



Multi-Dimensional Emotional Empathy Scale (Caruso & Mayer,1998).

DOB	School or organisation	Strongly Disagree					Strongly Agree				
1.	I feel like crying when watching a sad movie.	1	2	3	4	5	1	2	3	4	5
2.	Certain pieces of music can really move me.	1	2	3	4	5	1	2	3	4	5
3.	Seeing a hurt animal by the side of the road is very upsetting.	1	2	3	4	5	1	2	3	4	5
4.R	I don't give others' feelings much thought.	1	2	3	4	5	1	2	3	4	5
5.	It makes me happy when I see people being nice to each other.	1	2	3	4	5	1	2	3	4	5
6.	The suffering of others deeply disturbs me.	1	2	3	4	5	1	2	3	4	5
7.	I always try to tune in to the feelings of those around me.	1	2	3	4	5	1	2	3	4	5
8.	I get very upset when I see a young child who is being treated meanly.	1	2	3	4	5	1	2	3	4	5
9.R	Too much is made of the suffering of pets or animals.	1	2	3	4	5	1	2	3	4	5
10.	If someone is upset I get upset, too.	1	2	3	4	5	1	2	3	4	5
11.	When I'm with other people who are laughing I join in.	1	2	3	4	5	1	2	3	4	5
12.	It makes me mad to see someone treated unjustly.	1	2	3	4	5	1	2	3	4	5
13.R	I rarely take notice when people treat each other warmly.	1	2	3	4	5	1	2	3	4	5
14.	I feel happy when I see people laughing and enjoying themselves.	1	2	3	4	5	1	2	3	4	5
15.	It's easy for me to get carried away by other people's emotions.	1	2	3	4	5	1	2	3	4	5
16.R	My feelings are my own and don't reflect how others feel.	1	2	3	4	5	1	2	3	4	5
17.	If a crowd gets excited about something so do I.	1	2	3	4	5	1	2	3	4	5
18.	I feel good when I help someone out or do something nice for someone.	1	2	3	4	5	1	2	3	4	5
19.	I feel deeply for others.	1	2	3	4	5	1	2	3	4	5
20.R	I don't cry easily.	1	2	3	4	5	1	2	3	4	5
21.	I feel other people's pain.	1	2	3	4	5	1	2	3	4	5
22.	Seeing other people smile makes me smile.	1	2	3	4	5	1	2	3	4	5
23.	Being around happy people makes me feel happy, too.	1	2	3	4	5	1	2	3	4	5
24.	TV or news stories about injured or sick children greatly upset me.	1	2	3	4	5	1	2	3	4	5
25.	I cry at sad parts of the books I read.	1	2	3	4	5	1	2	3	4	5
26.	Being around people who are depressed brings my mood down.	1	2	3	4	5	1	2	3	4	5
27.R	I find it annoying when people cry in public.	1	2	3	4	5	1	2	3	4	5
28.	It hurts to see another person in pain.	1	2	3	4	5	1	2	3	4	5
29.	I get a warm feeling for someone if I see them helping another person.	1	2	3	4	5	1	2	3	4	5
30.	I feel other people's joy.	1	2	3	4	5	1	2	3	4	5

Note: **R – reverse scale** To score the scale, change the scoring on the reverse-scored items (1=5, 2=4, 3=3, 4=2, 5=1). Add all the scores for the Total score and divide by 30. Compare pre and post program.