

## Sussex-Oxford Compassion for Others Scale (SOCS-O)

### Instructions

Below are statements describing how you might relate to **other people**. Please indicate how true the following statements are of you using the 5-point response scale (1 = Not at all true, 2 = Rarely true, 3 = Sometimes true, 4 = Often true, 5 = Always true). For example, if you think that a statement is often true of you, circle '4'.

Note: In the below items, generic terms (e.g., 'upset', 'distress', 'suffering', 'struggling') are used to cover a range of unpleasant emotions, such as sadness, fear, anger, frustration, guilt, shame, etc.

Please provide an answer for each statement.

	Not at all true	Rarely true	Sometimes true	Often true	Always true
1. I recognise when other people are feeling distressed without them having to tell me.	1	2	3	4	5
2. I understand that everyone experiences suffering at some point in their lives.	1	2	3	4	5
3. When someone is going through a difficult time, I feel kindly towards them.	1	2	3	4	5
4. When someone else is upset, I try to stay open to their feelings rather than avoid them.	1	2	3	4	5
5. When others are struggling, I try to do things that would be helpful.	1	2	3	4	5
6. I notice when others are feeling distressed.	1	2	3	4	5
7. I understand that feeling upset at times is part of human nature.	1	2	3	4	5
8. When I hear about bad things happening to other people, I feel concern for their wellbeing.	1	2	3	4	5
9. I stay with and listen to other people when they're upset even if it's hard to bear.	1	2	3	4	5
10. When someone is going through a difficult time, I try to look after them.	1	2	3	4	5
11. I'm quick to notice early signs of distress in others.	1	2	3	4	5
12. Like me, I know that other people also experience struggles in life.	1	2	3	4	5

	Not at all true	Rarely true	Sometimes true	Often true	Always true
13. When someone is upset, I try to tune in to how they're feeling.	1	2	3	4	5
14. I connect with the suffering of others without judging them.	1	2	3	4	5
15. When I see someone in need, I try to do what's best for them.	1	2	3	4	5
16. I recognise signs of suffering in others.	1	2	3	4	5
17. I know that we can all feel upset at times when we are wronged.	1	2	3	4	5
18. I'm sensitive to other people's distress.	1	2	3	4	5
19. When someone else is upset, I can be there for them without feeling overwhelmed by their distress.	1	2	3	4	5
20. When I see that someone is upset, I do my best to take care of them.	1	2	3	4	5

### Scoring Information

Users may compute both total subscale scores and a total SOCS-O score. To compute total subscale scores, sum item scores within each subscale (see below for items associated with each subscale). To compute a total SOCS-O score, sum all five total subscale scores or sum all 20 item scores.

Recognising suffering items: 1, 6, 11, 16.

Understanding the universality of suffering items: 2, 7, 12, 17.

Feeling for the person suffering items: 3, 8, 13, 18.

Tolerating uncomfortable feelings items: 4, 9, 14, 19.

Acting or being motivated to act to alleviate suffering items: 5, 10, 15, 20.

### Reference

Gu, J., Baer, R., Cavanagh, K., Kuyken, W., & Strauss, C. (2019). Development and psychometric properties of the Sussex-Oxford compassion scales (SOCS). *Assessment*, 1073191119860911.