

EMOTIONAL EXPRESSIVITY SCALE

DIRECTIONS: The following statements deal with you and your emotions. Please select a number from the following scale that best describes YOU in each of the statements and place the number in the blank provided.

Never True	Rarely True	Occasionally True	Usually True	Almost Always True	Always True
1	2	3	4	5	6

1. ___ I don't express my emotions to other people.
2. ___ Even when I'm experiencing strong feelings, I don't express them outwardly.
3. ___ Other people believe me to be very emotional.
4. ___ People can "read" my emotions.
5. ___ I keep my feelings to myself.
6. ___ Other people aren't easily able to observe what I'm feeling.
7. ___ I display my emotions to other people.
8. ___ People think of me as an unemotional person.
9. ___ I don't like to let other people see how I am feeling.
10. ___ I can't hide the way I am feeling.
11. ___ I am not very emotionally expressive.
12. ___ I am often considered indifferent by others.
13. ___ I am able to cry in front of other people.
14. ___ Even if I am feeling very emotional, I don't let others see my feelings.
15. ___ I think of myself as emotionally expressive.
16. ___ The way I feel is different from how others think I feel.
17. ___ I hold my feelings in.

EMOTIONAL EXPRESSIVITY SCALE SCORING KEY

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Never True	Rarely True	Occasionally True	Usually True	Almost Always True	Always True
1	2	3	4	5	6

1. ___ I don't express my emotions to other people. (-)
2. ___ Even when I'm experiencing strong feelings, I don't express them outwardly. (-)
3. ___ Other people believe me to be very emotional.
4. ___ People can "read" my emotions.
5. ___ I keep my feelings to myself. (-)
6. ___ Other people aren't easily able to observe what I'm feeling. (-)
7. ___ I display my emotions to other people.
8. ___ People think of me as an unemotional person. (-)
9. ___ I don't like to let other people see how I am feeling. (-)
10. ___ I can't hide the way I am feeling.
11. ___ I am not very emotionally expressive. (-)
12. ___ I am often considered indifferent by others. (-)
13. ___ I am able to cry in front of other people.
14. ___ Even if I am feeling very emotional, I don't let others see my feelings. (-)
15. ___ I think of myself as emotionally expressive.
16. ___ The way I feel is different from how others think I feel. (-)
17. ___ I hold my feelings in. (-)

SPSS code to score the EES:

COMMENT Emotional Expressivity Scale

```
RECODE EES1 EES2 EES5 EES6 EES8 EES9 EES11 EES12 EES14 EES16 EES17
      (1=6) (2=5) (3=4) (4=3) (5=2) (6=1)
COMPUTE EESTOT = SUM.17(EES1 TO EES17)
```