean, and Japanese

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Please contact the corresponding author if you would like the Qualtrics version of the measure shared with you.

Please notify corresponding author when you intend to use this scale in your research.